

Spring 2000

CE 622 Syllabus: Family Systems Counseling

Winona State University

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CE 622 - FAMILY SYSTEMS COUNSELING
(Three Credit Hours)

1. CATALOG DESCRIPTION:

This course introduces students to the theory, assessment techniques, and intervention strategies used in the practice of family systems counseling. The focus of the course will be on building a theoretical base for understanding and applying family systems counseling strategies and techniques. Didactic and experiential learning will provide students with the opportunity to apply and integrate knowledge and skills.

2. STATEMENT OF THE MAJOR FOCUS AND OBJECTIVES OF THE COURSE:

- * To build a knowledge base for understanding the theory and practice of family systems counseling.
- * To develop an understanding of the unique role of the family in the development of the individual
- To become familiar with the role of the therapist in family systems counseling
- To increase one's knowledge of their own family of origin
- To become aware of the developmental process involved in "the normal" family life cycle
- To become knowledgeable in the area of ethical practice in practicing family systems counseling
- To become familiar with strategies and techniques for working with families from a variety of ethnic an/or cultural backgrounds
- To learn techniques for working with family strengths

3. COURSE OUTLINE OF MAJOR TOPICS AND SUBTOPICS:

<u>WEEK:</u>	<u>TOPIC:</u>	<u>READING:</u>
1	Course Introduction Adopting a Family Relationship Framework	None Chapter 1 in text
2	Family Development: Continuity and Change	Chapter 2 in text
3	Gender, Culture, and Ethnicity Factors in Family functioning	Chapter 3 in text
4	The Family as a Psychosocial System	Chapter 4 in text
5	The Evolution of Family Therapy Origins and Growth of Family therapy	Chapters 5 in text
6	Psychodynamic Models of Family Therapy Experiential Models	Chapters 6 and 7 in text
7	Transgenerational Models of Family Counseling	Chapter 8 in text

8	The Structural Model in Family Counseling Strategic Models in Family Counseling	Chapters 9 and 10 in text
9	The Milan Model of Family Counseling Cognitive-Behavioral Model	Chapters 11 and 12 in text
10	Postmodernism and the Social Constructionist Family Therapies Psychoeducational Family Therapy	Chapters 13 and 14 in text
11	Family Strengths Counseling	Supplemental Readings
12	Family Therapy Research Becoming a Family Therapist: Training and Supervision	Chapters 15 and 16 in text
13	Professional Issues and Ethical Practices In Family Counseling	Chapter 17 in text
14	Demonstrations of Family Therapy Techniques	None
15	Demonstrations of Family Therapy Techniques	None
15	Final Examination	

4. **BASIC INSTRUCTIONAL PLAN:**

- Lectures
- Applied and Experiential Learning Activities in the Classroom
- Comprehensive Examination
- Contemporary films
- Guest Speakers

5. **COURSE REQUIREMENTS AND MEANS OF EVALUATION:**

Course Requirements:

- | | | |
|---|--|------------|
| • | Each student will complete a genogram of their family of origin. | 300 points |
| • | Each student will be required to complete a comprehensive final examination. | 300 points |
| • | Each student will participate in a group demonstration of family counseling. | 100 points |
| • | Each student will complete an assessment of a family presented in a contemporary film. | 300 points |

Grading:

A = Excellent	900 to 1000 points
B = Very Good	800 to 899 points
C = Satisfactory	700 to 799 points

D = Passing
F = Failing

600 to 699 points
599 and below

6 **TEXTBOOK:**

Goldenberg, I., & Goldenberg, H. (2000). Family therapy: An overview (5th ed.).

Belmont, CA: Wadsworth/Thomson Learning.

7 **LIST OF REFERENCE AND BIBLIOGRAPHY:**

Atwood, J. (1997). Challenging family therapy situations: Perspectives in social

Constructions. New York: Springer.

Carter, B., & McGoldrick, M. (1988). The changing family life cycle: a framework for family therapy (2nd ed.). New York: Gardner Press, Inc.

Goldenberg, H., & Goldenberg, I. (1994). Counseling today's families (2nd ed.). Pacific Grove, CA: Brooks/Cole Publishing Company.

Olson, D., & DeFrain (1994). Marriage and the family: diversity and strengths. Mountain View, CA: Mayfield, Publishing.

Wondrack, F., & Corneal, S. (1995). Strategies for resolving individual and family Problems. Pacific Grove, CA: Brooks/Cole Publishing Company.