

MF-633/PM-633 COUNSELING FAMILIES

Mennonite Brethren Biblical Seminary

3 units, Spring 2009, January 27 – May 12, 1-4 pm

E-Mail: dfriesen@mbseminary.edu

Delores Friesen, Ph.D

Office: 452-1711 T-W-TH

COURSE DESCRIPTION:

This course focuses on both theoretical and practical approaches to understanding and counseling families. It is foundational for both therapeutic and pastoral practice. Students will be expected to explore their own family of origin and to develop skills in counseling families during the semester. Both theory and practice will be interpreted from a systems and pastoral perspective.

COURSE AND DEGREE OBJECTIVES:

1. To explore the origins, growth, procedures and process of family therapy
2. To review the current theories of intervention in families.
3. To contextualize & develop counseling intervention skills & pastoral approaches with families.
4. To process Genogram and Family of Origin patterns and history.
5. To attend to the spiritual dimension in family therapy.

MAIN TEXTS:

- *Guest, J. (1976). Ordinary people. Viking Press.
- *Nichols, M. P. and R. C. Schwartz. (2007). Family therapy: Concepts & methods. 8th ed. Allyn & Bacon. (If you order your own copy, make sure that you get this newest edition.)
- *Richardson, R.W. (1995). Family ties that bind. Self Counsel Press.
- *Walsh, F. (1999). Spiritual resources in family therapy. Guilford.
- *Yarhouse, M. A., & Sells, J. N. (2009). Family therapies: A comprehensive Christian appraisal. CAPS Books. (Only Part II, pp.69-310 is required, Chapters 1, 2, and 20 are recommended.)

RECOMMENDED TEXTS:

- *Bobes, T., & Rothman, B (2002). Doing couple therapy: Integrating theory with practice. W.W. Norton and Company.
- *Dattilio, F.M. and L.J. Bevilacqua, Editors (2000). Comparative treatments for relationship dysfunction. Springer.
- *Marlin, E. (1989) Genograms: The new tool for exploring the personality, career, and love patterns you inherit. Contemporary Books.
- *McGoldrick, M., Gerson, R. Schellenberger, S. (1999) Genograms: Assessment and intervention. Norton. (See also the other genogram books by Demaria, et. al. on p. 10 of the syllabus.)
- *Napier, A. and C. Whitaker. (1980). Family crucible. Bantam.
- *Piercy, F. P., Sprenkle, D. H., Wetchler, J. L.(1996). Family therapy sourcebook. 2nd ed. Guilford.

ASSIGNMENTS:

1. Genogram & Family of Origin Analysis Paper

Due: Tuesday, April 28

Use the insights you have gained in reading and class materials to focus on such issues as power, communication, intimacy, sexuality, religion and control and write a **7-8 page** analysis of your family of origin. Read McGoldrick and Gerson's Chapter 8, "Constructing a Genogram," and

Chapter 8 in Richardson's Family Ties That Bind, and then develop a genogram analysis of your family. The books by Demaria, Marlin and McGoldrick, and the binder containing articles and chapters on genograms will be helpful in this process. Collect data by calling and writing your families of origin, relatives and friends for their observations of your family. Before contacting them, you need to develop a set of questions to which they can relate. If you think it will be difficult to obtain information because of resistance, you may wish to call first to obtain their consent, to indicate the importance of the assignment and to thank them in advance. Do not focus only on family history in the final paper. Relate history and data to how you were affected by the family environment. Include at least some of the questions in Walsh (1999), page 266. Relate your Myers-Briggs, Prepare/Enrich, POM or 16PF results to the analysis of your family of origin. Please attach the questions you used to gather information and your family members' written responses. Submit your paper, the questions you used in gathering the information, your family responses and genogram in an envelope to help ensure confidentiality.

2. Class Demonstration

Due: Feb. 24, March 10, 17, 24, 31, April 7, 14, 21, 28

Browse through Gurman & Kniskern, Thomas, Goldenberg, Nichols and Schwartz or Horne and Ohlsen until you discover a theorist you are interested in. Clear your choice with the instructor so that there are no duplicates. Then browse through the relevant section in Fredman and Sherman and select a technique you would like to master and demonstrate which relates to your chosen theorist. Select at least ONE situation or task in which the class can participate. Present the technique to the class and indicate why it is connected to the theorist and case you are demonstrating, under what conditions it would be appropriate and under what conditions it would not be. Provide relevant summarizing information or a short history of the case, why you have chosen this theory and technique for your therapeutic process, and then role play the case with yourself as the therapist and fellow students as family members. Lead the class in some kind of practice of the theory and skill(s). Plan and think through your 20-30 minute presentation until you know how you will help your classmates understand the theorist, technique and case you have chosen. Duplicate handouts as necessary. (See page 8 for more details) Consult at least three other sources, including primary sources and periodical literature. Include sources consulted on your handouts.

3. Case Studies

Six Class Days in Feb., March, and April

In section two, submit a **two to three page** response to **six** case situations from the perspective of the theory or theorists studied that week. You will be provided with cases. These are due on or before the Friday after the theory is discussed. After you have written your responses, please read the blue folder containing other students' responses to the same case in order to gain a wider perspective on interventions and treatment plans that could fit the same case and same theory.

4. Reading and Video Logs

Due: Feb. 24, April 14, May 12

Students will be expected to prepare for each class period by reading the appropriate material. At least 1200 pages should be read. Please record all chapters, books, videos, movies, and articles read and viewed along with brief annotations. This is less than the usual amount of reading required, since this course also focuses on practical skill development. **Be sure to read in the periodical literature**, as journals are current and relevant. In section II (March & April) please read at least 35 pages each week from **original** theorists in addition to the Schwartz and Nichols text. **Videos** are to be watched **before** the class discussion of a theorist. In this way you will have a visual picture of

how the theory of the therapist works before trying to practice it yourself. Videos may be obtained from the North Wing or Hiebert Library, and may be checked out for two hours. They may be taken out overnight if picked up at 5 PM and returned by 9 AM. Please sign out the videos just as one would in the library. They are for "professional" audiences and training purposes only. Please write a brief response to each video you view. If students keep the videos longer than these appointed times, it will be impossible for all members of the class to view these important resources. Please include your definition of a Healthy Family in your log which is due **Feb. 24**, and a critique of Walsh's book, Spiritual Resources in Family Therapy, in your final reading/video log due **May 12**. The **April 7** log will focus on original theorists' writings and family therapy videos you consult.

