## Course Syllabus

**Jump to Today** 





**College of Extended Learning** 

**MA** in Clinical Counseling

**PSY6029: Marriage and Family Therapy** 

3 Units

### Spring 2024

January 8 - May 5, 2024

Meeting days/times: Tuesday, 5:30 p.m 8:15 p.m.	Instructor: Prof. Jenna Hillman  jhillman@pointloma.edu  (mailto:jhillman@pointloma.edu)
Meeting location: Mission Valley Campus	Phone: 619.888.3378 (text is best)

#### **COURSE DESCRIPTION**

This course is an overview of current theories and methods of marriage and family therapy interventions. The major theories, their founding clinicians, and some of their contemporaries are reviewed. The instructor will demonstrate each theory that is covered in class via role play demonstration or brief videotape review. There is an emphasis on how family therapy deals with diversity issues (e.g., ethnicity, integration, and blended families) during the clinical hour.

#### **GROUND RULES OF THE COURSE**

Together we will create a dynamic learning environment where:

- 1. Learning is challenging but safe
- 2. Learning is experiential and active
- 3. Communication is open . . . opposing viewpoints are welcomed
- 4. All are learners and all are teachers . . . we will learn from each other
- 5. Mistakes are okay . . . this is a no-guilt, no-blame zone
- 6. The point is to learn and grow ... grades are a by-product and not the goal



7. Integrity and honesty are expected

Please jot down some of your expectations for this course.

#### **PLNU MISSION**

### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### **INSTITUTIONAL LEARNING OUTCOMES (ILO)**

### 1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

### 2. Growing, In a Christ-Centered Faith Community

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

### 3. Serving, In a Context of Christian Faith

Students will serve locally and/or globally in vocational and social settings.

### PROGRAM LEARNING OUTCOMES (PLO)

- Students will articulate a clear, accurate understanding of their professional identity as either an LMFT or LPCC, or both.
- 2. Students will demonstrate knowledge of the fundamental domains in their selected area of specialization, in professional clinical counseling (i.e., foundations; counseling prevention, and intervention, diversity & advocacy; assessment; research & evaluation; and diagnosis) or marriage and family therapy (i.e., human development, family dynamics, systemic thinking, interactional theories, traditional and contemporary marriage and family theories, research and cultural context).
- Students will demonstrate ability to apply relevant research and evaluation models in practice of clinical counseling.
- 4. Students will demonstrate skills and practices of clinical counseling in the delivery of mental health services (e.g., assessment, diagnosis, treatment, termination, documentation, & ethical practice).
- 5. Students will deliver mental health services with multicultural competence and sensitivity.
- 6. Students will demonstrate ability to integrate faith with clinical counseling practice in clinically appropriate, culturally sensitive, and ethical manner.

### REQUIRED TEXTS AND RECOMMENDED RESOURCES

Gehart, D.R. & Tuttle, A.R. (2003). *Theory-based treatment planning for marriage and family there* Toronto, Canada: Brooks/Cole.

Nichols, Michael P. (2017). Family Therapy Concepts & Methods (11th ed.). Boston: Pearson.

#### ADDITIONAL READINGS

- Carter, B., and McGoldrick, M. (2005). *The expanded family life cycle: Individual, family, and social perspectives* (3rd ed.). Needham Heights, MA: Allyn & Bacon.
- Patterson, J., Williams, L., Grauf-Grounds, C., & Chamow, L. (1998). *Essential skills in family therapy:* From the first interview to termination. New York: Guilford Press.
- Simon, G.M. (2003). Beyond technique in family therapy: Finding your therapeutic voice. Boston: Pearson Education
- Sori, C. F. (2006). Engaging children in family therapy: Creative approaches to integrating theory and research. New York: Brunner-Routledge.

