

## **BC5270 FAMILY SYSTEMS**

### **SYLLABUS**

#### **I. COURSE DESCRIPTION**

An introduction to the family system approach to intervention, which integrates marital, sibling, and individual subsystems, as well as family of origin, external societal influences, and Biblical perspectives. The family systems understanding informs, guides and directs the family therapy practice including remediation, relationship enhancement and prevention of problems.

#### **II. COURSE OBJECTIVES**

- A. The student will learn the foundations on which family therapy is built, such as general systems theory and the history of the profession.
- B. The student will examine various types of families and family forms (nuclear, single parent, blended).
- C. The student will differentiate characteristics of healthy and dysfunctional families within the context of cultural distinctions.
- D. The student will acquire guidelines for ethical and legal considerations in working with families.
- E. The student will examine the main theoretical approaches to working therapeutically with couples and families.
- F. The student will acquire exposure of master family therapists demonstrating family interventions for each of the main theoretical models.
- G. The student will acquire beginning skills in selected family therapy models.

#### **III. COURSE TEXTBOOKS**

##### **A. Required**

Gladding, Samuel. Family Therapy: History, Theory, and Practice, 7<sup>th</sup> Edition. Hoboken, NJ: Pearson Education Inc., 2018.

(Or digital eText version with print options and embedded video clips through DTS book center and [www.pearsonhighered.com/etextbooks](http://www.pearsonhighered.com/etextbooks))

Hargrave, Terry and Pfitzer, Franz. Restoration Therapy. New York: Routledge, 2011.

**Note:** Additional DVDs will be required viewing and will be made available. No purchase necessary.

#### **IV. COURSE REQUIREMENTS**

**Note: Further explanation for all assignments will be given in class.**

##### **A. Reading and Note Summary Assignments**

Read the assigned materials according to class schedule. Notes for each chapter assigned should be made in sufficient detail to serve you as a review for the final exam. Notes will be graded as “Good” or “Acceptable” or “Unacceptable.” There are 11 classes with reading & note assignments due. You will be graded on 10 of the 11. All accepted reading and note assignments must be completed and turned in by the beginning of the class when it is due. No late reading or note assignments will be accepted for a grade.

##### **B. DVDs Master Family Therapist Demonstrations**

View the assigned DVDs according to class schedule. You will be asked to watch 13 DVDs in addition to those watched during class. View these as assigned according to class schedule before the beginning of that class. You will be graded on 12 of the 13 DVDs viewed. No late viewing assignments will be accepted for a grade.

##### **C. Personal Family Genogram Project**

Complete a personal family genogram if you have not already done so. If you have already completed a personal family genogram, then your assignment is to complete one on someone else outside of your family. This will follow the guidelines discussed in class in accordance with the intergenerational family themes developed by Murray Bowen in his Family Systems Theory. The family genogram project will be taken from the six session DVD series by Susan McDaniel. Specific guidelines for the assignment will be given in class.

##### **D. Restoration Therapy Project**

Complete a case study of one family based on the Restoration Therapy model by Terry Hargrave. You may select any family that you wish to explore. This may be your own family of origin, your own couple relationship, a couple or family that you are currently working with or have worked with in the past. The project will be based on selected readings from the book, Restoration Therapy, and from the DVD series by Terry Hargrave. Specific guidelines for the assignment will be given in class.

##### **E. Quizzes and/or Exams**

There will be a final exam. All questions on the final exam will come from the required reading.

#### **V. COURSE SUPPLEMENTAL INFORMATION**

Please contact the course professor directly around class time or by appointment, by phone or email for any supplemental information needed.

DTS does not discriminate on the basis of disability in the operation of any of its programs and activities. To avoid discrimination the student is responsible for informing the Coordinator of Services for Students with Disabilities and the course instructor of any disabling condition that will require modifications.

**VI. COURSE POLICIES**

**F. Letter/Numerical Grade Scale**

<b>A+ 99-100</b>	<b>B+ 91-93</b>	<b>C+ 83-85</b>	<b>D+ 75-77</b>	<b>F 0-69</b>
<b>A 96-98</b>	<b>B 88-90</b>	<b>C 80-82</b>	<b>D 72-74</b>	
<b>A- 94-95</b>	<b>B- 86-87</b>	<b>C- 78-79</b>	<b>D- 70-71</b>	

**G. Weighing of Course Requirements for Grading**

The final grade for this class will be assigned in the following manner:

#1: Reading and chapter notes	20%	Due: weekly by class schedule
#2: Viewing of DVD demonstrations	20%	Due: weekly by class schedule
#3: Personal Family Genogram Project	20%	Due: 10/12/20
#4: Restoration Therapy Project	20%	Due: 10/12/20
#5: Final Exam	20%	Due: 10/12/20

**H. Class Participation**

Students are encouraged to participate in class discussion. This participation will not be a part of the student's evaluation for a course grade.