5. Chapter quizzes on the Nichols and Schwartz text will be given almost every week. Please read the assigned chapter(s) before class. The final exam will be due on or before **May 12**. The primary focus of the exam will be on family therapy theory building questions and an analysis of the family in Judith Guest's book, Ordinary People. Viewing the Ordinary People movie may also prove useful. Please read the book before watching the movie. How might the outcome of this story have been different if family treatment had been chosen instead of focusing on one identified patient?

GRADING

Genogram & Family Paper	20%	Reading/Video Logs (3)	18%
Final Exam & Quizzes	20%	Class Demonstration	20%
Case Studies (6)	18%	Attendance & Participation	4%

Note:

1. **All** Assignments must be completed to receive a passing grade in the course. Late assignments are graded lower. All work must be completed by **May 12**, unless you apply for an extension.
2. Since we study a different theory every week, attendance is required. Repeatedly arriving late or leaving class early is disruptive and must be avoided. Students who miss class, arrive late, or leave early will lose attendance and participation marks, and must arrange for commensurate make up assignments. Students who miss 20% or more may be required to repeat the course.
3. It is appropriate to use non-discriminatory language in class and in all written assignments.
4. For each three hour course students are expected to complete at least **six** hours of out of class preparation **each** week. Please set aside this time and study at least **six hours each** week.
5. If you have a limited background in the family literature or social science discipline, you may wish to start with Carlson, Thomas or Goldenberg or work with a partner or study group.
6. Submit your family of origin interviews and paper in an envelope to help ensure confidentiality.
7. Course Evaluations must be submitted online before course grades will be posted.
8. The AAMFT Conference, Pastoral Counseling Round Tables, CAPS and CAMFT meetings may be substituted for reading, if you respond to these experiences in writing, unless you are using these events for another course.
9. Auditors should read assignments and watch videos in preparation for class and participate in family role plays and practice of skills.
10. Everyone is encouraged to do Prepare/Enrich Training.

It is assumed and expected that any oral or written work is the product of the student's own work and that the sources used, **including the Internet** are acknowledged and cited properly. Cheating and plagiarism are prohibited and treated as serious offenses, and may result in failure on an

assignment, in a course, or even dismissal from the Seminary. Work or reading done for one course should not be submitted in a second course without permission of both of the instructors involved.

Students have the option of taking one extension per semester, provided the professor agrees. The application for extension is due two weeks before the end of the semester. A student who does not apply for an extension, and who does not hand in work nor receive a grade on time by the instructor will be given a grade of NC (no credit) by the registrar. The work must be completed by June 12. (See the Application for Extension for additional information).

MBBS Academic Policies are described in the *Academic Handbook*, which is updated annually. The *Handbook* includes policies on extensions for incomplete course work, academic integrity, non-discriminatory language, academic appeals, etc. Students are expected to be familiar with MBBS academic policies and to follow them. Copies of the *Academic Handbook* are available on the web at www.mbseminary.edu.

CLASS SCHEDULE

**Please highlight all items you read, browse or view.
*Indicates *Required reading & (~) found in binders.
Some Videos and Readings will be summarized or
viewed in class. Use your six study hours faithfully!**

I. INTRODUCTION

January 27 Pastoral Counselors and their Families (Choose at least one of the following in addition to *Vande Kemp and Bergman, Read all if possible, skimming is OK)
*Vande Kemp, Chapters 1-3, and pages 135-147 (on reserve, four copies on N.Wing shelf)
*Bergman, Fishing for barracuda, Chapter 4 (This is fun, creative chapter, don't miss it!)
Walsh, (1999) Spiritual resources, Chapters 1, 2, 10, 12; Blume, Chapter 1
Friedman, Generation to generation, Ch 8-12 (skim, entire book is excellent on systems)
Yarhouse & Sells, Family Therapies...Christian Appraisal, pp. 9-65, see also Ch. 20.
Direction, Spring, 1990 "Family & Church Growing Together" (skim)
Carlson, Chapters 1-2, an especially brief and clear summary. Great place to begin!

February 3 Origins, Growth & Modalities of Family Therapy, & Systems Theory

*Nichols and Schwartz, 1-2, Appendices A, B & C, pages 1-50, 436-454
*(~) "Family Systems Theory: An Introduction." MCC Conciliation Quarterly, Spring, 1989, Vol. 8, #2 (Copy in the Archives; Also in binder on shelf in the North Wing)
Blume, Chapters 2 and 3, and pages 105-108; Becvar and Becvar, Chapters 1-6, 14-16
*Friedman, Chapters 1-2 Generation to generation (skim)
*Griffin, Family therapy, 117-144. This is a very succinct, clear, easy to read summary.
JMFT Decade Review, Marriage & Family Therapy, Marital & Family Problem Prevention
Enrichment Research, Family Policy in the 1980's.
"The Constructivist Challenge", Networker Sept/Oct., 1988.
(~) Ashbrook, J. B. & Jewett, R. (1987). "Systems theory and Pauline anthropology: A cross-disciplinary conversation." Journal of Pastoral Psychotherapy, 1, 19-37. (In Binder)

February 10 Procedures, Process and Research in Marriage and Family Therapy

*Nichols & Schwartz, Chapters 3 and 16, pages 51-90, 395-420

- *Fredman & Sherman, Chapters 1-2; Blume, skim or browse Chapters 4-9
- *Brock and Barnard, Chapters 1-4 (skim) **OR (both on reserve & in North Wing)**
- *Patterson, Williams, Grauf-Ground, & Chamow, Essential skills in family therapy
- *Journal of Marital & Family Therapy (JMFT) October 2002, Volume 8, No.4
- Browse L'Abate, Ch. 17 in *Gurman & Kniskern's Handbook, Vol. 1 pp. 631-661.
- *Genograms, Ch. 8 in Carter & McGoldrick, Ch. 8 in Richardson, Articles in Binder
- Hiebert, W., Gillespie, J., Stahmann, R. Dynamic assessment in couple therapy
- Carlson, Chapters 8-9, very brief and clear summary
- Holman, pages 7-96 (skim)
- *Walsh (1999) Spiritual resources in family therapy, Chapters 8 and 15

