

**NOVA SOUTHEASTERN UNIVERSITY
CENTER FOR PSYCHOLOGICAL STUDIES**

Course Outline

Course # & Title: PSY 645 - Couples & Family Counseling Strategies

Credit Hours: 3

Location/Section: Orlando/OR3

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

Class Times: Fridays 6:00 P.M.-10:00 P.M.
Saturdays 8:30 A.M.- 6:00 P.M.
Sundays 8:30 A.M.- 5:30 P.M.

Instructor: Mitchell R. Gordon, Ph.D., ABPP
1021 Ives Dairy Rd., Suite 119
Miami, FL 33179
mitchelg@nova.edu

Required Texts:

Goldenberg, I., and Goldenberg, H. Family Therapy: An Overview, (2008) (7th Edition), Belmont, CA: Wadsworth Publishing Co. ISBN: 0495097594

Goldenberg, I., and Goldenberg, H. Family Exploration: Personal Viewpoints from Multiple Perspectives, (2008) (7th Edition). Belmont, CA: Wadsworth Publishing Co. ISBN: 0495100315

Haley, Jay. Problem-Solving Therapy, (1991), (Second Edition). Hoboken, NJ: John Wiley & Sons, Inc. ISBN: 1-55542-3620

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. *Prerequisites: PSY 502; PSY 511; PSY 584; or consent of advisor.*

Course Objectives:

- 1) The student will be able to describe the family systems perspective.
- 2) The student will be able to describe the major theoretical paradigms of family interaction.
- 3) The student will be able to describe techniques of family therapy.
- 4) The student will be able to evaluate couples' relationships in family of origin contexts.
- 5) The student will be able to demonstrate an understanding of his/her own family of origin's development, structure, and communication patterns.

Calendar of Assignments:

Prior to May 2

Students will have read Goldenberg & Goldenberg text

Friday, May 2

Introduction and Course Overview
Systems Theory
Family of Origin Discussion
Strategic Family Therapy

Saturday, May 3

The First Interview
Seating and Other Cues
Films - Structural Family Therapy

Sunday, May 4

Film - Symbolic Experiential Approach
Midterm Exam

Prior to May 16

Students will read Haley and complete workbook assignments

Friday, May 16

Review of Midterm
Lecture, Film - Couples Therapy

Saturday, May 17

Film - Family of Origin
Couples Relationships Lecture
Discussion About Birth Order

Sunday, May 18

Paradox Lecture
Film - Family Secrets
Wrap-Up
Final Exam

Description of Written Assignments

The following workbook assignments (graded for effort and completeness, not content) are due on May 16, and will be returned to you. You may type or neatly write on separate paper.

<u>Question Number</u>	<u>Question Number</u>	<u>Question Number</u>
3	31	74
11	38	80
13	41	86
15	46	87
16	47	88
20	52	94
21	54	100
22	57	104
25	60	105
30	72	107
		145

Grading Criteria:

1. Midterm Exam50 points	A = 135 – 150 points
2. Final Exam50 points	B = 120 – 134 points
3. Workbook.....50 points	C = 105 – 119 points

Please Note: No Extra Credit Points Will Be Available.

BIBLIOGRAPHY

- Bowen, M. (1978). *Family therapy in clinical practice*. New York: Jason Aronson.
- Framo, J.L. (1976). Family of origin as a therapeutic resource for adults in marital and family therapy: You can and should go home again. *Family Process*, 15, 193-210.
- Gurman, A., and Kniskern, D. (Eds.). (1981). *Handbook of family therapy*. New York: Brunner/Mazel, Inc.
- Haley, J. (1973). *Uncommon therapy*. New York: W.W. Norton and Co.
- Jacobson, N.S., and Margolin, G. (1979). *Marital therapy: Strategies based on social learning and behavior exchange principles*. New York: Brunner/Mazel, Inc.
- Mikesell, R., Lusteran, D., and McDaniel, S. (Eds.). (1995). *Integrating family therapy*. Washington, D.C.: American Psychological Association.
- Minuchin, S. (1974). *Families and family therapy*. Cambridge, MA: Harvard University Press.
- Minuchin, S., Rosman, B., and Baker, L. (1978). *Psychosomatic families*. Cambridge, MA: Harvard University Press.
- Satir, V. (1967). *Conjoint family therapy: A guide to theory and technique*. Palo Alto, CA: Science and Behavior Books.
- Schaefer, C., Briemeister, J., and Fitton, M. (1984). *Family therapy techniques for problem behaviors of children and teenagers*. San Francisco, CA: Jossey-Bass, Inc.
- Weiner-Davis, M. (1992). *Divorce busting*. New York: Fireside.
- Whitaker, C., and Malone, T. (1953). *The roots of psychotherapy*. New York: Blakiston.