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CO 670 Marriage and Family Therapy

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PM 704 – Fall 2001
BC 157/Wilmore
Orlando
Tuesday 2:30-5:15 pm

WORKING DRAFT- 2

April 3, 2001

CO 670: Marriage and Family Therapy A Mixed-Media Course

***Distance Learning:** This course will be offered on the Wilmore campus in the Distance Learning Room (BC157), with additional students located on the campus of Asbury Theological Seminary, Orlando.*

***Extended Learning:** This course will also be offered through Asbury's Extended Learning program.*

***Mixed Media:** This course will be offered through **mixed mode delivery** – with use of ExL technology integrated into the instruction of the course, and with networking activities constituting a regular part of the course grade. Additionally, course materials (such as PowerPoint handouts, handouts, co-curricular reading, et al.), as well as conferencing, web links, and a chat room will be available on-line through an icon ("CO670-TH") placed on each student's desktop, using the Seminary's FirstClass Client program. This means that every student will need access to the Seminary's e-mail system; access is possible through use of computers available on the Wilmore or Orlando campus Media Center, through dialing into the system from a home computer, or via the World Wide Web (and thus through any computer, such as those available at public libraries).*

Because of the anticipated on-line contribution of each member of the class, not all course sessions will comprise the full 2:30-5:15 pm time period.

For assistance with all technical matters related to access to course materials, send your questions by e-mail to ExL_Support@asburyseminary.edu.

Information about how to access material for the class, handouts to download, etc., and about how to submit assignments is located in the "Course Center" on the FirstClass Client Desktop; double-click on the icon, "CO 670—TH."



Family systems theory provides a course framework for exploring marital and familial issues. Special emphasis is given to the role of the counselor. Procedures and techniques for both preventative and remedial interventions are investigated.

This course will introduce the basic concepts in marriage and family therapy to you, and equip you with basic systemic counseling skills [that's systemic not systematic]. We will give special emphasis to theological and biblical foundations for marriage and family processes. To quote Clark Pinnock: "Theologians and scientists both exegete God's world, which we have been given to study and appreciate." (Flame of Love, p. 65) The particular part of God's world that we want to exegete is the

world of family relationships. To that end, we will be focusing on the relational truths of Scripture and the relational reality of marriages and families. Family systems theory, or systemic thinking, will give us valuable tools for this “exegesis.”

COURSE GOALS

By the end of this course you will be able to....

1. . . . conceptualize theological and biblical foundations for marriage and family life.
2. . . . identify key family systems concepts.
3. . . . analyze marital and family dynamics.
4. . . . apply intervention strategies to dysfunctional relationships.
5. . . . evaluate the meaning of family systems concepts for your own setting.

Grading Policy

Attendance: If you miss **more than** 3 classes throughout the semester, you will receive a failing grade.

Late assignments: Your grade will be lowered by one-third for every day that your assignment is late unless **prior** arrangements are made with me. In other words, plan ahead. Assignments can be submitted during the appropriate class period [Wilmore] or e-mailed to me prior to the beginning of class on the day that the assignment is due.

Resubmission of paper: If you obtain a grade of C+ or lower on your genogram, you have two weeks from the date that the paper is returned to you to resubmit the paper if you so choose. You may be able to raise the grade to a maximum of B+.

Incomplete policy: A grade of “I” denotes course work has not been completed due to an **unavoidable** emergence, which does not include failure to turn in course work or attending to church work or other employment.

Required Texts

Friedman, E. H. (1985). Generation to Generation: Family Process in Church and Synagogue.

New York: Guilford

Press. ISBN: 0-87630-881-7

This is the foundation text for this course. You may find this challenging reading if family systems terms are new to you. Friedman's insights into the processes of family and church are worth the price of the book - especially chapters 8 & 9.

Guerin, P.J., Jr., Forgarty, T. F., Fay, L.F., Kautto, J. G. (1996). Working with Relationship Triangles. New York: Guilford Press.

Guerin, et al. adds some meat and bones to many of Friedman's principles. I found this book very engaging, and very practical!

McGoldrick, M. & Gerson, R. (). Genograms in Family Assessment. Norton.

Stanley, S., et al. (1998). The Lasting Promise. Jossey-Bass. ISBN: 0-7879-3983-8

Dr. Stanley's work is based on his love of the LORD and his years as a researcher on marital commitment. This is intended for couples – premarital and married. Research suggests that the most

efficient way to prevent divorce is through sound, structured premarital counseling. The Christian PREP model equips couples with specific skills that, when practiced, will help couples fight for their marriage.

Visher, E.B. & Visher, J. S. (1996). Therapy with Stepfamilies. New York: Brunner/Mazel. ISBN: 0-87630-799

I think that you will find this text very helpful as you work with remarried families with children. Consider it a good guide for some pre-remarital counseling too!