February 17 The Fundamental Concepts of Family Therapy and Systems Theory

- *Nichols and Schwartz, Chapter 4, pages 91-118. *Chapter 11 is also helpful here.
- ***First reading/video log is due. Please include your definition of a Healthy Family.**
- Optional Readings which may be helpful include:
 - Thomas, Chapters 1-6, 15, 16; Blume, Chapters 1-9
 - Goldenberg & Goldenberg, Chapters 1-4, 12-13, Glossary
 - Horne and Olson, Chapter 1
 - Walsh, (1982) Normal family processes Chapters 1-2
 - Guerin, Family therapy.
 - Simon, et. al. Family Therapy Glossary, AAMFT. The language of family therapy
 - Topics in family psychology & counseling, "Rediscovering healthy families." Vol. 1 #1, Jan. 1992. (Instructor's copy may be borrowed for **One Day, Only** so others may access)

II. MODELS OF FAMILY THERAPY - Remember to choose and complete SIX case studies. These are due on Thursday of the week the theory is discussed and demonstrated. Choose and Read at least 35 pages from original theorists for Feb. 24 & each week in March & April.

February 24 Bowen, Family Systems Theory (Case due Feb. 26; *35 pages original Bowen)**

- *Nichols & Schwartz, Chapter 5, pages 119-146 (See Bibliography for original sources)
- *Bowen, M. Family therapy in clinical practice, See esp. chapters on death, alcohol, etc.
- *Richardson, Family ties that bind. *Yarhouse & Sells, Chapter 3, pp. 69-94.
- * McGoldrick, Chapter 8 "Genograms and Family Therapy"
- *Walsh (1999)Spiritual resources in family therapy, Chapters 8 and 15
- *Video - "Love and Work" (Library has a copy also); others on Bowen, family systems.
- Carlson, Chapters 5, 6, 7(on reserve, copy in binder in the North Wing, this is an easy read!)

No class March 3 Intensive Module Week – Work on your Family of Origin Paper! Read Reserve Books. View Videos to Get a Better Idea of the Theories and How to Do Therapy.

Mar. 10 Strategic/Problem Solving & Solution Focused Therapy -- Haley, Madannes, MRI, Milan, Selvini-Palazzoli, Erickson, De Shazer, Insoo Kim Berg

- *Nichols & Schwartz, Chapters 6 and 12, (Case Due Mar. 12, 35 pages original theorists)
- *Fredman & Sherman, Handbook of structured techniques, Ch. 6 on Paradox (IPC)
- *Haley - Problem solving therapy (If not read in IPC) or Madannes, Milan, etc.

*Yarhouse & Sells, Ch. 4 and Ch. 9; * (~)Circular Questioning Article (in Maroon Binder)
*Audio Tapes: Madannes, "Metaphors and Paradoxes" (Excellent, 24 hour checkout only)
Videos: Insoo Kim Berg "Scaling A Marriage", Founders Series Interview with Jay Haley
Family Therapy Networker, Sept/Oct., 1987. Becvar, Chapters 11 & 12.

Mar. 17 Structural – Minuchin, Montalvo; Communications – Satir, Watzlawick, Goolishan
*Nichols & Schwartz, Chapter 7, 176-203, (Case Due Mar. 19; 35 pages original theorists)
*Sherman & Fredman, Chapters 4 & 7; Blume, Chapter 5, "Organization. . . and Action"
*Yarhouse & Sells, Ch. 5, *Vande Kemp, Chapters 5 & 6, Becvar, Chapters 9 and 10
*Minuchin, S. Family therapy techniques, Family healing, Psychomatic families, etc.
*Videos: Minuchin, Goolishan & Anderson (North Wing, & Hiebert Library: Choose at least one), e. g., "Conversation With a Blended Family"

Mar. 24 Experiential Family Therapy--Whitaker, Duhl, Kempler, Satir, Johnson, Schwartz
*Nichols & Schwartz, Chapter 8, 204-226 (Case Due Mar. 26, 35 pages original theorists)
*Sherman & Fredman, Chapters 2 & 3, *Satir, Changing with families, Magic of Satir, etc.
*Whitaker: "A different kind of caring" (at Hiebert Library), See the book and Verbatim.
*Yarhouse & Sells, Ch. 8, pp. 192-222; Becvar & Becvar, Family Therapy, Chapter 8
Blume, Chapter 7, "Emotion, Regulation, Relationship. . ."
Carlson, Chapter 3-4, **brief, clear summary of many of the theories in this chapter.**
*Videos – Satir: "Blended Family with a Troubled Boy" (North Wing, Hiebert Library)
Duhl: "The Bipolar Impact" (at Hiebert Library) Watch at least one video.

Mar. 31 Psychoanalytic & Object-Relations Family Therapy - Ackerman, Boszormenyi-Nagy, Margaret Mahler, Jill and David Scharff
*Nichols & Schwartz, Chapter 9, 227-251, (Case Due Apr. 2; 35 pages original theorists)
*Yarhouse & Sells, Chapters 6 and 7, *Lupenitz, D. The family interpreted, Chapter 3
*Vande Kemp, Chapter 4, *Ackerman, N. The psychodynamics of family life.
* Nagy, Invisible Loyalties, Goldenthal, Contextual family therapy
*Scharff. Primer, Family Therapy.
*Video - Scharff "Object Relations in Couples Therapy" (North Wing, See Library also!)
Becvar & Becvar, Chapter 7; Video: Dreams as Guide
*Walsh, (1999) Spiritual resources in family therapy, Chapter 13

Apr. 7 Cognitive-Behavioral Family Therapy, Sex Therapy, Couples Therapy -- Beck, Kaplan, Stuart, Gottman, LoPiccolo, Jacobson, Hendrix - Imago, Meichenbaum
*Nichols & Schwartz, Ch. 10, pp. 252-280 (Case Due Apr. 9, 35 pages original theorists)
*Fredman & Sherman, Ch. 5, *Yarhouse & Sells, Ch.10, Becvar, Chapter 12, Blume, Ch. 4
*Videos - LoPiccolo - Sex Therapy; (North Wing) Video: Brief Therapy Inside Out
Harville Hendrix - "Getting The Love You Want." Vols. I, II, III, IV, (Hiebert Library)
*Yarhouse and Sells, Chapter 10, Cognitive-Behavioral Family Therapy, pp. 245-263.
Second Reading Log is Due – Focus on original theorists read, videos watched.

