George Mason University College of Education and Human Development Counseling Program

EDCD 658.001 – Couples and Family Counseling 3 Credits, Fall 2021 Thursdays, 4:30 – 7:10 PM Fairfax campus – Peterson Hall Room 1109

Faculty

Name: Theodore A. Hoch, Ed.D., B.C.B.A.-D., L.B.A., L.P.C.

Office Hours: By Appointment

Office Location: Suite 100, Finley Building

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Prerequisites/Corequisites

B or better in EDCD 603; and in EDCD 609 or concurrent

University Catalog Course Description

Introduces major approaches to counseling couples and families. Uses case studies and simulations to facilitate transition from theory to practice.

Course Overview

This course provides a broad overview of principles, theories and methods of family counseling/therapy. The focus of the course will be on developing an understanding of family functioning and processes across the life-cycle and models for intervention with families. The course will be both didactic and experiential consisting of lectures, consideration of case studies, viewing of video segments and experiential activities.

Course Delivery Method

This course will be delivered using a lecture format.

Course Objectives

This course is designed to enable students to do the following:

- Gain an understanding of family structures, process and functioning across the life cycle,
- Gain an understanding of functional and dysfunctional family challenges, processes and behaviors,
- Become familiar with the historical legacy and rich history of the field of couple and family counseling/therapy, and
- Become familiar with the concepts, theories and methods reflective of the major systemically-linked approaches for intervention with couples and families.

Professional Standards

Council for Accreditation of Counseling and Related Education Programs (CACREP)

Upon completion of this course, students will have met the following professional standards: None

Required Text

• Nichols, M.P. (with Sean D. Davis), (2017). *Family Therapy: Concepts and Methods* (11th Edition). Boston: Pearson.

Encouraged Supplemental Readings/Resources:

Bray, J. H. Couple and Family Assessment. (2013). In Bray, H. & Santon, M. (Eds.), *Handbook of Family Psychology*. (pp. 151-164). Malden, MA: Wiley-Blackwell.

Calapinto, J. (2016). Structural Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.), *Handbook of family therapy*. (pp. 120-133). New York: Routledge.

Cheung, S: Solution-Focused Brief Therapy. (2013). In Bray, H. & Santon, M. (Eds.), *Handbook of family psychology*. (pp. 212-225). Malden, MA: Wiley-Blackwell.

Falicov, C.J. (2016). Multiculturalism and Diversity of Families. In Sexton, T.L. and Lebow, J. (Eds.), *Handbook of family therapy*. (pp. 66-85). New York: Routledge.

Harris, R. (2009). ACT Made Easy. Oakland, CA: New Harbinger Publications.

Lebow, J. (2016). Integrative Approaches to Couple and Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.), *Handbook of family therapy*. (pp. 205-227). New York: Routledge.

Magnavita, J.J. (2013). Psychodynamic Family Psychotherapy: Toward Unified Relational Systematics. In Bray, H. & Santon, M. (Eds.), *Handbook of family psychology*. (pp. 240-257). Malden, MA: Wiley-Blackwell.

Milhausen, R & Neustifter, R. (March/April 2014). Diversity in Today's Families. *Family Therapy Magazine*. (pp. 20-21). Washington, DC: American Association for Marriage and Family Therapy.

Walsh, F. A. (2016). Family Developmental Framework: Challenges and Resilience Across the Life Cycle. In Sexton, T.L. and Lebow, J. (Eds), *Handbook of family therapy*. (pp. 30 – 47). New York: Routledge.

Wanlass, J & Scharf, D.E. (2016). Psychodynamic Approaches to Couple and Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.), *Handbook of family therapy*. (pp. 134-158). New York: Routledge.

Streaming Video Resources (Many are on the Blackboard Site):

The recordings we will use for this course are as follows, and all are available through the GMU library's website (instructions in the weekly folders):

Berg, I.K. (1997). Psychotherapy with the Experts 3: Solution Focused Therapy. San Francisco, CA: Psychotherapy.net.

Coyne, J. (2010). Couples Therapy with the Experts 11: Strategic Couples Therapy. Mill Valley, CA: Psychotherapy.net.

Elkaim, M., & Haley, J. (1994). Jay Haley: Birth and development of Family Therapy: An

interview with Mony Elkaim. La Jolla, CA: Triangle Productions.

Gladding, S.T. (2012). Family therapy: Unique and universal approaches to solving problems. Alexandria, VA: Microtraining Associates.