Course Packet of Readings and Handouts. You buy this from the bookstore and it contains selected required readings for this class and course handouts.

Course Requirements

Participation in Team Conferencing – 25%

Reading Analysis Assignments & Annotated Web Site Resource List– 25%

Genogram – 25%

Counseling Practice & Reflection Paper – Speaker Listener; Problem Solving; Caring Days -- 25%

1. Participation in Team Conferencing –Goals 1, 2, 3, 4, 5

Prior to the start of class, I will create conferencing teams of 6-8 persons. Students from Wilmore and Orlando campuses will be on teams together. See class schedule for specific assignments. Directions will be repeated in the Course Folder on First Class Client.

Your grade is based on the quantity and quality of your participation per module. The following rating scale is applied:

4= Creative and perceptive response. Posting demonstrates explicit and insightful integration of text material from that module.

3= Straightforward answer to question with explicit application of text material.

2 = Basic answer to question. No explicit integration of text material.

1= Minimal response to questions.

0= Late response to question or no participation.

2a. Reading Analysis Assignments – Goals 2, 3, 4

Reading analysis assignments help you to think about module topics by comparing the known with the yet to be discovered. You will turn in a 3 page, typed, double-spaced summary of your response as indicated in the directions for each analysis.

Sept 18 – Analysis of Relationship Triangles

Oct 23 -- Theological Analysis

4= Creative and perceptive response. Analysis demonstrates explicit and insightful integration of text material from that module. Well written.

3= Straightforward answer to questions with some application of text material.

2 = Basic answer to question. No explicit integration of text material.

1= Minimal response to questions.

0= Late response to question or no participation.

2b. Annotated List of Critical Resources in Marriage and Family Therapy – Goal 4

As a team you will compile an annotated list of critical resources that relates to one of the following areas: **premarital counseling, stepfamilies, conflict management, parenting, divorce, single parent families** or rebuilding marriage after an **affair**. Each team will select and investigate a different topic area.

Each team member will come up with 2 new sources for your topic area. These can be books, articles, web sites, etc. The criterion is that each source should be a critical source (in other words it gives documentation or support for the statements made rather than making assertions with no support. This support can arise from many disciplines: biblical studies, theology, psychology, clinical treatment approach, etc.). The second criterion is that you should explain what information this source can contribute and evaluate the relative strengths and weaknesses of the source. These sources should be noted in such a way that anyone in the class can locate them (bibliographic reference should be formatted in MLS or APA style) and, with their annotations and the initials of its contributor, they should be compiled together and posted by your team to the Discussion Center for the benefit of the whole class by Sept 27, 2001, 12pm ET.

Your grade will be based on (a) your individual contribution to the discussion and creation of the list 50% and (b) the presentation, organization, and thoroughness of the list.

3. Individual Genogram Analysis.

Course goals: 1, 2, 3, 4, 5

You will analyze your own family according to the principles discussed in the McGoldrick and Gerson text.

- a. **Construct your family's basic genogram.**
- b. **Create your family's relational map.** You may want to photo copy the basic genogram and then add the symbols.
- c. **Construct your family time line.** Begin with the earliest significant date which should be your parents' birth OR earlier. Briefly discuss the impact of the most significant events on your family.
- d. **Written analysis:**

Your written analysis will include the following in narrative form.

- Select a triangle in your family. Choose **two** of the laws of triangles that Friedman discusses. Name the law. Define each law in your own words and clearly describe how your family triangle exemplifies each law.
- **Then** clearly analyze this triangle in terms of structure, movement, process and function (Guerin, et al.).
- Select **two** laws of family life (Friedman). Identify and describe the application of these two laws in your family. Be sure you not only name the law but also summarize what it means in a sentence or two. Then provide an adequate narration of how your family exemplifies these laws.

- **Reflection.** In one page evaluate what you have learned about yourself and your family that is new to you. OR a one-page discussion of the impact of anxiety within YOU on YOUR relationships (see Guerin & Friedman).

Several format requirements.

1. Paginate
2. Use a heading between each of the major areas that you are to address in the narrative section of the paper.
3. Check for typographical errors.
4. You do not need a reference list for this paper.

Grades are based on the following criteria:

A = Exceptional and insightful integration of course material and life experience; accurate, detailed & creative presentation of genogram. Time line reflects dates and impact of key events on family development and functioning.

B = Correct and accurate integration of course material and life experience; accurate presentation of genogram. Factual time line.

C = Fair integration of course material and life experience; genogram lacks depth of preparation. Time line limited to student's life span.

D = Inadequate integration of course material and life experience; minimum effort in genogram; minimum attending to family time line.