Apr. 14 Evolving and Integrative Therapeutic Models - Narrative and Constructivist Therapy: Steve DeShazer, Marianne Walters, Michael White, Richard Schwartz

- *Nichols & Schwartz, Chapters 13, 14 (Case Due Wed., Apr. 16, Read 35 pages original)
- *Walsh, (1999) Chapters 13 and 15 (theorists, include some verbatim, & case studies)
- *Family Therapy Networker, Narrative Therapy, Sept/Oct 1987. (Library periodicals shelf)
- Horne and Olsen, Chapter 10 Video: Getting Unstuck with Michelle Weiner Davis
- * Videos - Walters: "Laughing Till It Hurts", Michael White, "The Best of Friends",
"Conversation with a Blended Family, A Burning Question", Goolishian & Anderson
- *Schwartz, R. Internal family systems.**See the summary in the appendix. Blume, Ch. 6
- *Yarhouse & Sells, Ch. 11, Narrative Family Therapy, Ch. 12, Integrative, and Ch. 20.

Apr. 21 Comparative Analysis & Evaluation of Family Theories & Therapy:

Network Therapy, Family Group Therapy (Case Due Apr. 23, unless you have 6 done)

- *Nichols & Schwartz, Chapters 15, 367-394, (Read at least one of the optional sources)
- *Luepnitz, D. The family interpreted, pp 30-97., *Blume, Chapter 11, and pages 312-316
- *The Family Therapy Networker, July - August, 1985, "Family Therapy Critiques Itself"
Sept-Oct., 1988.
- Goldenberg & Goldenberg, Chapter 13 (2nd Ed.) Brief, Excellent Summary
- *Yarhouse & Sells, Complete Part II, Pages 69-310, Becvar, Chapters 15 and 16.
- Gurman and Kniskern, Handbook of family therapy
- *Topics In Family Psychology & Counseling. "Tailoring Treatment to Couples and
Families." Vol. 1, #3, July, 1992. (Shelf Checkout – 2 hours, or overnight only)

Apr. 28 Family Therapy in the 21st Century: Divorce, Stepfamilies, Secrets, Affairs

Family of Origin Influences/Strengths: Genogram and Family of Origin Paper Due

- *Nichols & Schwartz, Chapter 11, 288-308, Read at least one of the optional sources.
- Movies: Ordinary People, Kramer vs. Kramer, Video: Pain Games (if available),
- *JMFT, October 2002, Vol. 28, No.4, "Research on Couples and Couple Therapy" 391-444
- *JMFT Decade in Review, Determinants of Divorce, The Multiple consequences of Divorce,
The Impact of Divorce on Children, Remarriage & Stepfamily Research in the 80s.
- *Carter & McGoldrick, Pt. 3: The Divorce Cycle, pp 335-426.
- *Pittman, Sections II and III, Crisis of Marriage, Disruption of the Family
- *Family Therapy Networker, "Divorce," Nov/Dec. 1989. "Infidelity," May/June 1989
- Wallerstein, J.,S. Blakeslee, The good marriage.Gottman,J. Why marriages succeed or fail.
- Walsh (1982) Normal family processes, Chapters 11-13, *Strengthening family resilience

May 5, 12 Prevention, Enrichment, Witness – How Can We Strengthen the Family?

Spiritual Resources in Family Therapy, Special Issues in Family Therapy

- *Walsh, Spiritual Resources (1999), Ch. 1-4, 7, 9-12, 16, (Complete, Review, Critique)
- *Family Therapy Networker, '87, pp.45-52. (~) Bellah, The Church as the Context for the
Family, New Oxford Review, 1987, 6-13. (~) Coles, Moral Purpose & the Family,
(~)*Dueck, The Church and the Modern Family.(All 3 articles are in the maroon binder)
- Blume, Chapters, 8 "Spirituality", Chapters 10 and 11, Appendices, Ethical Standards
- Choose at least 25 pages from Stahman & Hiebert, Crabb, Augsburg, Pipher, or Bender
- JMF Decade Review, Religion and Family, Impact of Family on Health.

**Final Reading/Video Log Due May 12 – Must include your critique of Walsh's book.
Take Home Final Exam on Ordinary People and theories is due May 12 also.**