Gottman, J., & Gottman, J.M. (2016). A research-based couples treatment for domestic violence. Phoenix, AZ: Milton H. Erickson Foundation.

Haley, J., & Richeport-Haley, M. (2001). Learning and teaching therapy with Jay Haley 2: Brief Strategic Therapy with couples. La Jolla, CA: Triangle Productions.

Haley, J., & Richeport-Haley, M. (2000). Learning and teaching therapy with Jay Haley 8: Unbalancing a Couple. La Jolla, CA: Triangle Productions.

Hardy, K.V. (1997). Psychotherapy with the Experts 5: Family systems therapy. Mill Valley, CA: Psychotherapy.net.

Ivey, A.E., & Pier, P.T. (1980). Family and Community Genograms in Multicultural Counseling. Alexandria, VA: Microtraining Associates.

McClendon, J. (1990). Satir Family Therapy: Client B. Mill Valley, CA: Psychotherapy.net.

Robey, P. (2015). Great teachers, great courses: Counseling theory, models, and techniques. Alexandria, VA: Microtraining Associates.

Scharff, J. (2008). Psychotherapy with the Experts 12: Object Relations Therapy. Mill Valley, CA: Psychotherapy.net

Schwartz, R. (2009). Couples Therapy with the Experts 10: Internal Family Systems Therapy. Mill Valley, CA.

Stuart, R.B. (2010). Couples Therapy with the Experts 12: Behavioral Couples Therapy. Mill Valley, CA: Psychotherapy.net.

Zeig, J.K., & Minuchin, S. (2013). Evolution of Psychotherapy: The Craft of Family Therapy. Phoenix, AZ: Milton H. Erickson Foundation.

A large collection of video may be streamed to your computer – search the Fenwick Library collection of videos by searching on "family therapy." During the semester, specific videos may be assigned for viewing while others may be recommended.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., VIA).

• Assignments and/or Examinations

(NOTE THAT LATE ASSIGNMENTS WILL NOT BE ACCEPTED)

• Class Participation (20% of Course Grade)

- As this course is BOTH didactic AND experiential, it is essential and required that students attend AND participate actively in each class session – if you will need to miss a class session, please notify the instructor via email in advance of the class session
- Students are obligated, as part of the class participation requirement, to post AT LEAST ONE comment per week and participate actively in the class On-Line Dialog that will be hosted as part of the Blackboard Site for this course,

Readings

O It is expected that students will read assigned content from the textbook as well as other assigned supplemental readings – class presentations and discussions will be supplemental to the assigned readings. In addition, other readings and video resources also will be available as supplemental resources for the course.

• Personal Genogram (of your own family of origin) -- (15% of Course Grade)

You are to complete a personal genogram of your own family of origin of at least three (3) generations. Include in your genogram pertinent data such as sex, age, ethnicity, place of birth and significant life-cycle events. In addition to the graphic depiction of your family of origin genogram, you also are to prepare a narrative of NO MORE THAN 5 PAGES that describes your family including: family roles, structures and processes (rules). In addition, provide an overview of how you (as a family counselor/therapist) would view the significant issues and challenges your family of origin faces together with a glimpse of your initial goals, objectives and intervention plan for working with your family.

• Group Project – (15% of Final Grade)

O Students will be divided into small groups. Each group will be assigned a perspective, theory or model in the field of couple and family therapy. The group is asked to a prepare case study of the application of the model with a couple or family that includes a brief clinical demonstration that includes and an associated brief presentation of what they will be/have demonstrated and how their demonstration is representative of key elements of the approach. Each member of the group should equally participate in the preparation of and participation in the presentation.

• Paper -- (25% of Course Grade)

Prepare a paper of <u>NO MORE THAN 10 PAGES (12 FONT) IN LENGTH</u> that includes these sections:

- Introduction introduce, define, and discuss the issue, theory, or method about 2 paragraphs
- History development and theoretical underpinnings of the issue, theory, or method;
 who was involved, and how (and where, if relevant); what preceded and led to
 development of the issue, theory, or method; the course of its evolution 3 4 pages
- o *Present Status* where the issue, theory, or method stands in the current state of family counseling, and its current applications and evidence base -1-2 pages
- \circ Case Study Give a scenario. Explain how the scenario exemplifies the issue, theory, or method, or how the issue, theory, or method could be applied 1 3 pages
- Future Directions what future therapists or researchers could consider, and why (1 2 paragraphs)

Access the appropriate databases in the GMU library to locate the literature you need, select your literature, and read it ahead of time. Neither webpages nor Wikipedia will be acceptable reference sources for this paper.). In addition, as part of your paper, describe

a fictional "case study" of how the chosen model is applied within the context of a family-focused intervention.