4. Counseling Practice and Reflection Paper

Course goals: 4,5

Practice. Recruit a “couple” of friends to let you try your hand at counseling them. They are free to role play. You will practice the Speaker-Listener Technique, Problem Discussion Technique, and [Caring Days OR Couples Forgiveness Exercise]. **You may not use class mates or family members as your role play couple.**

Feedback. Each person in your couple will complete a feedback form. Turn your practice couple's feedback form in along with your reflection paper.

Reflection Paper. Your reflection paper includes your thoughts on your application of the technique on yourself and your use of it in a counseling session. You will audio-tape each session. Sessions will probably **last only 20 minutes** in length. You will need to have your clients agree to let your audio-tape their session. After you are done, listen to your own work. Write a 2 page (**double-space and typed**) reflection paper based on your experience (both live and taped). Answer these questions:

- a. What was it like to use this technique? [areas of comfort, discomfort, skill development]
- b. What did I learn about myself as a counselor as I listened to the audio-tape? [things done well & areas of improvement].
- c. Overall evaluation of self and session.

Your grade is based on the depth of your analysis not on your perfection of the skill. Surface level analysis will receive surface level grades 😊

Grading Criteria:

4 = Indicates strong ability to evaluate strengths and weaknesses; demonstrates full understanding of the implementation of the technique; includes feedback from audio-tape; includes feedback forms from clients.

3 = Good grasp of strengths and weaknesses; basic understanding of the implementation of the technique; includes feedback from audio-tape; includes feedback forms from clients.

2 = Minimum grasp of strengths and weaknesses; limited understanding of implementation of the technique; omits feedback from audio-tape; omits feedback forms from clients.

1 = Poor grasp of strengths and weaknesses; poor understanding of implementation of the technique; omits feedback from audio-tape; omits feedback forms from clients.



Practice Counseling Guidelines

Following these helpful guidelines as you practice the new counseling techniques.

1. Let your practice couple know that you are practicing AND that they can stop participating at any time.
2. Keep your focus on learning a skill, NOT analyzing your friends. You will ask them for feedback on how they experienced the technique and your instructions.
3. Audio tape your practice sessions WITH YOUR PRACTICE COUPLE'S PERMISSION. As you listen to your own voice, you will learn much about yourself and your delivery of new skills.
4. Have fun.

Remind your "practice couple" to talk about safe things with you. You want to protect them (and you) from getting in over their heads. Also, ask them to stick with "realistic" topics for them. In other words, they shouldn't give you the HARDEST thing they can imagine.

Class Calendar – PM 704 – Fall 2001

Dates	Module	Reading	Conferencing Topic	Assignment Due
Sept. 4 & 11	Basic Systemic Concepts	Friedman Intro., Ch 1, 2; Guerin Ch 1, 2	Personal introduction & response	
Sept. 18 & 25	Becoming a Triangle Doctor	Guerin 3, 4, 5, 6, 7, 13; Friedman pg. 35-39; Ch. 3	Triangle Case Study. Work completed by Sept. 24 @ midnight ET	Analysis of Triangles due Sept. 18
Oct. 2	Family-of-Origin Influences	McGoldrick, et al.; Guerin 10 Friedman p. 31-34, 69-70 91-9, Ch 12	Family of Origin discussion and response	
Oct. 16 & 23	Communication, Conflict & Coaching	Gottman; Stanley Ch. 2-5 Friedman pg. 78-84 & 86-99; Guerin Ch. 8;	Post your question from your theological analysis by Midnight, Oct. 29	Theological Analysis due Oct. 23
Oct. 30	Theology of Relationships	Pinnock (packet); Friedman Ch. 8, 9; Stanley Ch. 1, 14;	Answer one team member's question by Midnight, Nov. 5	Genogram due by Oct. 30
Nov. 6	Hidden Issues & Commitment	Guerin Ch. 9; Stanley, Ch. 6-10;		Speaker-Listener Nov. 6
Nov 13	Divorce	Guerin, p. 216-221; Whiteside;		Problem Solving – Nov. 13
Nov. 27 & Dec 4	Stepfamilies	Whiteman; Visher book	Post question from Visher chapters by Midnight, Dec 4	Annotated Resource List due Nov. 27 Caring Days -- Dec. 4
Dec 11	Forgiveness & Reconciliation in Families	Holeman; McCullough	Post response to best question by Midnight, Dec. 10	

FALL 2001
Module Schedule

Sept 4 and 11 – Module 1: Basic Concepts

1. Complete reading by Sept. 11, 2001
2. Participate in on-line conference discussion

Complete Introduction by Midnight, 9/10/01

Friedman introduces you to 10 laws of Family Life. As a way to introduce yourself to your on-line conference teammates, choose one of the 10 Laws of Family Life and describe yourself and your family [either family of origin or marital family] in terms of that law.