CLASS DEMONSTRATION

1. Browse through Gurman & Kniskern, Thomas, Goldenberg, Nichols and Schwartz or Horne and Ohlsen until you discover a theorist you are interested in. Clear your choice with the instructor so that there are no duplicates. The day on which you present should fit into the class schedule as closely as possible. Two or three class members will be presenting each day in March and April, so the case presentations and demonstration need to be focused and succinct.
2. Browse through the relevant section in Fredman and Sherman's Handbook of Structured Techniques and select a technique you would like to master and demonstrate. Select at least ONE situation or task in which the class can participate. **Present the technique to the class and indicate why it is connected to the theorist you are demonstrating, under what conditions it would be appropriate and under what conditions it would not be. Lead the class in some kind of practice of the theory skill(s) or technique(s) demonstrated. Be prepared to assist in skill development and interpretation of the theorist. Prepare and duplicate handouts as necessary.** Practice your presentation until you are satisfied with your performance, and know how you will help your classmates understand the theorist and technique you have chosen.
3. Provide relevant summarizing information about your theorist, present a short history of the case and then role play it with yourself as the therapist and fellow students as family members. Select a manageable segment, **demonstrate at least one technique that fits with the theory** and the case and then close. Plan the entire presentation so there is adequate time for the class to interact and ask questions about the theory and then practice the related skills and technique
4. Consult **at least three other sources**, including **primary** sources **and periodical literature** that will help to give general background to the case or family situation you are demonstrating or **give research support** to the theory or technique you are presenting. For example, if it is a divorcing family, Wallerstein's book would provide much useful background. **Include sources consulted on your handouts**, and be sure to use APA style in all of your writing.
5. There will be a time of debriefing with priority given to the presenter and simulated family members. Feedback on the presentation and skill training will be focused on understanding the theory and interventions utilized in the demonstration. You'll get to hear from a reflecting team!
6. The goal is to deepen **both theoretical understanding and therapeutic skills**. It will also give you an opportunity to work with a simulated family in an actual counseling room. Be creative.
7. You may wish to consider using a Biblical family or a family situation you know for the role play. Be sure to guard confidentiality appropriately, if you use a present day family.
8. If the counseling rooms are used for the demonstration be sure they are set up before class. Students must maintain professional courtesy and **be quiet in the halls and observation room**. All extra chairs, play therapy items, or art supplies must be put away each evening. Please close the blinds and lock the door when exiting. Remember other therapists are at work as well!

**Alternate Assignment: Develop and Use Family Counseling Skills
Client Family Analysis, Video and Summary Due: May 12 instead of Final Exam**

This course focuses on the development of theoretical and counseling skills with individuals or families from a systems perspective. If students have the opportunity to work with a couple or family, they may substitute this for the final exam. If you are not an MFCC major, the family should be high functioning and the focus will be marital and family enrichment, or you may work as a co-counselor. Read the articles by Luciano L'Abate on marital family enrichment programs: in Gurman and Kniskern (Vol. 1, pages 631-661), and Decade Review BEFORE beginning counseling. Submit a client family analysis, a summary of what **you** learned from your sessions with the family you are counseling and a video tape of at least one session. Make an appointment with the instructor to review this experience.

Before seeing clients, MFCC students must be registered as a trainee with CAMFT or AAMFT and have liability insurance. Students are encouraged to help locate appropriate families, although there may be some available at Salvation Army or On-Site. Supervision will be arranged by Mary Shamshoian (452-1778), Clinical Director of On-Site. MFCC students who have completed pre practicum can count these hours towards their practicum requirements. Please take seriously the safety, welfare, and confidentiality of persons whom we engage in counseling or interviewing. Adequate skills and supervision are a must. Before you begin work with a family, please make a personal growth plan to develop the needed skills, and clear your plan with the instructor. If you have not had any training in substance abuse counseling, please see the instructor for suggestions

SUPPLEMENTARY READINGS: (*On one day reserve at the Library)

- *Ackerman, N.W. (1958) The psychodynamics of family life. New York: Basic Books.
- *Becvar, D.S. and R.J. (1996) Family therapy: A systemic intervention. (3rd Ed.).
- *Benner, David G. (2003). Strategic pastoral counseling: A short-term structured model. Baker.
- Berger, M. & Jurkovic, G. (1994) Practicing family therapy in diverse settings. Jossey-Bass.
- *Bergman, Joel. (1985). Fishing for barracuda. Norton.
- *Blume, T.W. (2006). Becoming a family counselor. John Wiley and Sons.
- *Bowen, M. (1978). Family therapy in clinical practice. New York: Aronson.
- *Brock, G.W. & Barnard C.P. (1992). Procedures in marriage & family therapy. Allyn and Bacon.
- *Journal of marriage and family: Family research in the 1980s: The decade in review Vol. 52, No.4, Nov. 1990.
- *Carter and McGoldrick. (1988). The changing family life cycle. NY: Gardner. See Ch. 8.
- *Demaria, Rita. Focused genograms: Intergenerational assessment of individuals, couples, and families.
Duhl, Bunny. From the inside out and other metaphors.
- *Friedman, E. H. (1985). Generation to generation: Family process in church and synagogue.
- *Fredman, N. & R. Sherman. (1986) Handbook of structured techniques in marriage and family therapy. Brunner & Mazel.
- *Friedman, (1985) Generation to generation: Family process in church & synagogue. Guilford.
- *Goldenberg and Goldenberg. (1991) Family therapy: An overview. 3rd Edition.
Gottman, John. (1994) Why marriages succeed or fail: And how you can make yours last. Simon & Schuster. See also other titles, The marriage clinic, What predicts divorce.