• Final Examination -- (25% of Course Grade)

There will be a take-home final examination for the course, which will be due <u>NO LATER</u> than 7:30 pm on the date indicated in the course calendar in this syllabus.

Other Requirements

COURSE EXPECTATIONS

APA Format: Students in Counseling courses are expected to use APA style (7th ed.) for written papers.

Electronic Devices

Turn off and put away all electronic communication devices during class. Cell phones, pagers, and other communicative devices are not allowed in this class, unless specific class activities include internet-based activities. Please keep them stowed away and out of sight. Engaging in activities not related to the course (e.g. gaming, email, chat, text, etc.) is prohibited and will result in a significant deduction in your participation grade. Notify the instructor prior to class if you have an emergency situation that requires accommodation.

Attendance

In accordance with the policies of the Counseling Program, on-time attendance at every class meeting is expected. Late arrival to class will be considered an absence. Attendance is required for all classes. Excused absences are permitted for illness, religious holidays, or emergency situations only; documentation is required for the absence to be considered excused. Work-related absences are not considered excused.

Course Requirements

Each student is expected to: (1) attend each class, (2) complete all reading assignments before class, (3) arrive on time and stay for the entire class period, (4) participate in discussions and inclass work groups, (5) regularly check GMU email, and (6) submit or access documents via Blackboard as assigned.

Assignments

Unless otherwise noted, the assignments for the course are to be **submitted in class on the due date.** Late assignments will not be accepted. Additional assignments and/or assessments may be added at the instructor's discretion.

Plagiarism

Plagiarism is a violation of both the George Mason University code of honor and the expected professional dispositions of the Counseling Program. The GMU English Department has developed the following statement regarding plagiarism: "Plagiarism means using the exact words, opinion, or factual information from another person without giving that person credit. Writers give credit through the use of accepted documentation styles, such as parenthetical citation, footnotes, or end notes; a simple listing of books and articles is not sufficient. Plagiarism is the equivalent of intellectual robbery and cannot be tolerated in an academic setting. Student writers are often confused as to what should be cited. Some think that only direct quotations need to be credited. While direct quotations do need citations, so do paraphrases and summaries of opinions or factual information formerly unknown to the writers

or which the writers did not discover themselves. Exceptions to this include factual information which can be obtained from a variety of sources, the writer's own insights or findings from their own field research, and what has been termed common knowledge. What constitutes common knowledge can sometimes be precarious, and what is common knowledge for one audience may be so for another. In such situations, it is helpful to keep the reader in mind and to think of citations as being reader friendly. In other words, writers provide a citation for any piece of information that they think their readers might want to investigate further. Not only is this attitude considerate of readers and establishes credibility, it will almost certainly ensure that writers will never be guilty of plagiarism."

The performance-based assessment for this course is the PAPER that is due on November 15.

Grading

Final Grade Matrix:

Assignment	Points
Class Participation	20
Personal Family of Origin	15
Genogram	
Group Project	15
Paper	25
Final Exam	25
TOTAL POINTS POSSIBLE	100

In accordance with the George Mason University Grading Policy, the following grades may be achieved:

A [100-94]; A- [93-90]; B+ [89-87]; B [86-84]; B- [83-80]; C [79 - 70]; F [69 and below]

Professional Dispositions

See https://cehd.gmu.edu/students/polices-procedures/

Students must adhere to program professional dispositions: https://cehd.gmu.edu/assets/docs/forms/Professional%20Dispositions.pdf

Professional Dispositions Assessment

Professional Dispositions are assessed in all required courses. The minimum score (benchmark) is based on the level of the course, as described below.

