

Syllabus: PSY 6850 **Family and Couple Therapy Practicum** Fall, 2014 / Spring 2015

Meeting Days: Tuesday 9:00 – 11:30 & Friday 9:00 – 10:15

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Course Description:

The purpose this therapy practicum is to develop competency in clinical assessment, conceptualization, and therapy skills in the area of family and couple therapy. There will be some review of basic therapeutic skills in addition to an emphasis on specific assessment techniques and treatment issues for couples and family. The practical, diagnostic, therapeutic and professional issues involved in providing assessment and therapy services for couples and families will be addressed via didactic presentations, selected readings, and supervision of cases being seen in the Psychology Clinic. Supervision will take the form weekly class meetings and individual supervision of cases via recording or direct observation of clinical therapy work. The goal is to have a participatory learning experience that promotes competence in using family and couple conceptual models and family/couple therapy skills.

Primary Texts:

Nichols, M. P. (2008). *Family Therapy: Concepts and Methods (8th ed)*. Allyn & Bacon: Boston.

Weeks, G. R., Odell, M., & Methven, S. (2005). *If Only I Had Known... Avoiding Common Mistakes in Couples Therapy*. W.W. Norton: New York.

Jacobson, N.S. & Gurman, A.S. (1995). *Clinical Handbook of Couple Therapy*. Guilford: New York.

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

Since most students in this practicum will have already take the previous Couple/Family Therapy course which covered basic theory and interventions, the readings for this supervisory practicum will be chosen and assigned as needed to support supervision of students working with a particular case problem (e.g., infidelity; sexual difficulties; divorce; blended families), to implement a specific therapy technique not already covered in the previous course, or to learn a new intervention that is particularly relevant for a case the student is working on. In addition to material from the texts, handouts, articles, or other primary source material for theory/therapy techniques may be used as supplemental readings for the course. Supplemental readings may include material from the following sources or from other sources relevant to the case being treated:

Supplemental 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

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

Workload expectations for the practicum are:

- (1) Each student will complete at least one intake interview with a couple or family during the semester and make an oral presentation at the Clinic staff meeting.
- (2) Each student will complete at least one full assessment and/or pick up one therapy case on a couple or family seen through the Clinic. Some students will pick up a second assessment or therapy case, depending on the complexity of cases assigned.
- (3) Students are expected to support their class peers and enhance their learning experience by regularly observing their peers conducting therapy via video recording and participating live supervision discussion during weekly meetings.
- (4) Students will have a reading each week for the practicum meeting to further specific knowledge and skill acquisition in performing couple and family therapy. The goal is to facilitate engagement with, and application of, current theoretical and research literature and to promote class discussion of clinical cases presented during practicum.

Course Grading:

Grades for the therapy course will be based upon an evaluation of the student's performance in the following clinical skill areas: Case conceptualization and treatment planning; session planning and structuring; treatment implementation; assessment skills, including interviewing, testing, and interpretation skills; clarity of written reports; oral communication skills; meeting professional and ethical responsibilities; and quality of professional relationships, including preparation for supervision, use of supervision feedback, and consultation skills. Students will receive ongoing feedback about the quality of their performance in these areas as cases are being supervised in group and individual supervision.

Audio-visual training resources: I have a number of general and area specific DVDs and video tapes available for use. Please let me know if you would like to use any of these.

DVDs include the following:

- 1) Motivational Interviewing with William Miller
- 2) The Spirit of Motivational Interviewing: Integrated Dual Disorder Treatment (by the Ohio CCOE for IDDT)
- 3) Depression (by American Psychiatric Foundation and the Depression and Bipolar Support Alliance)
- 4) Therapeutic Alliance: What Works in Therapy (Scott Miller)
- 5) Outcome Informed Clinical Work (Scott Miller)
- 6) Working with Mandated Clients: A Cooperative, Client-Directed Approach (Scott Miller)
- 7) Parent-Child Interaction Therapy with Cheryl Bodiford McNeil (by APA)

There are a number of family therapy training videos (VHS tapes) that I have collected and used for the Couple/Family therapy class over the years.

Couple / Family therapy video tape (VHS) series from Allyn & Bacon (1998):

- 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

I also have a few older training video tapes of well known family therapists, including:

- 1) Virginia Satir
- 2) Carl Whitaker
- 3) Jay Haley
- 4) Maurizio Andolfi

APA Psychotherapy tape (VHS) (1994): Individual Consultation from a Family Systems Perspective with Florence Kaslow

I also have a number of videotapes (VHS) from the 1990s-2000s I have collected and have used for training or teaching purposes.

- 1) Integrated Treatment of Borderline Personality Disorder
- 2) Pediatric and Adult Bipolar Disorders: Diagnostic Issues and Novel Treatments
- 3) Exploring the Spectrum of Recovery

- 4) Partners in Recovery: Creating Successful Practitioner-Consumer Alliances
- 5) Schizophrenia: The Community's Response
- 6) Living with Schizophrenia
- 7) Understanding Panic Disorder
- 8) Understanding Social Anxiety Disorder