- Guerin, Philip. (1976). Family therapy. New York: Gardner Press.
- *Guest, Judith. (1976). Ordinary people. Viking Press.
- *Gurman and Kniskern, Handbook of family therapy, Volumes I & II Bruner-Mazel,
- *Haley, Jay. Problem solving therapy. Harper & Row, 1985; Jossey-Bass, 1976.
- *Holman, Adele M. Family assessment: Tools for understanding and assessment.
- *Horne and Ohlsen, Family counseling and therapy.
- L'Abate, Luciano. (1998). Family psychopathology. Guilford.
- L'Abate, Luciano. "Skill Training Programs for Couples and Families" Ch. 17 in Vol. 1 of
 *Gurman & Kniskern's Handbook of family therapy, Pages 631-661.
- *Lansky, Melvin R. (1995). Family therapy and major psychopathology. Grune & Stratton.
- *Loeschen, Sharon. (1991) Magic of Satir. Haleyon Publications.
- *Luepnitz., (1988). The family interpreted: Feminist theory in clinical practice. Basic Books.
- *McGoldrick, Monica. (1999). Genograms: Assessment and intervention.
- *McGoldrick, Monica and Randy Gerson. (1985). Genograms in Family Assessment. Norton.
- *McGoldrick, M., J. Giordano, and J. K. Pearce. (1997). Ethnicity and family therapy. Norton.
- McGoldrick, Monica. (1988) Revisoning family therapy: Race, culture & gender in family therapy. Jossey-Bass.
- Marlin, Emily. Genograms: The new tool for exploring the personality, career, and love patterns you inherit.
- *Mikesell, R.H., D. Lusterman & S. McDaniel. (1995). Integrating family therapy: Handbook of family psychology and systems theory. APA.
- *Minuchin, Salvador. Families & family therapy, Family therapy tchniques, Family healing: Tales of hope and renewal.
- *Nichols, M.& R.Schwartz. (2003) Family therapy: Concepts and methods, 7th ed. Allyn & Bacon.
- Nichols, M.P., & R.C. Schwartz (2003). The essentials of family therapy. 3rd ed. Allyn & Bacon, paperback, ISBN 0-205-49615-6.
- *Richardson. (1984, 1995). Family ties that bind., Self-Counsel Press.
- *Patterson, Williams, Grauf-Grounds, Chamow. (1998). Essential skills in family therapy. Guilford.
- *Piercy, Sprenkle, & Wetchler. (1996). Family Therapy Sourcebook. 2nd. edition. Guilford.
- Pipher, Mary. The shelter of each other.
- *Pittman, (1982). Turning points: Treating families in transition & crisis. Guilford.
- *Satir,V, Bandler,R.,Grinder,J.(1976) Changing with families.Palo Alto:Science & Behavior Books.
- *Schwartz, R. Internal family systems.
- *Simon, Stierlin, Wynne. (1985). The language of family therapy, Family Process.
- Stahmann & Hiebert, Counseling in marital & sexual problems, Premarital counseling. (Binder)
- Thomas, Michelle B. (1992). An introduction to marital and family therapy. MacMillan.
- *Vande Kemp, Hendrika. (1991). Family therapy: Christian perspectives. Baker Book House.
- *Walsh, Froma. Normal family processes.
- Walsh, Froma. & Carol Anderson. Chronic disorders and the family.
- *Walsh, Froma, ed. (1999). Spiritual resources in family therapy. Guilford.
- Weaver, A. J., H. G. Koenig, & L. A. Revilla. (2002). Counseling families across the stages of life: A Handbook for pastors and other helping professionals. Abingdon, 2002.
- Wynn, J.C. (1987). The family therapist, Revell.
- Wynn, J.C. (1991). Family therapy in pastoral ministry.
- Yerby, Janet, et.al. (1995, 1990) Understanding family communication. Gorsuch Scarisbrick.

Family Journals Available at Hiebert Library

American Family
American Journal of Family Therapy
Family Coordinator
Family Life Today
Family Perspective
Family Process
Family Relations
Family Therapy Networker
Journal of Family History
Journal of Marriage and the Family
Journal of Marital and Family Therapy
Marriage and Divorce Today
Marriage and Family Living
Marriage and Family Newsletter (70-79 only)
Marriage and Family Resource (75-79 only)
Marriage: The Magazine of Marital Enrichment (79-80 only)
Sage Family Studies Abstracts

The Family Therapy Networker Some selected topics- See also the compilation of "best articles".

"Divorce: Cushioning the Blow", Nov/Dec, 1989
"Infidelity: A Loss of Innocence", May/June, 1989
"Mothers: Are We Ready To See Them as Real People?", Sept/Oct, 1989
"Families Who Battle The Bottle", July/August, 1987
"Good-Bye Paradox, Hello Invariant Prescription: Mara Selvini Palazzoli's Startling New Therapy",
Sept/Oct, 1987
"Lifting the Shade on Family Violence", May/June 1986
"Success in Family Therapy: What's at the End of the Rainbow?" July/Aug, 1986
"The Great Cover-Up: Sexuality and the Family, March/April, 1988
"In Search of an Honest Theory", May/June, 1985
"The Many Selves in Couples Therapy", Nov/Dec, 1988
"The Creative Leap" (includes Friedman's Fables), Sept/Oct, 1984
"The Puzzle of the Individual: Family Therapy Takes a Fresh Look", Mar/Apr, 1987
"You'd Better Sit Down. . . Death In The Family", Nov/Dec, 1986
"Family Therapy and Family Medicine: Strange Bedfellows?", Jan/Feb, 1985
"Feminism: Shedding New Light on the Family", Nov/Dec, 1985
"The Myth of Family Therapy: An Interview with Thomas Szasz", July/Aug, 1984
"The Family's Hypnotic Pull", Mar/Apr, 1985
"Keeping on Target: Family Therapy Critiques Itself," July/Aug, 1985.
"Bringing Up Father: Putting Dad Back in the Family," May/June, 1988.
"The Constructivists Are Coming!" See especially "An Interview with Lynn Hoffman," Sept/Oct,
1988, p. 54f.
"Adult Children of Alcoholics," Jan/Feb 1990.
"Alien Nation: Life in Teenage America," July/August 1990.
"Psychotherapy and Spirituality," Sept/Oct 1990.

Family Process: Some articles of interest

- "Scripts & Legends in Families & Family Therapy," John Byng-Hall, p. 167, June, 1988, Vol. 27: 2.
- "The Time-Line Genogram: Highlighting Temporal Aspects of Family Relationships: by Friedman, Rohrbaugh, and Krakauer, p. 293 in September, 1988, Vol 27, #3.
- "Graduate Student Marriages: An Organizational/Interactional View" by Michele Scheinkman, P. 351, in September, 1988, Vol. 27, #3. June 1992.
- "Therapists Ratings of Fundamentalist and Nonfundamentalist Families in therapy: An Empirical Comparison" June 1992, Vol.31, #2. p.175.
- "Working with projective identification in couples." by D. R. Catherall, 1992, Vol.31, pp 355-367. Journal of Marital and Family Therapy, published by AAMFT, articles of interest October, 1993, Volume 19, Number 4,
- "Seven Types of Marriage: Empirical Typology Based on ENRICH"
- "Family of Origin Frames in Couples Therapy"
- "Dysphoria and Marital Discord"
- "The Therapist Who is Perceived as "Spiritually Correct": Strategies for Avoiding Collusion with the "Spiritually One- Up" Spouse"
- "Treatment Issues for Survivors of Physical and Sexual Abuse"
- "Marital Satisfaction and Social Learning Family Therapy for Child Conduct Problems"
- "Separating Couples from Restraining Patterns and the Relationship Discourse That Supports Them" January, 1994, Volume 20, Number 1:
- "The Female Voice: Applications to Bowen's Family Systems Theory"
- "Decision Making in Divorce Therapy: Cost-Cost Comparisons"
- "Use of Standardized Assessment Instruments by Marital and Family Therapists: A Survey"

For those of you who have taken or are taking **Psychopathology**, four particularly valuable books that help to integrate this area of medical, individual diagnosis with Family Counseling are:

L'Abate. (1998) Family psychopathology. Guilford.

