



Foundations of Marriage and Family Therapy

COU 653 - Winter II term/2010

Instructor: Dr. Sandra Broz

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Time /Location: Friday Evenings, 6:00 PM- 10:30 PM Grand Island Campus

Textbook: Family Therapy: History, Theory, and Practice. Samuel T. Gladding 4th Ed., Pearson, Merrill Prentice Hall (2007).

Catalog Course Description: An examination of various theories and models of intervention within families, with strong emphasis on systems theory. Students are expected to develop family treatment and couple treatment plans, and to demonstrate them in simulated family systems.

Goals: By the conclusion of the course the student will:

1. Recognize the differences between individual and interpersonal therapy; and understand the application of family therapy approaches to resolve individual, couple, and family emotional and behavior difficulty
2. Conceptualize individual, couple and family problems using a systemic framework
3. Appreciate the history of the family therapy movement and contributions of leading theorists
4. Understand key theories and their application, i.e. strategic, psychodynamic, structural, experiential, communication, narrative, cognitive, integrative, behavioral and Bowenian
5. Recognize when, and know how to effectively apply one or more of these theoretical approaches in a specific case; i.e. application of technique and method
6. Know and be able to apply professional clinical and ethical principles governing the practice of marriage and family therapy
7. Identify and be able to effectively use “seven key counseling skills” for conducting therapy
8. Become familiar with family therapy research literature, to include sources of professional information regarding therapy issues
9. Develop and demonstrate competent “therapist in training” level assessment and therapy skills – which you are able to effectively apply in couple and family cases

Course Requirements and Evaluation:

Class Participation: attitude, attendance, & role-play exercises	30%
Presentation on current issue in family therapy	30%
Paper on current issue/theory in family therapy	40%

Class Participation in role-play exercises:

- Be helpful and useful to your fellow students
- Have useful ideas gained from good sources or your textbook
- Make good use of class time by being prepared

Presentation on current issue in family therapy:

- Each student will present the findings of their paper using visual aids (i.e. PowerPoint)

Paper on current issue in family therapy:

An APA style paper of at least five pages dealing with a current issue in adult development is **due the 8th week of class**. Normally students will choose the same subject as their presentation. Please have at least five primary sources and two other sources (which may be primary as well).

Schedule:

First Week (1/15): Part One: Chapters 1 and 2, Family Models are assigned,

Second Week (1/22): Presentation/Paper Topic Due,

Third Week (1/29): Chapters 3, 4, & 5

Fourth Week (2/05): Chapters 6, 7, 8

Fifth Week (2/12): Chapters 9, 10, 11

Sixth Week (2/19): Part Three: Chapters 12 - 15

Seventh Week (2/26): APA Paper Due, ½ Presentations, Chapter 16

Eighth Week (3/05): ½ Presentations, Chapter 17

Ninth Week (3/12): Wrap up and Review