**I. Late Assignments**

Assignments will be expected by the due date. Exceptions should be addressed to the professor in advance of the due date. Late assignments are accepted and graded according to the student handbook guidelines.

**J. Absences**

Students are expected to attend and participate in all classes. Absences should be taken only for important and necessary reasons. All students are allowed two absences without grade reduction. Each unexcused absence beyond the limit will receive a reduction of the final grade of 4% according to the student handbook guidelines. Exceptions must be approved by the professor. Total absences for the semester must be reported at the end of the student's Final Position Paper.

**VII. COURSE LECTURES AND ASSIGNMENT SCHEDULE**

Week	Date	Lecture Topic	Assignments
1	8/24	Introduction to Course History of Family Therapy Theoretical Context of Family Therapy Types and Functionality of Families	
		Ethical, Legal, & Professional Issues in Family Therapy	<b>McDaniel – DVD Session #1</b>

		Theology of Marriage & Family <b>West</b>	<b>McDaniel – DVD Session #2</b>
2	8/31	Restoration Therapy/RelateStrong <b>Hargrave</b>	Notes on Gladding: Chapter 1,2,3,4 <b>McDaniel – DVD Session #3</b>
		Restoration Therapy/RelateStrong <b>Hargrave</b>	<b>McDaniel – DVD Session #4</b>
		Sociology of Marriage & Family <b>Documentary – University of Chicago</b> Psychology of Marriage & Family <b>Olson</b>	<b>McDaniel – DVD Session #5</b>
3	9/14	Psychodynamic Family Theory <b>Boszmormenyi-Nagi</b> Bowen Family Systems Theory <b>McDaniel</b>	Notes on Gladding: Chapter 5,7,8,9
		Couple & Marriage Therapy / Enrichment <b>Greenberg</b>	<b>McDaniel – DVD Session #6</b> <b>Greenberg - DVD</b>
		Culturally Diverse Families <b>Aponte &amp; Minuchin</b>	<b>Boszmormenyi-Nagi - DVD</b>
4	9/21	Experiential Family Therapy <b>Satir, Whitaker</b>	Notes on Gladding: Chapter 10,11,12 <b>Whitaker - DVD</b>
		Behavioral & Cognitive-Behavioral Family Therapies <b>Gottman, Stanley</b>	<b>Gottman - DVD</b>
		Structural Family Therapy <b>Minuchin, Aponte</b>	<b>Aponte - DVD</b>
5	9/28	Strategic Family Therapies <b>Haley, Madanes</b>	Notes on Gladding: Chapter 13,14,15,16 <b>Madanes - DVD</b>

		Solution-Focused Brief Therapy <b>Weiner-Davis</b> Narrative Family Therapy <b>White</b>	<b>White - DVD</b>
		Final Exam	Final

**VIII.COURSE REQUIREMENTS REPORTING FORM**

(Complete and turn in as top sheet with all course work at the end of the semester)

**Student Name:** \_\_\_\_\_

**Box Number:** \_\_\_\_\_

The final grade for this class will be assigned based on percentage of each requirement completed as well as quality of work.

<u>Grade</u>	<u>Date</u> <u>Completed</u>	<u>Percent</u> <u>Completed</u>	<u>Weight of</u> <u>Assignment</u>
<b>Reading &amp; Notes</b> _____	_____	_____	<b>20%</b>
<b>Viewing of DVD demonstrations</b> _____	_____	_____	<b>20%</b>
<b>Personal Family Genogram Project</b> _____	_____	_____	<b>20%</b>
<b>Restoration Therapy Project</b> _____	_____	_____	<b>20%</b>
<b>Final Exam</b> _____	_____	_____	<b>20%</b>
<b>Total Absences</b>			
<b>Total Classes</b>	_____		
<b>Total Hours</b>	_____		
<b>Final Grade for Course:</b>	_____		