#### **COURSE LEARNING OUTCOMES**

Consistent with APA accreditation guidelines, this course will seek to develop and enhance outcome competencies that are important in professional psychology. The National Council of Schools and Programs of Professional Psychology have identified six core competency areas: this course will provide content for the development of competencies in each of these areas and students will have the opportunity to demonstrate the following outcome competencies:

#### 1. Research and Evaluation

Course lectures, readings, and assignments will review current research on family therapy and students will have the opportunity to interact critically with the research to form an understanding of Family Therapy that facilitates clinical interventions that have empirical validation. The clinical case analysis should demonstrate the student's ability to bring together theory and therapeutic practice in an integrated form.

### 2. Relationship

The course will provide opportunities for students to enhance their ability to develop and maintain an effective working relationship in the guided experiential exercises in class.

#### 3. Assessment

Theoretical foundations of family assessment and family assessment instruments will be reviewed and students will have the opportunity to demonstrate their competency to interpret a family assessment device.

#### 4. Intervention

A variety of family therapy models (including some empirically validated family psychology treatments) will be introduced in the lectures and readings. The clinical case analysis will provide opportunity for the student to demonstrate their competency in utilizing these models in an acceptance.

clinical situation.

### 5. Diversity

Course lectures, readings, and assignments will review current research on family therapy with diverse populations and students will have the opportunity to demonstrate competency in application of course materials to diverse family constellations.

#### 6. Education

Preventive and psycho-educational models will be reviewed and students will have the opportunity to include such collateral referrals in their clinical case analysis paper.

In addition, our program has emphases in Interdisciplinary Integration and Family Psychology. This course will provide opportunities for student development of outcome competencies in these areas as noted below:

- 1. **Interdisciplinary Integration:** Students will continue to develop their own theoretical framework for therapy, including a recognition of the interaction between the bio-psychosocial and the spiritual aspects of human existence.
- 2. **Family Psychology:** Students will continue to develop knowledge and skills in family psychology from a family therapy perspective.

#### **COURSE REQUIREMENTS**

#### 1. Completion of Readings

Complete all readings by the date due and be prepared to discuss them in class. Discussion, informed by the week's reading, is a critical aspect of the learning experience in this class.

### 2. Attendance and Participation (70 Points)

Students are expected to attend promptly all classes and participate actively in class. Because this is an experiential learning course, any absence must be negotiated with the professor and equivalent exercises and learning experience must be conducted. Please contact the professor by e-mail or telephone if you are unable to attend class. There are 14 in person class sessions (5 points per class for a total of 70 points).

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Graduate and Professional Studies Catalog for additional detail.

In the event of an officially excused absence on the due date of an assignment, the assignment

be due the next class time. All penalties for late assignments will then be assessed from that revised due date.

Class participation is necessary to demonstrate familiarity with the assignments and the ability to transfer theory into practice. The following criteria will be used to evaluate participation:

- Participation in discussions
- Appropriateness of comments
- Comments useful for clarification or meaningful contribution to the class
- Willingness to participate in exercises and simulations
- Sensitivity to participation of others in the class; avoid dominating discussions
- Class participation demonstrates understanding of learned theory

### 3. Treatment Plans (330 points)

Students will be given a case study of a couple or family and will prepare treatment plans for 5 of the 6 MFT Theories/Approaches we study during the term. The preparation of the treatment plans is intended to help facilitate your mastery of the material and help you prepare for the final exam, practicum and the licensing exam. Students will be evaluated on how well they demonstrate their knowledge of the information presented in assigned reading and class discussion. This assignment may be done individually or collaboratively. Please use the template provided for each treatment plan. Each treatment plan is worth 55 points (5 treatment plans at 55 points each for a total of 275 points).

### 4. Family Therapy Theory Application Paper and Genogram (120 points)

this assignment consists of two parts with two separate due dates. You will construct a three generation genogram of your own family that is due first. Your professor will review the genogram and offer suggestions that will help you use the genogram to write your paper. The second part of the assignment is the paper itself. Please see assignment for more information. The paper is worth 100 points. It is an informal paper that will be graded on your insight into your family dynamics as well as your ability to correctly apply a theory to the case conceptualization and treatment plan.