Complete response to each teammate by Midnight, 9/17/01

Post a thoughtful and welcoming reply to each member of your on-line conference team.

Sept 18 & 25 – Module 2: Triangles

1. Complete reading by Sept. 18's class.
2. Prepare Analysis of Relationship Triangles for **Sept. 18.**
3. Participate in on-line conference project

Complete case study analysis by Midnight, 10/1/01

As a team, analyze the case study found in your class packet [directions included in the packet]. Your grade is based on (a) the quality and frequency of your on-line participation [50%] and (b) the quality of your final team case analysis [50%]. Additional directions will be posted in our class folder on First Class Client.

Oct 2 & 9 – Module 3: Family of Origin Influences

1. Complete reading by Oct 9
2. Participate in on-line conference discussion

Post your initial response to the family of origin questions by Midnight, 10/8/01

*Review the questionnaires in your course packet that ask you reflective questions about your family of origin. Answer any **ONE** of those questions in your on-line conference team.*

- a. *State why you choose those questions.*
- b. *Provide a thoughtful response.*

Post your response by Midnight, 10/15/01

Reply to one teammate. Select a teammate who has not yet received a reply posting. Discuss how your family is either similar or different from his/hers.

Oct 16 & 23 – Module 4: Communication and Conflict

1. Complete reading of Gottman article & Stanley text by Oct 16; Complete reading of Friedman & Guerin by Oct 23
2. Participate in on-line conference project

*******Theological Analysis is due Oct. 23, 2001*******

Oct 30 – Module 5: Theology of Relationships

1. Complete reading of Pinnock, Stanley, & Friedman by Oct 30
2. Complete Theological Analysis Paper [one page] by class on Oct 30

*******Genogram is due on October 30*******

Nov 6 & 13 – Hidden Issues, Commitment, & Divorce

1. Complete reading of Guerin & Stanley by Nov 6. Complete reading of Whiteside and XXXX by Nov 13
2. Participate in on-line conference discussion about XXXX.

*******Speaker Listener Reflection is due on Nov 6*******

*******Problem Solving Reflection is due on Nov 13*******

Nov 27 & Dec 4 – Stepfamilies

1. Complete reading Visher & Visher by Nov. 27
2. Participate in on-line conference project

Complete posting your question for each chapter by Midnight Dec. 3. Complete responding to the best question by Midnight, Dec.11.

Review the case study found in your course packet. I will a chapter from the Visher and Visher text to each person in your team. You will serve as an expert on that chapter.

1. *Each person writes 1 question from each of the other chapters that he/she feels would help to analyze the stepfamily case (e.g., you do not need to write a question for the chapter that you are assigned).*
2. *The "expert" team member selects the question that he/she believes is the best one to use to analyse the case and posts his/her response by midnight, Dec. 11: (a) why he/she chose the question that they did and (b) analyze the case in light of the question selected.*

Grade will be based on (a) thoughtfulness and appropriateness of the questions posted for each chapter and (b) thoroughness and accuracy of your response to the selected question.

******* Annotated Resource List is due Nov. 27*******

*******Caring Days Reflection Paper is due on Dec. 4*******

Dec 11 – Forgiveness & Reconciliation in Families

1. Read Holeman & McCullough articles.

Recommended Texts

Collins, G. (1995). *Family Shock: Keeping Families Strong in the Midst of Earthshaking Change*. Wheaton, IL: Tyndale House.

Dinkmeyer, D., McKay, G., & McKay, J. *New Beginnings: Skills for Single Parents & Stepfamily Parents*. Champaign, IL: Research Press. ISBN: 0-87822-286-3

Gottman, J. (1994). *Why Marriages Succeed or Fail*. New York: Simon & Schuster.

Gottman, J. & Silver, N. (1999). *The Seven Principles for Making Marriage Work*. New York: Random House. ISBN: 0-609-80579-7

Hargrave, T. D. (2000). *The Essential Humility of Marriage*. Phoenix, AZ: Zeig, Tucker, & Theisen, Inc. ISBN: 1-891944-36-3

Jacobson, N. & Gottman, J. (1998). *When Men Batter Women: New Insights into Ending Abusive Relationships*. New York: Simon & Schuster.

McCullough, M., Sandage, S., & Worthington, E. L. (1997) *To Forgive Is Human*. Downers Grove, IL: InterVarsity Press.

Papernow, P. L. (1993). *Becoming a Stepfamily: Patterns of Development in Remarried Families*. Jossey Bass.

Stanley, S. (1998). *The Heart of Commitment*. Nashville, TN: Thomas Nelson.

Walsh, F. (Ed.) (1999). *Spiritual Resources in Family Therapy*. New York: Guilford.

Worthington, E. L. (1989). *Marriage Counseling*. Downers Grove, IL: InterVarsity Press.