

**NOVA SOUTHEASTERN UNIVERSITY  
CENTER FOR PSYCHOLOGICAL STUDIES**

**Course Outline**

**Course # & Title:** PSY 645 – Couples and Family Counseling Strategies

**Credit Hours:** 3

**Location/Section:** Miami/MI3

**Dates:** May 2, 3, 4, 2008  
May 16, 17, 18, 2008

**Class Meeting Times:** Fridays 6:00 PM - 10:00 PM  
Saturdays 8:30 AM - 6:00 PM  
Sundays 8:30 AM - 5:30 PM

**Instructor:** Barry A. Schneider, Ph.D.  
(954) 262-5742

**Required Text:**

Goldenberg, I., & Goldenberg, H. (2008). Family Therapy: An Overview, (7<sup>th</sup> ed.). Pacific Grove, California: Brooks/Cole. ISBN – 13:978-0-495-09759-4

Napier, A., & Whitaker, C. (1988). The family crucible. New York: Harper Collins Publishers. ISBN - 0060914890

**Course Description:**

This skills course surveys current approaches to couples and family counseling with an emphasis on a systemic conceptual model of family functioning and therapeutic intervention. It is designed to develop specific intervention competencies. **Prerequisite: PSY 502; PSY 511; PSY 584 or consent of advisor.**

**Course Objectives:**

The student will be able to:

1. Describe the family systems perspective.
2. Describe major theoretical paradigms of family interaction.
3. Describe techniques of family therapy.
4. Evaluate couples' relationships in family of origin contexts

5. Demonstrate an understanding of their own family of origin's development, structure, and communication patterns.

### **Assignments and Grading Criteria:**

#### Weekend #1

1. Read Goldenberg & Goldenberg chapters 1 - 8 and 10. These chapters deal with developing a family frame of reference and present some historical and current approaches to treatment.

#### Weekend #2

1. Read Goldenberg & Goldenberg chapters 9, and 1-18. These chapters present more current family therapies as well as research and clinical training issues. Read Napier and Whitaker – whole book. This book details the treatment of one family.

### **Grading Criteria:**

On the Sunday afternoon of each weekend there will be an essay format exam that will cover readings, lectures and films. Each exam will count 50% of the final grade for the course.

## Bibliography

Evans, David R., Hearn, Margaret, T., Uhlemann, Max R., and Ivey, Allen E. Essential Interviewing (Latest Edition). Clinical Approaches. Pacific Grove, California: Brooks/Cole Publishing.

Zaro, Joan S., Barach, Roland, Nedelman, Deborah Jo, Dreiblat, Orwin, S. (Latest Edition). A Guide for Beginning Therapists. New York: Cambridge University Press.

Gottman, J. Why Marriages Succeed or Fail. New York, New York: Simon and Schuster.