Level of Assessment	СМНС	SC	Minimum Score
Basic	602, 609, 606, 601, 525, 603, 604, 656 654, 652, 658	602, 606, 609, 601, 525, 603, 604, 656 613, 611, 626	2
Intermediate	608, 750, 660, 628, 619, 610, 797	608, 751, 660, 628, 619, 610, 797	3
Advanced	792, 793	794, 795	4

Professional Dispositions assessments are scored as follows:

- **4:** Consistently Evident The student demonstrates the disposition all or almost all of the time. This rank is considered exceptional, particularly for students who are at the beginning of their program. Students who are advanced in the program (i.e., in their last year of the program and enrolled in Internship I or II) should except to achieve this rank.
- 3: Frequently Evident The student demonstrates the disposition often or most of the time. It is expected that students in the middle of the program (i.e., usually the second year for full time or third year for part time students) will achieve this rank. This reflects that they have moved beyond the initial phase of counselor training and are developing well towards being a professional counselor.
- 2: Sometimes Evident The student demonstrates the disposition sometimes or inconsistently. It is expected that students at the beginning of the program (i.e., first year for most students) will achieve this rank. Students at the beginning of the program are expected to be developing towards these professional dispositions as a part of their counselor training and preparation for their future as a professional counselor.
- 1: Seldom Evident The student demonstrates the disposition rarely or not at all. In some instances, this may also indicate a harmful demonstration of professional disposition(s). Students at the beginning of their program may achieve this rank, which can be developmentally appropriate as they learn the expectations for students and future professional counselors. Should this occur, students should expect to meet with their advisor, who will assist them in addressing the area of concern.
- N/A: Not Applicable An instructor or supervisor may use this to note that they did not have the opportunity to observe the disposition or that it was not relevant in the given context. This is most likely to occur at the beginning of the program when some dispositions may not be germane to the particular class.

Class Schedule

DATE	TOPIC	READING & ASSIGNMENT(S) DUE
26 Aug Week 1	Course Introduction and Syllabus review Student and Instructor Introductions Group Assignment Course Expectations	☐ Acquire Textbook and Begin Reading ☐ Watch Jay Haley: Birth and development of Family Therapy: An interview with Mony Elkaim.
2 Sep Week 2	Historical Roots and Legacy of Family Counseling/Therapy Systems Theories and Concepts	 □ Nichols Chapter 1, 3 & 14 □ Milhausen, R & Neustifter, R. (March/April 2014). □ Diversity in Today's Families. Family Therapy Magazine. (pp. 20-21). Washington, DC: American Association for Marriage and Family Therapy. □ Falicov, C.J. (2016). Multiculturalism and Diversity of Families. In Sexton, T.L. and Lebow, J. (Eds.), Handbook of family therapy. (pp. 66-85). New York: Routledge. □ Watch Great teachers, great courses: Counseling theory, models, and techniques.
9 Sept Week 3	Family Assessment Beginning Phase of Family Intervention & Treatment Terminology	 □ Nichols Chapters 2 □ Review Dyadic Adjustment Scale Resources □ Bray, J. H. Couple and Family Assessment. (2013). In Bray, H. & Santon, M. (Eds.), Handbook of Family Psychology. (pp. 151-164). Malden, MA: Wiley-Blackwell. □ Walsh, F. A. (2016). Family Developmental Framework: Challenges and Resilience Across the Life Cycle. In Sexton, T.L. and Lebow, J. (Eds), Handbook of family therapy. (pp. 30 – 47). New York: Routledge. □ Watch Psychotherapy with the Experts 5: Family Systems Therapy
16 Sept Week 4	Continue Basic Terminology, Family Assessment, and Beginning Phase of Intervention and Treatment	☐ Continuation with Week 3 reading material ☐ Watch Family Therapy: Universal and unique approaches to solving problems.
23 Sept Week 5	Structural Models of Family Counseling/Therapy	 □ Nichols Chapter 6 □ Calapinto, J. (2016). Structural Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.), Handbook of family therapy. (pp. 120-133). New York: Routledge. □ Watch Evolution of Psychotherapy: The craft of Family Therapy.
30 Sept Week 6	Strategic Models of Family Counseling/Therapy	 □ Nichols Chapter 5 □ Watch Learning and teaching therapy with Jay Haley 2: Brief Strategic Therapy with couples