Lansky, Melvin R. (1995). Family therapy and major psychopathology, Grune & Stratton. See pp. 203-230, "Family Treatment of Alcoholism".

Oates, Wayne, (1987). Behind the masks. Philadelphia: Westminster Press.

Walsh, Froma & Carol Anderson, Eds. (1988) Chronic disorders and the family. Haworth Press.

See pp. 105-120 for: "Continuities & Discontinuities in Family Treatment of Substance Abuse".

There is a "Treating Substance Abuse" Audio tape available in the North Wing.

Journal of Marital and Family Therapy (JMFT) is published quarterly by the American Association of Marriage and Family Therapists (AAMFT). It features research articles, and guidance for practice. Issues do not focus on one single topic like the Family Therapy Networker. For example, the most recent issue features five different research perspectives on couples and couple therapy. One of these discusses emotional processes following disclosure of an extramarital affair; another deals with "Emotionally Focused Interventions for Couples with Chronically Ill Children". In the same issue there are other practice oriented articles about including children in family therapy, the different faces of intimate violence, the therapist's inner conversation, and a report on a recent national survey of the characteristics and clinical practices of marriage and Family therapists. The online address is: www.aamft.org There are some back issues available for student use. The instructor also owns a CD with several decades of these journals and they can be accessed on line.

All MFT students need to become familiar with at least three professional journals during the course of the semester. If possible, subscribe to one or more of these journals.

Journal of Marital and Family Therapy

July 2008, 34(4). Entire section on “Research on MFT Approaches” would be helpful.

- Bartle-Haring, S., Glade, A. C., & Vira, R. (2005). Initial levels of differentiation and reduction in psychological symptoms for clients in marriage and family therapy. *Journal of Marital and Family Therapy, 31(1)*, 121-132.
- Blow, A. J., Sprenkle, D. H., & Davis, S. D. (2007). Is who delivers the treatment more important than the treatment itself? *Journal of Marital and Family Therapy, 33(3)*, 298-317.
- Caldwell, B. E., Woolley, S. R., & Caldwell, C. J. (2007). Preliminary estimates of cost-effectiveness for marital therapy. *Journal of Marital and Family Therapy, 33(3)*, 392-405.
- Cloutier, P. F., Manion, I. G., Walker, J. G., & Johnson, S. M. (2002). Emotionally focused interventions for couples with chronically ill children: A 2-year follow-up. *Journal of Marital and Family Therapy, 28(4)*, 391-398.
- Croyle, K. L., & Waltz, J. (2002). Emotional awareness and couples' relationship satisfaction. *Journal of Marital and Family Therapy, 28(4)*, 435-444.
- Davis, S. D., & Piercy, F. P. (2007). What clients of couple therapy model developers and their former students say about change, part I: Model-dependent common factors across three models. *Journal of Marital and Family Therapy, 33(3)*, 318-343.
- Davis, S. D., & Piercy, F. P. (2007). What clients of couple therapy model developers and their former students say about change, part II: Model-independent common factors and an integrative framework. *Journal of Marital and Family Therapy, 33(3)*, 344-363.
- Gee, C. B., Scott, R. L., Castellani, A. M., & Cordova, J. V. (2002). Predicting 2-year marital satisfaction from partners' discussion on their marriage checkup. *Journal of Marital and Family Therapy, 28(4)*, 399-408.
- Halford, W. K., Markman, H. J., Kline, G. H., & Stanley, S. M. (2003). Best practice in couple relationship education. *Journal of Marital and Family Therapy, 29(3)*, 385-406.
- Harris, S. M., & Hays, K. W. (2008). Family Therapist Comfort with and Willingness to discuss client sexuality. *Journal of Marital and Family Therapy, 34(2)*, 239-250.
- Hawley, D. R., & Gonzalez, C. (2005). Publication patterns of faculty in commission on accreditation for marriage and family therapy education programs. *Journal of Marital and Family Therapy, 31(1)*, 89-98.
- Hodge, D. R. (2005). Spiritual Assessment in Marital and Family Therapy: A Methodological Framework for Selecting from Among Six Qualitative Assessment Tools. *Journal of Marital and Family Therapy, 41(4)*, 341-356.
- Hodgson, J. L., Johnson, L. N., Ketrings, S. A., Wampler, R., & Lamson, A. L. (2005). Integrating research and clinical training in marriage and family therapy training programs. *Journal of Marital and Family Therapy, 31(1)*, 75-88.
- Johnson, S. M. (2003). The revolution in couple therapy: A practitioner-scientist perspective. *Journal of Marital and Family Therapy, 29(3)*, 365-384.
- Kirby, J. S., & Baucom, D. H. (2007). Treating emotion dysregulation in a couple context: A pilot