### 5. Small Group Video Debriefing (50 Points)

Small groups will present on a specific family systems theory. The list of theories is limited to the following: Bowen Family Systems, Structural Family Therapy, CBT, Experiential Family Therapy, Solution-Focused Brief Family Therapy, Narrative Family Therapy. The aim of this assignment is to practically apply the knowledge you gain from the required reading and lecture.

- Your group will be given a video demonstrating the theory you selected
- As a group you will debrief the video following the format given to you by the professor (see assignment section for further information)

### 6. Discussion Post (10 points)



• The first week of class is asynchronous, therefore we will not meet in person. You are required to complete a discussion post in lieu of the class session.

### 7. Theory Organizer (240 points)

You will complete a "theory organizer" for each of the major theories presented in class. These are due BEFORE class begins on the assigned date. These organizers are to help you stay accountable to read all required material BEFORE class as well as to help you begin to mentally organize the main points of each theory. These will be graded on completeness rather than "correctness". It will be your responsibility to add to them during class to make sure the information is correct. These organizers will also help you be prepared to participate in class discussions with your own questions and comments. Each theory organizer is worth 40 points and you will complete 6 of them for a total of 240 points.

### **End-of-Course Evaluation Survey**

Students are requested to complete the end-of-course survey and submit it by the last day of class.

### **Academic Honesty Verification**

Students must complete the verification before gaining access to the rest of the content.

### **APA Papers**

<u>All</u> papers written in the Graduate Counseling program should be in APA style. Here are some helpful websites to help you write and format your paper:

- The OWL at Purdue: APA Style 

   (https://owl.english.purdue.edu/owl/section/2/10/)

All papers should include the following sections unless indicated otherwise:

- 1. Title page
- 2. Abstract
- 3. Main body with headings
- 4. Reference page

Please check the *APA Manual* or the websites for further formatting helps.

This course meets PLNU and WASC credit hour policy requirements for contact hours as evidenced by the table below (3 credit units):

#### **Distribution of Course Hours**

Assignments	Pre-Course	Course	Post-Course
	Hours	Hours	Hours



Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Face-to-face Class Sessions		40	
Online Participation in forums, groups, etc.	5		5
Reading	10	5	10
Writing		10	20
Other Assignments and Learning Activities	5	5	5
Exams & Quizzes	4	5	5
	24	65	45
TOTAL HOURS			134

### ASSESSMENT AND GRADING

### **Assignments with Point Values**

Assignments	Points
Attendance and Class Participation	70
Treatment Plans (5 at 55 points each)	275
Theory Application Paper w/Genogram	120
Small Group Video Debriefing 50	
Discussion Post	10
Theory Organizer (6 at 40 points each) 240	
Total	765

NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.); you have the responsibility to first contact the professor. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the University).

### **Late Policy**

Assignments submitted up to 24 hours past the due date will be deducted 10% of the grade. Assignments submitted up to 48 hours past the due date will be deducted 20% of the grade. Assignments submitted up to 72 hours past the due date will be deducted 30% of the grade. Any assignment turned in after 72 hours past the due date will receive no credit.

### Note: All late assignments will receive a lower grade.

The final score on the 100-point scale will be translated into a grade according the following grad

#### **Grade Scale**

Standard Grade Scale Based on Percentage of Points Earned				
A B C D F				F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

**Note:** In graduate school, MFT students must maintain a minimum cumulative GPA of 3.0 throughout the period of their enrollment. Students will be placed on academic probation if a cumulative 3.0 gradepoint average is not maintained, or when they obtain a grade below a B- in their course work. MFT students may be disqualified from further graduate work if a cumulative 3.0 GPA is not maintained or if they obtain a total of two grades below a B- in their coursework.

#### **ACADEMIC ACCOMMODATIONS**

If you have a diagnosed disability the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619.563.2810. You may also ask your academic advisor or program director for any additional accommodation information.

#### FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the <u>Class Schedules</u>

(<a href="https://www.pointloma.edu/offices/records/class-schedules">https://www.pointloma.edu/offices/records/class-schedules</a>) site. No requests for early examinations will be approved.

#### **USE OF TECHNOLOGY**

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. In this course, we will rely on Canvas for accessing course materials, submitting assignments, and collaborating in discussion boards and blogs. We will also use cell phone polling when it enhances our in-class activities. You'll want to make sure you are comfortable with these tools, so take advantage of our computer LabTechs to answer questions and help you with any technology issues. You may also call the Help Desk at x2222. See the <a href="IT Technology Requirements">IT Technology Requirements</a> (https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349).

You are welcome to bring your laptop, iPad, and/or cell phone to class, which we will utilize during many class sessions—but please make sure you use them appropriately and responsibly. *If a tech tool becomes a distraction or disruption while class is in session, I will simply invite you to no longer bring it to class.* 

#### PLNU ACADEMIC HONESTY POLICY



Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, "Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course." See <a href="Academic Policies (https://catalog.pointloma.edu/index.php">Academic Policies (https://catalog.pointloma.edu/index.php)</a> for full text.

#### SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the <u>Graduate & Professional Student Spiritual Life web page. (https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life)</u>

For Mission Valley students there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

### PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may

#### SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the <u>Title IX Office (https://www.pointloma.edu/title-ix)</u>. Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at <a href="mailto:counselingservices@pointloma.edu">counselingservices@pointloma.edu</a> or find a list of campus pastors at the <a href="mailto:counselingservices@pointloma.edu">Title IX Office | Get</a> Help Now (<a href="https://www.pointloma.edu/title-ix/get-help-now">https://www.pointloma.edu/title-ix/get-help-now</a>)

#### **COURSE SCHEDULE**

The schedule of topics and due dates can be found on the <u>Course Schedule</u> (<a href="https://canvas.pointloma.edu/courses/73172/pages/course-schedule">https://canvas.pointloma.edu/courses/73172/pages/course-schedule</a>) page.



# Course Summary:

Date	Details	Due
Mon Jan 8, 2024	Academic Honesty Verification  Statement  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 978437)
	Agenda: (async) NO CLASS	to do: 11:59pm
Sun Jan 14, 2024	Introduction Discussion Post (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 1007729)
	Agenda: Foundations	to do: 5:30pm
Tue Jan 16, 2024	Attendance and Participation  Class 2  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 978440)
	Agenda: Foundations cont'd	to do: 5:30pm
Tue Jan 23, 2024	Attendance and Participation  Class 3  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 1007218)
	Bowen Theory Organizer  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 5:30pm
Tue Jan 30, 2024	Agenda: Bowen Family Systems	to do: 5:30pm
	Attendance and Participation  Class 4  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 1007219)
	Agenda: Bowen cont'd	to do: 5:30pm
Tue Feb 6, 2024	Attendance and Participation  Class 5  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 1007656)
Tue Feb 13, 2024	Bowen Family Systems  Treatment Plan	due by n

Date	Details Du
	(https://canvas.pointloma.edu/courses/73172/assignments/978441)
	Structural Theory Organizer (https://canvas.pointloma.edu/courses/73172/assignments/1007792)
	Agenda: Structural Family Therapy to do: 5:30pr
	Treatment Plan 2: Strategic Family Therapy (https://canvas.pointloma.edu/courses/73172/assignments/978449)
	Attendance and Participation  Class 6 due by 11:59pr  (https://canvas.pointloma.edu/courses/73172/assignments/1007657)
	Agenda: Structural cont'd to do: 5:30pr
Tue Feb 20, 2024	Attendance and Participation  Class 7 due by 11:59pr  (https://canvas.pointloma.edu/courses/73172/assignments/1007658)
	CBT Theory Organizer (https://canvas.pointloma.edu/courses/73172/assignments/1007809)
Tue Feb 27, 2024	Agenda: CBT to do: 5:30pr
	Attendance and Participation  Class 8 due by 11:59pr  (https://canvas.pointloma.edu/courses/73172/assignments/1007659)
Sun Mar 3, 2024	Mid-Course Survey (https://canvas.pointloma.edu/courses/73172/assignments/978438)
Tue Mar 5, 2024	Structural Family Therapy  Treatment Plan due by 5:30pr  (https://canvas.pointloma.edu/courses/73172/assignments/978448)
Tue Mar 12, 2024	Genogram  (https://canvas.pointloma.edu/courses/73172/assignments/1007855)
	Agenda: CBT cont'd to do.

