Graduate Course:  PSY 6350/7350 - Family and Couple Therapy

Syllabus:  Fall, 2013

Faculty:  Wesley A. Bullock, Ph.D., Dept. of Psychology, University of Toledo
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Class Meeting Time:  Thursday 5:00 - 7:30 (weekly for the 16 week semester)

  Pearson/Allyn & Bacon:  Boston.
  In addition to the primary text, articles, handouts, and supplemental text readings will be provided
  for each topic covered by the course.

Supplemental texts:
  Weeks, G. R., Odell, M., & Methven, S. (2005).  If Only I Had Known... Avoiding Common

Course Description:  An overview of the field of family and couple therapy.  This course
  examines the historical and conceptual development of family and couple therapy as a discipline
  and reviews current theoretical perspectives on couple/family interaction and the specific
  therapeutic techniques that stem from those theoretical perspectives.  Students will have readings
  each week to further specific knowledge and skill acquisition in performing couple and family
  therapy.  The course goal is to facilitate engagement with, and application of, current theoretical
  and empirical research literature.  Textbook and assigned literature readings will be supplemented
  with couple and family therapy training videos.

Course Outline

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<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
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<tr>
<td>Aug. 22</td>
<td>Foundations / Evolution of Family Therapy</td>
<td>Ch. 1 &amp; 2</td>
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<td>Life at the Edge of Chaos / Dialectic Logic</td>
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<td>Theoretical Context / Family Life Cycle</td>
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<td>General Systems Theory (Gregory Bateson)</td>
<td>Ch. 3</td>
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<td>Cybernetics / Intake interviewing / assessment with couples &amp; families</td>
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<td>Sept 5</td>
<td>Bowen Family Systems Therapy (Murray Bowen) Video:  Bowenian Therapy w/ Philip Guerin Using Genograms in Couple and Family Therapy</td>
<td>Ch. 4</td>
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<td></td>
<td>Strategic Family Therapy Communication and Cognition (Don Jackson) Video:  Strategic Therapy w/ James Coyne</td>
<td>Ch. 5</td>
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Family and Marital Therapy Syllabus

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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| 26   | Strategic Family Therapy - Use of Paradox  
Video: Jay Hayley |
| 26   | Experiential Family Therapy  
Communication and Emotion (Virginia Satir)  
Video: Virginia Satir |
| Oct  3 | Communication and Emotion (Virginia Satir)  
Video: Satir Therapy w/ Jean McLendon |
| 10   | Crisis Intervention /  
Communication and Conflict Resolution |
| Oct  17 | Cognitive-Behavioral Family Therapy  
Behavioral Marital Therapy (Richard Stuart)  
Video: Behavioral Therapy w/ Richard Stuart |
| 24   | Integrative Behavioral Couples Therapy (Neil Jacobson) |
| Nov  7 | Structural Family Therapy (Salvador Minuchin)  
Video: Family session w/ Salvador Minuchin  
Video: Structural Therapy w/ Harry Aponte |
| Nov  14 | John and Julie Gottman: 21st Century Couple Therapy |
| Dec  5 | Student Presentations |
| Dec  22 | Student Presentations |
| Dec  28 | No Class - Thanksgiving Break |

**Exam #1 due (1/3 of course grade)**

**Exam #2 will be due Friday, Dec 13. (1/3 of course grade)**
Supplemental Text Readings:


Articles (see 2012 special issue, vol. 43, of *Behavior Therapy*):


Couple / Family Supervision articles to read for Synthetic Review (3 required).


In addition to the two exams, students will: (1) Prepare a short review (30 minute PowerPoint presentation) of a theoretical perspective, clinical issue or empirically-supported couple/family therapy practice that has not already been covered and is of interest to the student or applicable to their particular clinical or research pursuits.

**Possible topic areas for presentation might include the following:**
- Couple therapy in the treatment of specific clinical problems like PTSD or depression.
- Step-family therapy
- Separation/Divorce/Remarriage therapy
- Non-traditional couples / GBLT issues in couples therapy
- Internal family systems therapy
- Multicultural issues in family therapy
- Feminist Family Therapy

The above topics are just examples; students may choose a topic outside of this list. The topic chosen should be discussed with me no later than October 5. The student's short review will be presented to the entire class. The presentation will count as one-third of the course grade.

**Training Video Resources**
Course material includes couple and family therapy training videos to supplement lecture and readings.

**Couple / Family therapy video tape series from Allyn & Bacon:**
1) Solution-Oriented Therapy with Bill O’Hanlon
2) Experiential Therapy with Gus Napier
2) Internal Family Systems Therapy with Richard Schwartz
3) Satir Therapy with Jean McLendon
4) Behavioral Therapy with Richard Stuart
5) Strategic Therapy with James Coyne
6) Structural Therapy with Harry Aponte
7) Feminist Therapy with Cheryl Rampage
8) Narrative Therapy with Steve Madigan
9) Culture-Sensitive Therapy with Jon Carlson and Mary Arnold
10) Bowenian Therapy with Philip Guerin
11) Adlerian Therapy with James Bitter
12) Object Relations Therapy with Jill and David Scharff
Older training video tapes of well known family therapists, including:
1) Virginia Satir
2) Carl Whitaker
3) Jay Haley
4) Maurizio Andolfi