Course Description: Focuses on the various approaches used to treat families in therapy. Focus is on the process of family therapy and will analyze and practice many techniques used with families. Prerequisites: MMFT 635, MMFT 615.

Course Outcomes: At the completion of this course, the student will:
1. Be able to structure the course of family therapy from initial inquiry to termination.
2. Understand the goals of, and procedures useful at, each phase of therapy.
3. Successfully complete therapy sessions in all phases of treatment using techniques from many theoretical approaches.
4. Negotiate the pitfalls typical for each phase.
5. Be able to write a treatment plan for family therapy.
6. Be able to write case notes for family therapy sessions.

Required Texts


Case Studies in Marriage and Family therapy (the instructor should have these available):


Optional Readings:

**Course Requirements:**

1. **In-class Activities and Role Plays.** Students will be expected to actively participate in all in-class activities and role plays. (20% of grade)

2. **Genogram.** Construct a genogram representing your family of origin. Utilize the format presented in McGoldrick and Gerson’s book *Genograms* which the students own from a prior course. Map the family structure, show family relationships, and record pertinent information. Submit both a diagram of the family and a brief (5-7 pages) paper describing significant information in the genogram. If possible, interview family members to get information about family history. (20% of grade) **Due session 3.**

3. **Ethical Issue Paper.** Write a paper on an ethical issue such as: being asked to testify in a custody case for one member of a former client couple; seeing a husband and wife separately; counseling domestic violence couples; exchanging counseling services for business services in a barter arrangement; communicating separately with one member of a couple; legal and ethical responsibilities in a child abuse case or elder abuse case; etc. *Paper must include specific reference information from the AAMFT Code of Ethics.* (25% of grade) **Due session 5.**

4. **Treatment plan.** Write a treatment plan for an imaginary client family to be decided on and described by each student and the instructor. (30% of grade) **Due session 7.**
<table>
<thead>
<tr>
<th>Day</th>
<th>Meeting Date</th>
<th>Class Content</th>
<th>Material Due</th>
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</table>
| **Session 1** |              | **Topic:** Getting Organized  
Overview, introductions, discuss class procedures, review textbooks, review syllabus.  
Read: n/a  
Class Discussion: Handling the initial inquiry phone call. Each class member’s experiences with, and impressions of, family therapy. | - In-class activities  
- Read AAMFT Code of Ethics text throughout this course  
- Jongsma text will be used throughout the course as well – primarily related to the in-class activities and role-plays. |
| **Session 2** |              | **Topic:** The First Session  
Read: Ch 1-3 in Patterson  
Preface & Introduction in Jongsma.  
Class Discussion: The initial interview  
Assigned readings  
In-class Activity: role play the angry couple, one or both with a substance abuse issue | - Reading summaries  
- In-class activities |
| **Session 3** |              | **Topic:** Assessment and Genograms  
Read: Ch 4 in Patterson.  
Class Discussion: Initial assessment  
Genogram paper  
Assigned readings  
In-class Activity: infidelity or sexual dissatisfaction | - Reading summaries  
- Genogram paper  
- In-class activities |
| **Session 4** |              | **Topic:** Treatment Planning  
Read: ch 5 in Patterson.  
Class Discussion: treatment plans  
In-class Activity: interfering in-laws | - Reading summaries  
- In-class activities |
| **Session 5** |              | **Topic:** As Therapy Progresses  
Read: ch 6-7 in Patterson.  
Class Discussion: Basic treatment skills  
Ethical issues in family therapy  
Assigned readings  
In-class Activity: Blended family | - Reading summaries  
- Ethical Issue paper  
- In-class activities |
| **Session 6** |              | **Topic:** When There's Mental Illness  
Read: ch 8-9 in Patterson.  
Class Discussion: Couples counseling  
Mental illness in family  
Assigned readings  
In-class Activity: family with a mentally ill member; bedwetting/depressed 1st grader | - Reading summaries  
- In-class activities |
| Session 7 | Topic: Getting Past Tough Impasses  
Read: ch 10 in Patterson  
Ch 7 in McGoldrick  
Class Discussion:  
Typical “hurdles” in therapy  
Assigned readings  
In-class Activity: Role-play a single mother (maybe with a new boyfriend), kid’s grades have dropped off, smoking pot, skipping school | ▪ Reading summaries  
▪ Treatment Plan paper  
▪ In-class activities |
| --- | --- | --- |
| Session 8 | Topic: Termination  
Read: rest of Patterson  
Class Discussion: Termination  
Working with managed care  
Assigned readings  
In-class Activity: Role-play a final session, OR a runaway son or daughter, having sex against parents’ wishes | ▪ Reading summaries  
▪ In-class activities |

*A supplemental Faculty syllabus will be distributed on the first night of class; the supplemental syllabus will address specific grading, attendance, and assignment criteria as well as provide additional pertinent course information.*