Date	Details Due
	Attendance and Participation  Class 9 due by 11:59pm  (https://canvas.pointloma.edu/courses/73172/assignments/1007660)
	CBT Treatment Plan  (https://canvas.pointloma.edu/courses/73172/assignments/978442)  due by 5:30pm
	Experiential Theory Organizer  (https://canvas.pointloma.edu/courses/73172/assignments/1007810)
Tue Mar 19, 2024	Agenda: Experiential Family Therapy to do: 5:30pm
	Genogram and Family Therapy  Theory Application Paper due by 6pm  (https://canvas.pointloma.edu/courses/73172/assignments/978446)
	Attendance and Participation  Class 10 due by 11:59pm  (https://canvas.pointloma.edu/courses/73172/assignments/1007669)
	Agenda: Experiential cont'd to do: 5:30pm
Tue Mar 26, 2024	Attendance and Participation  Class 11 due by 11:59pm  (https://canvas.pointloma.edu/courses/73172/assignments/1007670)
Tue Apr 2, 2024	Experiential Family Therapy  Treatment Plan due by 5:30pm  (https://canvas.pointloma.edu/courses/73172/assignments/978444)
	Solution Focused Theory Organizer due by 5:30pm (https://canvas.pointloma.edu/courses/73172/assignments/1007812)
	Agenda: Solution Focused to do: 5:30pm
	Treatment Plan 5: Solution- Focused Therapy due by 6pm (https://canvas.pointloma.edu/courses/73172/assignments/978450)

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Date	Details	Due
	Attendance and Participation  Class 12  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm
	(https://canvas.pointioma.edu/courses/73172/assignments/	<u>1007671)</u>
	Session 13 Agenda: Solution Focused cont'd	to do: 5:30pm
Tue Apr 9, 2024	Attendance and Participation Class 13	due by 11:59pm
	(https://canvas.pointloma.edu/courses/73172/assignments/	•
	Narrative Theory Organizer  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 5:30pm 1007814)
T - A - 40 0004	Solution Focused Family  Therapy Treatment Plan  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 5:30pm 1007815)
Tue Apr 16, 2024	Agenda: Narrative Family Therapy	to do: 5:30pm
	Attendance and Participation  Class 14  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 1007673)
	Agenda: Narrative cont'd	to do: 5:30pm
Tue Apr 23, 2024	Attendance and Participation  Class 15  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 1007675)
	Family and Genogram Project  (https://canvas.pointloma.edu/courses/73172/assignments/	due by 11:59pm 978445)
Tue Apr 30, 2024	Narrative Family Therapy Treatment Plan (https://canvas.pointloma.edu/courses/73172/assignments/	due by 5:30pm 1007816)
	Session 16 Agenda	to do: 5:30pm
	Attendance and Participation  Class 16	due by

Date	<b>Details</b> Due
	(https://canvas.pointloma.edu/courses/73172/assignments/1007677)
	End-of-Course Evaluation (https://canvas.pointloma.edu/courses/73172/assignments/978443)
	Small Group Video Debriefing  (https://canvas.pointloma.edu/courses/73172/assignments/1013210)
	Final Exam (https://canvas.pointloma.edu/courses/73172/assignments/978439)
	Group Presentation (https://canvas.pointloma.edu/courses/73172/assignments/978447)