		Watch Couples Therapy with the Experts 11: Strategic Couples Therapy.
7 Oct Week 7	Experiential Models of Family Counseling/Therapy Clinical Practice In-Class Laboratory	Nichols Chapter 7 Watch Carl Whitaker Video Watch Learning and teaching therapy with Jay Haley 8: Unbalancing a Couple Watch Satir Family Therapy: Client B Group 1 Presentation
14 Oct Week 8	Genograms and Their Role in Family Counseling/Therapy Bowenian Model of Family Counseling / Therapy	Nichols Chapters 4 & 8 Watch Family and Community Genograms in Multicultural Counseling Group 2 Presentation Guest lecture by Dr. John Millikin
21 Oct Week 9	Psychodynamic Model of Family Counseling / Therapy	Nichols Chapters 8 Magnavita, J.J. (2013). Psychodynamic Family Psychotherapy: Toward Unified Relational Systematics. In Bray, H. & Santon, M. (Eds.), Handbook of family psychology. (pp. 240-257). Malden, MA: Wiley-Blackwell. Wanlass, J & Scharf, D.E. (2016). Psychodynamic Approaches to Couple and Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.), Handbook of family therapy. (pp. 134-158). New York: Routledge. Watch Psychotherapy with the Experts 12: Object Relations Therapy
28 Oct Week 10	Solution Focused and Brief Therapy Models of Family Counseling/Therapy	Nichols Chapter 11 Cheung, S: Solution-Focused Brief Therapy. (2013). In Bray, H. & Santon, M. (Eds.), Handbook of family psychology. (pp. 212-225). Malden, MA: Wiley-Blackwell. Watch Psychotherapy with the Experts 3: Solution Focused Therapy Group 3 Presentation
4 Nov Week 11	Behavioral and Educational Models of Family Counseling / Therapy Counseling/Therapy Genogram Project DUE	Nichols Chapter 9 Epstein, N.B., Dattilo, F.M. & Baucom, D.H. (2016). Cognitive Behavioral Couple Therapy. In Sexton, T.L. and Lebow, J. (Eds.), Handbook of family therapy. (pp. 362-386). New York: Routledge. Watch Couples Therapy with the Experts 12: Behavioral Couples Therapy Group 4 Presentation
11 Nov Week 12	Contemporary and Emerging Models of Family Counseling/Therapy	Nichols Chapters 12 & 13 Ruddy, N. and McDaniel, S. (2016). Medical Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.),

		 Handbook of family therapy. (pp. 471-483). New York: Routledge. Watch A research-based couples' treatment for domestic violence. Guest presentation by automotive designer (yep, automotive designer) Bryan Thompson
18 Nov Week 13	Integrative Models of Family Counseling/Therapy Convergence of the Field TAKE HOME FINAL DISTRIBUTED	Nichols Chapters 10 & 13 Lebow, J. (2016). Integrative Approaches to Couple and Family Therapy. In Sexton, T.L. and Lebow, J. (Eds.), Handbook of family therapy. (pp. 205-227). New York: Routledge. Watch Couples Therapy with the Experts 10: Internal Family Systems. Group 5 Presentation
2 Dec Week 14	Acceptance and Commitment Therapy	Harris, R. (2009). ACT Made Easy. Oakland, CA: New Harbinger Publications. Introduction – Ch 2. Group 6 Presentation PAPER DUE
9 Dec Week 15	TAKE HOME FINAL DUE	

Group Project Topical Assignments

Group 1 – Structural

Group 2 – Strategic

Group 3 – Experiential

Group 4 – Bowenian

Group 5 – Behavioral

Group 6 – Solution Focused

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Counseling Program Mission Statement

The Counseling Program is committed to preparing counselors who promote the social, psychological, physical, and spiritual health of individuals, families, communities, and organizations in order to contribute to the advancement of global well-being. The program strives for national and international excellence in implementing a counseling perspective which provides a foundation in basic counseling skills and focuses on social justice, multiculturalism, international, advocacy and leadership. It is our belief that a global perspective on development across the life span, and an understanding and appreciation of multiculturalism, diversity, and social justice are integral to the preparation of professional counselors, requiring that professional counselors are prepared to assume leadership roles, be proactive change agents and become advocates for social, economic and political justice. The program is committed to accomplish this mission by working

through interdisciplinary teams as well as promote the interconnectedness of teaching, research, service and professional practice. Through this mission faculty will facilitate a continued tradition of international, national and regional leadership through the development of collaborative partnerships and projects, research, publications, presentations, consultation, and training.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: http://cehd.gmu.edu/values/.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see https://catalog.gmu.edu/policies/honor-code-system/).
- Students must follow the university policy for Responsible Use of Computing (see https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see https://ds.gmu.edu/).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Questions or concerns regarding use of Blackboard should be directed to https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/.
- For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a "Responsible Employee," and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason's Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason's confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730 or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/students/.

Assessment Rubric(s):

ASSESSMENT RUBRIC FOR THE PAPER (Due on November 15):

Review of Literature & Research Literature - Incomplete and Not Current.	
Research Incomplete and Not Current. Review that is missing important elements and/or is not fully 2 Points Discussion of Topic Discussion of Topic Topic Discussion of Topic	
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