1-1-2001

PM 704 Marriage and Family Therapy

Virginia Todd Holeman

Follow this and additional works at: http://place.asburyseminary.edu/syllabi

Recommended Citation
http://place.asburyseminary.edu/syllabi/1007

This Document is brought to you for free and open access by the eCommons at ePLACE: preserving, learning, and creative exchange. It has been accepted for inclusion in Syllabi by an authorized administrator of ePLACE: preserving, learning, and creative exchange. For more information, please contact thad.horner@asburyseminary.edu.
PM 704: Marriage and Family Therapy

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:. . . . 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.

Required Texts

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


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.


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 tool!

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

Grading Policy

I follow the grading guidelines that are found in the 2000-2001 catalog.

- A  = 95 and up Unusually high quality, exceptional work
- A- = 90 - 94 Far above average, fine work
- B+ = 87 - 89 Above average for graduate work
- B  = 83 - 86 Very good, but average for graduate work
- B- = 80-82 Slightly below average for graduate work
- C+ = 77 - 79 Meets requirements, but with noticeable inadequacies for graduate work
- C  = 73 - 76 Meets requirements, but with gaps for graduate work
- C- = 70 - 72 Meets requirements, but with significant gaps for graduate work
- D+ = 67 – 69 Minimal work, acceptable
- D  = 63 – 66 Minimal work, barely acceptable
- D- = 60 – 62 Acceptable, but only with great reservation
- F = 59 and below Unacceptable work

Late assignments: Your grade will be lowered by one-third for every week that your paper is late unless prior arrangements are made with me. In other words, plan ahead for that sudden pile of work or obligations.

Resubmission of paper: If you obtain a grade of C+, C, C-, or lower on your genogram or research paper, 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 on your genogram or research paper to a maximum of B+.

Attendance: If you miss more than 5 classes throughout the semester, you will automatically fail the class.

Recommended Texts


Don’t let the reader-friendly nature lull you into thinking this is "light." Collins has masterfully summarized key family studies research, adding his own unique take on the book’s contents. As other pastors have told me "this will preach."
Focuses on the unique challenges of being a single or stepfamily parent. Good resource for parents. VIDEO is available too.

Gottman's research on marriages has helped us fine tune what we do. He'll bust some of your myths about what makes marriage work, and give you concrete tools for increasing the success of marriages with which you work.

Gottman has repackaged his work in a user-friendly form. His seven principles make a great outline for premarital counseling, a marriage enrichment retreat, or an adult Christian education class on marriage. You can easily weave biblical truth and theological discussion into this book.

This is the first book that I have read where the main focus is the "us" that is created between husbands and wives. According the Hargrave, stability, sincerity, and security are the hallmarks of marital "us." This book is geared to the counselor.

This new book has the latest research on domestic violence and is a "must read" for anyone who wants to work with couples and families. Domestic violence DOES happen in "good" Christian families.

Drawing on the best of the psychological studies related to forgiveness, McCullough, Sandage, and Worthington composed a useful book on the "how-tos" of forgiveness.

Definitely a book for the counselor rather than the client. If you intend to work with stepfamilies (and who won't be) this book is for you!

This easy reading book focuses on how to build a stronger foundation of commitment within a marriage. Good for premarital or marriage counseling.

This edited volume explores the role of spirituality from many different perspectives - including the role of spirituality within poor families, and families of color. It is not written from a Christian perspective. It does reflect where the field of marriage and family therapy is as a whole, and, to quote an old commercial "we've come a long way baby!"

Course Requirements

Reading Log - May - 10%
Counseling Practice - Speaker Listener, April 3; Problem Solving, April 24; Caring Days OR Forgiveness, May 8 - 30%
Genogram - March 27 - 30%
Research Paper/Conference Paper - April 17- 30%

1. Reading Log. Course goals: 1, 2, 3, 4, 5
   I require a minimum of 1200 pages of reading for this course. Be sure to keep a log of your reading. Your log should include the title & author (books, journal articles) and total the number of pages you have read. Remember that the required reading does not add up to 1200 pages. Appropriate reading log material includes all required reading, anything from the “recommended reading list,” and reading that you might do to fulfill the optional paper requirement. If you do not complete all the required reading, your final grade will be lowered accordingly. You will lose 50% of your reading log credit if you fail to sum up the final number of pages. It is your responsibility to turn in your reading log on our assigned day for final exams. I WILL NOT ACCEPT LATE READING LOGS.

2. Counseling Practice and Reflection Paper
   Course goals: 4,5

   Practice. Your practice will take two forms (1) trying the technique out in class and (2) working with a volunteer practice couple. 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 classmates as your role play couple.

   Feedback. The each person in your couple will complete a feedback form. Include a summary of your practice couple’s feedback in 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 ☺
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.

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 or less evaluate what you have learned about yourself and your family that is new to you. OR in one 200-word paragraph discuss 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.

4. Research Paper OR Attend Full KAMFT Conference + Reflection/Research paper

Research Paper

Topics: Affairs, divorce, domestic violence, remarriage, dual career families, counseling families in poverty, working with culturally diverse families, the impact of chronic mental illness on marriages and families: the impact of long term care giving.

