

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)

Primary Text: Nichols, M. P. (2012). *Family Therapy. Concepts and Methods (10th ed)*. 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 Mistakes in Couples Therapy*. W.W. Norton: New York.

Gehart, D. (2010). *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*. Brooks/Cole. Belmont, CA.

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

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

Family and Marital Therapy Syllabus
page 2

		Communication and Power - (Jay Haley) Video: Solution-oriented Therapy w/ Bill O'Hanlon	Ch. 11
	26	Strategic Family Therapy - Use of Paradox Video: Jay Hayley	Handout
	26	Experiential Family Therapy Communication and Emotion (Virginia Satir) Video: Virginia Satir	Ch. 7
Oct	3	Communication and Emotion (Virginia Satir) Video: Satir Therapy w/ Jean McLendon	Ch. 7
	10	Crisis Intervention / Communication and Conflict Resolution	Handout/ Reading
		Exam #1 due (1/3 of course grade)	
	17	Cognitive-Behavioral Family Therapy Behavioral Marital Therapy (Richard Stuart) Video: Behavioral Therapy w/ Richard Stuart	Ch. 9
	24	Integrative Behavioral Couples Therapy (Neil Jacobson)	Ch. 9
	31	Experiential Therapy (Carl Whitaker) Video: "A Different Kind of Caring" w/ Carl Whitaker Video: Experiential Therapy w/ Gus Napier	Ch. 7
Nov	7	Structural Family Therapy (Salvador Minuchin) Video: Family session w/ Salvador Minuchin Video: Structural Therapy w/ Harry Aponte	Ch. 6
	14	John and Julie Gottman: 21 st Century Couple Therapy	Handouts/ Readings
	22	Student Presentations	
	28	No Class - Thanksgiving Break	
Dec	5	Student Presentations	

Exam #2 will be due Friday, Dec 13. (1/3 of course grade)

Supplemental Text Readings:

Gottman, J.M. & Gottman, J.S. (2006). *Ten Lessons to Transform Your Marriage*. Three Rivers Press: New York.

American Association for Marriage and Family Therapy (2000). *Readings in Family Therapy Supervision: Selected Articles from the AAMFT Supervision Bulletin*. AAMFT: Washington DC.

Sherman, R. & Fredman, N. (1996). *Handbook of Structured Techniques in Marriage and Family Therapy*. Brunner/Mazel: New York

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

Baucom, D. H., Shohan, V., Mueser, K. T., Daiuto, A., D., & Stickle T. R. (1998). Empirically supported couple and family interventions for marital distress and adult mental health problems. *Journal of Consulting and Clinical Psychology*, 66 (1), 53-88.

Benson, L. A., McGinn, M. M., & Christensen, A. (2012). Common principles of couple therapy. *Behavior Therapy*, 43, 25-35.

Davis, S. D., Lebow, J. L. (2012). Common factors of change in couple therapy. *Behavior Therapy*, 43, 36-48.

Halford, W. K., & Snyder, D. K. (2012). Universal processes and common factors in couple therapy and relationship education. *Behavior Therapy*, 43, 1-12.

Sher, T. G. (2012). What, why, and for whom: Couples interventions: A deconstruction approach. *Behavior Therapy*, 43, 123-131.

Snyder, D. K. (2012). Integrative approaches to couple therapy: Implications for clinical practice and research. *Behavior Therapy*, 43, 13-24.

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

Celano, M. P., Smith, C. O., & Kaslow, N. (2010). A competency-based approach to couple and family therapy supervision. *Psychotherapy Theory, Research, Practice, Training*, 47 (1), 35-44.

Estrada, D. (2005). Supervision of cross-cultural couples therapy: Giving voice to the code of silence in the supervision and therapy room. *Journal of Family Psychotherapy*, 16 (4), 17-30.

Falender, C. A., Cornish, J. A. E., Goodyear, R., Hatcher, R., Kaslow, N. J., Leventhal, G., Shafranske, E., & Sigmon, S. T. (2004). Defining competencies in psychology supervision: A consensus statement. *Journal of Clinical Psychology*, 60 (7), 771-785.

Hill, E. W. (2009). Confronting anxiety in couple and family therapy supervision: A developmental supervisory model based on attachment theory. *The Australian and New Zealand Journal of Family Therapy*, 30 (1), 1-14.

Monson, C. M., Fredman, S. J., Macdonald, A., Pukay-Martin, N. D., Resick, P. A., Schnurr, P. P. (2012). Effect of cognitive-behavioral couple therapy for PTSD. *Journal of the American Medical Association*, 308 (7), 700-714.

Romans, J. S. C., Boswell, D. L., Carolozzi, A. F., & Ferguson, D. B. (1995). Training and supervision practices in clinical, counseling, and school psychology program. *Professional Psychology: Research and Practice*, 26 (4), 407-412.

- Stratton, J., & Smith, R. D. (2006). Supervision of couples cases. *Psychotherapy: Theory, Research, Practice, Training*, 43 (3), 337-348.
- Tanner, M. A., Gray, J. J., & Haaga, D. A. F. (2012). Association of cotherapy supervision with client outcomes, attrition, and trainee effectiveness in a psychotherapy training clinic. *Journal of Clinical Psychology*, 68 (12), 1241-1252.
- Vetere, A. (2012). Supervision and consultation practice with domestic violence. *Clinical Child Psychology and Psychiatry*, 17 (2), 181-185.

In addition to the two exams, students will: (1) Prepare an 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

