This is a course designed to give the student an opportunity to translate the theories of Family Therapy into practice. The primary focus of the course is clinical in nature. It is generally expected that students will have already completed CO614, Family Systems Theory.

The structure of the course provides for the majority of the work in the praxis of Family Therapy. There will be a lecture-discussion period during the first hour each day. This will be followed by a video-taped role-play of Family Therapy. The purpose of this praxis application is to provide a mechanism for theoretical application in a pseudo clinical framework.

OBJECTIVES -

- To introduce each student to the clinical application of Family Systems Theory.
- To develop rudimentary skills in the evaluation of the family unit as a system.
- To begin to develop practical skills in the process of Family Therapy.
- To provide a structure for the integration of Biblical and theological foundations of family relationships.
- To explore the various avenues available for further training in Family Therapy.

TEXTS -


Note: An additional book for excellent theoretical review -

COURSE REQUIREMENTS

READING -

A total of 1500 pages in areas included within Family Systems Theory and Therapy. This requirement includes the textbooks. Slower readers are invited to contract with the professor for an hour equivalency for pages read.

WRITTEN WORK -

1. A detailed, personal family history going back three generations, beginning with your own generation. If you are married, this assignment includes the family of your spouse.

2. A carefully constructed genogram covering the material described in requirement. Be sure to use standard genogram notations as illustrated in the textbook.

3. A preliminary statement outlining your own theology, philosophy and theory of Family Therapy. This is your final paper assignment and should be no more than 10 pages plus bibliography.

4. Regular evaluations of class members who are taking the role of counselor. We will discuss the structure of these evaluations in the first class.

EXPECTATIONS OF THE PROFESSOR -

Classes begin promptly at the time announced. All students are expected to be present at the beginning of the class period.

With few exceptions, each student is expected to be present for all class periods.

The class will be evaluated at the last session by small group conferences.
SESSION 1 -


SESSION 2 -

Clinical Evaluation of the family unit. Understanding the distinctive of normal and healthy families. Review of models of function/dysfunction of family organization. A more detailed review of Olsen’s Circumplex Model.

SESSION 3 -

The Genogram as a tool for gathering family history and as a tool for evaluation and treatment of the family. A brief review of Psychodynamic Family Therapy. Clinical Practice.

SESSION 4 -

A brief review of Intergenerational Family Therapy [Bowenian approach] Clinical Practice.

SESSION 5 -

A brief review of Structural Family Therapy. Clinical Practice.

SESSION 6 -

A brief review of Strategic Family Therapy. Discussion of the usual and predictable stages of Family Therapy. Clinical Practice.

SESSION 7 -

A discussion of acceptable parameters for intervention in Family Therapy.
A brief review of Systemic Family Therapy.
Clinical Practice.

SESSION 8 -

The relationship of the family therapist to the family in the counseling process.
A discussion of the formation of alliances, goal-setting and feedback.
A brief review of Behavioral Family Therapy.
Clinical Practice.

SESSION 9 -

Time-Limited Family Therapy
Evaluation of Initial Goals and Re-contracting.
Recognizing potential limitations of the counseled family.
A brief review of Communication/Experiential Family Therapy.
Clinical Practice.

SESSION 10 -

Continuing education in Family Therapy.
Opportunities for skill enhancement in Family Therapy.
Specialized training possibilities in academic and clinical settings.
The necessity of continuing education.
Considerations for developing a Covenant Family Therapy Theory based upon a Biblical framework.
Clinical Practice.

Course Evaluation
BIBLIOGRAPHY