I will entertain other topics, but you must clear them with me by March 6, 2001.

Write a scholarly 15 page (excluding cover page and reference list) research paper on one of the above specified family topics. Use 12 cpi font with 1” margins all around. Double space. Paginate. Papers must conform to the publication style of the American
Psychological Association. Your paper includes a cover page, the body of the paper, and a reference list. You do not need an abstract. Remember that in APA style there must be 100% agreement between your reference list and your use of in-body citations. In other words, there should be an in-body citation for every item in your reference list.

Your paper must reflect the principles and tenets of systemic theory. So be careful not to draft a "theory" paper that fails to demonstrate the family dynamics of your particular subject area.

"Current literature" is defined as that written since 1986. Your paper must include a minimum of 20 references. Web-based references may be used IN ADDITION TO your basic 20 references. At least 10 of the basic 20 references MUST be from scholarly academic journals. Magazines (Newsweek, Time, Psychology Today, Ladies Home Journal, etc.) do not count as scholarly journals and fall into the "in addition to" category.

Kentucky Association for Marriage and Family Therapy Conference
This option includes full attendance of the Feb. 22 & 23, 2001 KAMFT conference and the preparation of a 12-15 page paper based on your experience. Partial credit will not be given for partial attendance.

The Conference. The KAMFT Annual Conference will be held in Louisville, KY on February 22 and 23, 2001 from 9 a.m. - 5:00 p.m. You are expected to attend all sessions of the conference. I will have information about the cost of the conference by the beginning of the Spring Semester.

The Paper. The paper is comprised of a reflection/report section and a research section. First, your paper should be a combination of your reflections about the conference experience and your summation of the content and your personal evaluation of each session that you attended (8 pages). Second, you will select one topic from the conference and write a 7-page research paper on this topic. You can agree or disagree with the presenter or research the topic further. The research component of the paper will conform with APA publication style. You will need 8 additional references from scholarly journal articles or books.
# Class Calendar – PM 704

<table>
<thead>
<tr>
<th>Date</th>
<th>Module</th>
<th>Read</th>
<th>Participation Activities (tentative)</th>
<th>Video</th>
<th>Due for this unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 6, 8, &amp; 13, 15</td>
<td>Basic Systemic Concepts</td>
<td>Friedman Intro., Ch 1, 2; Guerin Ch 1, 2</td>
<td>1. Bingo</td>
<td>Friedman video &amp; What's Eating Gilbert Grape</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2. Gilbert Grape Scavenger Hunt</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3. Peer questioning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb. 20, 27, &amp; March 1</td>
<td>Becoming a Triangle Doctor</td>
<td>Guerin 3, 4, 5, 6, 7, 13; Friedman pg. 35-39</td>
<td>1. Team: Anatomy of Relationship Triangles</td>
<td>Only the Lonely</td>
<td>No class on Feb. 22 for the KAMFT conference</td>
</tr>
<tr>
<td>March 6 &amp; 8</td>
<td>Family-of-Origin Influences</td>
<td>McGoldrick &amp; Gerson; Guerin 10; Friedman Ch. 12</td>
<td>2. Only the Lonely analysis</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 13, 15, &amp; 20</td>
<td>Theology of Relationships</td>
<td>Pinnock (packet); Friedman Ch. 8, 9; Stanley Ch. 1, 14</td>
<td>1. Discussion: &amp; Practice Using genograms in counseling</td>
<td>“Fred &amp; Stacey” genogram demo.</td>
<td>GENOGRAM DUE ON MARCH 27 No class on March 22</td>
</tr>
<tr>
<td>March 27 &amp; 29</td>
<td>Communication, Conflict &amp; Coaching</td>
<td>Gottman; Stanley Ch. 2-5; Friedman pg. 78-84 &amp; 86-99; Guerin Ch. 8</td>
<td>2. Team: Theological comparative analysis</td>
<td>Matt &amp; Tammy video</td>
<td>Speaker-Listener Paper – April 3</td>
</tr>
<tr>
<td>April 3 &amp; 5</td>
<td></td>
<td></td>
<td>3. Differentiated Leadership</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3. Intake session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>April 17 &amp; 19</td>
<td>Hidden Issues, Commitment, &amp; Forgiveness</td>
<td>Guerin Ch. 9; Stanley, Ch. 6-10; Holeman; McCullough</td>
<td>1. Discussion: ReBuilding commitment</td>
<td>Demo video on caring days &amp; forgiveness exercise</td>
<td>RESEARCH PAPERS DUE APRIL 17 Problem Solving, April 24</td>
</tr>
<tr>
<td>24 &amp; 26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 1 &amp; 3</td>
<td>Divorce &amp; Stepfamilies</td>
<td>Guerin, p. 216-221; Whiteside; Whitteman; Visher book (May 8 &amp; 10)</td>
<td>1. Discussion: Divorce counseling?</td>
<td>See You in the Morning</td>
<td>Caring days OR Forgiveness Due May 8</td>
</tr>
<tr>
<td>8 &amp; 10</td>
<td></td>
<td></td>
<td>2. Team: Case study analysis using Visher text</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Reading Reports due on by

## 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.
5. 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.