- study of a couples skills group intervention. *Journal of Marital and Family Therapy*, 33(3), 375-391.
- Kogan, S. M., Walters, L. H., & Daniels, T. (2002). Contextual assessment of couples therapy: The clinical discourse q-sets. *Journal of Marital and Family Therapy*, 28(4), 409-422.
- Larson, J. H., Vatter, R. S., Galbraith, R. C., Holman, T. B., & Stahmann, R. F. (2007). The RELATionship evaluation (RELATE) with therapist-assisted interpretation: Short-term effects on premarital relationships. *Journal of Marital and Family Therapy*, 33(3), 364-374.
- Northey, W. F. Jr., (2005). Studying marriage and family therapists in the 21st century: Methodological and technological issues. *Journal of Marital and Family Therapy*, 31(1), 99-106.
- Olson, M. M., Russell, C. S., Higgins-Kessler, M., & Miller, R. B. (2002). Emotional processes following disclosure of an extramarital affair. *Journal of Marital and Family Therapy*, 28(4), 423-434.
- Patterson, J. E., Miller, R. B., Carnes, S., & Wilson, S. (2004). Evidence-Based Practice for Marriage and Family Therapists. *Journal of Marital and Family Therapists*, 30(2), 183-196.
- Piercy, F. P., & Benson, K. (2005). Aesthetic forms of data representation in qualitative family therapy research. *Journal of Marital and Family Therapy*, 31(1), 107-120.
- Serovich, J. M., Craft, S. M., Tovtessi, P., Gangamma, R., McDowell, T., & Graftsky, E. L. (2008). A Systematic Review of the Research Base on Sexual Reorientation Therapies. *Journal of Marital and Family Therapy*, 34(2), 227-238.
- Stith, S. M., Rosen, K. H., & McCollum, E. E. (2003). Effectiveness of couples treatment for spouse abuse. *Journal of Marital and Family Therapy*, 29(3), 407-426.
- Todayl, J. L., Linville, D., Chou, L-Y., & Maher-Cosenza, P. (2008). A Quantitative Study of Intimate Partner Violence Universal Screening by Family Therapy Interns: Implications for practice, research, training, and supervision. *Journal of Marital and family therapy*, 34(1), 28-43.

Research Articles in Family Process

Spring 2002, 41(1). “Personal and Professional Impact of Terrorism”.

Fall 2002, 41(3). The entire issue devoted to “Attachment and Family Systems”.

Winter 2002, 41(4). “Issues of Race and Culture”.

June 2006, 45(2). Special issue “Intervention Development research with Diverse Families (pp. 143-271). The entire issue would be helpful.

March 2007, 46(1). The entire issue would be helpful.

December 2007, 46(4). Section on “Couple and Family Theory and Research: International and Multi-Ethnic Contexts” (pp. 451-570). The entire section would be helpful.

Beels, C. C., & Newmark, M. (2006). Invited commentary – sacrifice: a clinical view. *Family Process*, 45(3), 305-310.

Ben-Ari, A., & Lavee, Y. (2007). The effect of security-related stress on dyadic closeness among Jews and Arabs in Israel: A daily diary study. *Family Process*, 46(3), 381-394.

Bohanek, J. G., Marin, K. A., Fivush, R., & Duke, M. P. (2006). Family narrative interaction and children’s sense of self. *Family Process*, 45(1), 39-54.

Clay, C. M., Ellis, M. A., Griffin, M. L., Amodeo, M., & Fassler, I. R. (2007). Black women and

- white women: Do perceptions of childhood family environments differ? *Family Process*, 46(2), 243-256.
- Fivaz-Depeursinge, E. & Favez, N. (2006). Exploring triangulation in infancy: two contrasted cases. *Family Process*, 45(1), 3-18.
- Hoffman, P. D., Fruzzett, A. E., Buteau, E., Neiditch, E. R., Penney, D., Bruce, M. L., Hellman, F., & Struening, E. (2005). Family connections: A program for relatives of persons with borderline personality disorder. *Family Process*, 44(2), 217-226.
- Landau, J. (2007). Enhancing resilience: Families and communities as agents for change. *Family Process*, 46(3), 351-366.
- Matta, Dana Shawn, & Knudson-Martin, C. (2006). Father responsivity: couple processes and the coconstruction of fatherhood. *Family Process*, 45(1), 19-38.
- Pinsof, W.M., Gottman, J.M., Notarius, C. I., Gurman, A.S., & Fraenkel P (2002). Marriage in the 20th century in western civilization: Trends, research, therapy and perspectives. *Family Process*, 41(2).
- Rhoades, G. K., & Stocker, C. M. (2006). Can spouses provide knowledge of each other's communication patterns? A study of self-reports, spouses' reports, and observational coding. *Family Process*, 45(4), 499-511.
- Shamai, M. (2005). Personal experience in professional narratives: The role of helpers' families in their work with terror victims. *Family Process*, 44(2), 203-216.
- Simon, G. M. (2006). The heart of the matter: A proposal for placing the self of the therapist at the center of family therapy research and training. *Family Process*, 45(3), 331-344.
- Slonim-Nevo, V., & Al-Krenawi, A. (2006). Success and failure among polygamous families: the experience of wives, husbands, and children. *Family Process*, 45(3), 311-330.
- Spencer, B., & Brown, J. (2007). Fusion or internalized homophobia? A pilot study of Bowen's differentiation of self-hypothesis with lesbian couples. *Family Process*, 46(2), 257-268.
- Stanley, S. M., Whitton, S. W., Sadberry, S. L., Clements, M. L., & Markman, H. J. (2006). Sacrifice as a predictor of marital outcomes. *Family Process*, 45(3), 289-304.
- Stein, J. A., Rotheram-Borus, M. J., Lester, P. (2007). Impact of parentification on long-term outcomes among children of parents with HIV/AIDS. *Family Process*, 46(3), 317-350.
- Tubbs, C. Y., Roy, K. M., Burton, L. M. (2005). Family ties: Constructing family time in low-income families. *Family Process*, 44(1), 77-92.
- Tuttle, A. R., Knudson-Martin, C., Levin, S., Taylor, B., & Andrews, J. (2007). Parents' experiences in child protective services: Analysis of a dialogical group process. *Family Process*, 46(3), 367-380.
- Whiffen, V. E., Kerr, M. A., & Kallos-Lilly, V. (2005). Maternal depression, adult attachment, and children's emotional distress. *Family Process*, 44(1), 93-104.
- Wright, J., Sabourin, S., Mondor, J., McDuff, P., & Mamodhousen, S. (2007). The Clinical Representativeness of Couple Therapy Outcome Research. *Family Process*, 46(3), 301-316.