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**WAYLAND BAPTIST UNIVERSITY**

**SCHOOL OF BEHAVIORAL & SOCIAL SCIENCES**

**Virtual Campus**

Wayland Mission Statement:Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success, and service to God and humankind.

Course Title, Number, and Section: **CNSL 5315 VC01 - Marriage, Family and Couples Therapy**

Term:Fall 2019

Instructor:Dr. Stephen Burger

Office Phone Number and WBU Email Address: [Stephen.Burger@wayland.wbu.edu](mailto:Stephen.Burger@wayland.wbu.edu) [stephenburger@cten.org](mailto:stephenburger@cten.org) 501.206.7013 (text is fine, email is the most dependable.)

Office Hours, Building, and Location:No office with online class. Contact email or phone and we will set up a time to talk.

Class Meeting Time and Location: Blackboard online, No time or location with online class

Catalog Description: Critical analysis of therapies, emphasizing recent trends and applied techniques.

This course is designed to emphasize Marriage, Family and Couples Therapy by providing a broad understanding of the structure and dynamics of the family, including assessment and methods of marital and family intervention and counseling.

**There is no prerequisite for this course.**

Required Textbook(s) and/or Required Material(s):

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| **TITLE** | **AUTHOR** | **PUBLISHER** | **ED** | **YEAR** | **ISBN#** |
| Family Therapy: Overview | Goldenberg, Stanton, Goldenberg | Cengage Learning | 9th | 2017 | 9781305092969 |

Course Outcome Competencies: Upon completion of this course, students will be able to:

* Understand the basic models, theories, and development of marriage, family, and couples therapy
* Describe the lifecycle stages and transitions of individuals, couples, and families within relationship units
* Articulate the various components of a family unit/structure, including ethnic, cultural, religious, socioeconomic, and geographical influences
* Identify different approaches to aging, personalities, mental health, grief, trauma, and relationship dynamics
* Develop practical skills and techniques to assess problematic patterns and issues in relationships and implement appropriate treatment plans
* Understand the characteristics of healthy family functioning
* Understand factors that influence family happiness, satisfaction, and stability
* Evaluate how the family is an agent of socialization and how this impacts parenting issues

Attendance Requirements:

WBU online (Virtual Campus)

Students are expected to participate in all required instructional activities in their courses. Online courses are no different in this regard; however, participation must be defined in a different manner. Student “attendance” in an online course is defined as active participation in the course as described in the course syllabus. Instructors in online courses are responsible for providing students with clear instructions for how they are required to participate in the course. Additionally, instructors are responsible for incorporating specific instructional activities within their course and will, at a minimum, have weekly mechanisms for documenting student participation. These mechanisms may include, but are not limited to, participating in a weekly discussion board, submitting/completing assignments in Blackboard, or communicating with the instructor. Students aware of necessary absences must inform the professor with as much advance notice as possible in order to make appropriate arrangements. Any student absent 25 percent or more of the online course, i.e., non-participatory during 3 or more weeks of an 11 week term, may receive an F for that course. Instructors may also file a Report of Unsatisfactory Progress for students with excessive non-participation. Any student who has not actively participated in an online class prior to the census date for any given term is considered a “no-show” and will be administratively withdrawn from the class without record. To be counted as actively participating, it is not sufficient to log in and view the course. The student must be submitting work as described in the course syllabus. Additional attendance and participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university’s attendance policy.

Statement on Plagiarism and Academic Dishonesty:Wayland Baptist University observes a zero tolerance policy regarding academic dishonesty. Per university policy as described in the academic catalog, all cases of academic dishonesty will be reported and second offenses will result in suspension from the university.

Disability Statement:In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university.  The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation requests at (806) 291- 3765.  Documentation of a disability must accompany any request for accommodations.

Course Requirements and Grading Criteria:

**Personal Family Problem:** You will be required to write up a case study on an issue or situation that has been problematic either in your current family situation or your family of origin. Describe the problem in detail, conceptualize the problem using ideas, terms and theorists (bold or underline the important terms and concepts) from the theories in class and explain what type of marriage and family therapy would benefit this problem identifying specific techniques and interventions (Be specific). This assignment must be at least **6 pages in length** and will be evaluated on coherence and flow of ideas, and ability to conceptualize the problem and discuss appropriate therapy for addressing this problem using the appropriate terms and concepts from the course materials. I will not share your papers with anyone so be as honest as you feel comfortable. **You also need to attach your family’s Genogram (pg. 78 example) and Minuchin’s structural mapping (pgs. 270-280 example) of your family to this paper.**

**Case Study:** You are to complete another case study of a family that you are familiar with (not your own family) which you must conceptualize using at least 3 of the various theories we have covered in class. Also you should discuss specific interventions and techniques that you would use with this family and mention duration of therapy and prognosis. What would be your role as a therapist? **Case study should be at least 3 pages.**

**Readings Assignments:** During the course of this semester, you will need to read a self-help book on relationships and do a **short 2-page book report**.

**Video Review Assignment:** You will be required to watch a movie related to marriage and family therapy and write up a **2-page reflection** on what you saw (incorporating the terms and concepts from the class material into your write-up).

**Exams:** Two exams will be administered during the course of the semester. The exams may consist of objective questions such as multiple choice or “fill-in-the-blank” questions, or may also include “expressive” questions such as short answer or essay questions which will allow you to write your own responses and will allow students the maximum opportunity to demonstrate what they know and that they can analyze information and reach defensible conclusions. The tests will consist of items from the textbook. The exam will consist of 40 questions worth 4 points each. You will have Monday through Saturday to completed the exam.

**Final Exam:** The final will cover the complete book in all concepts, ideas, and theories. The exams may consist of objective questions such as multiple choice or “fill-in-the-blank” questions, or may also include “expressive” questions such as short answer or essay questions which will allow you to write your own responses and will allow students the maximum opportunity to demonstrate what they know and that they can analyze information and reach defensible conclusions. The tests will consist of items from the textbook. You will have Monday through Saturday to completed the exam.

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| **Assignments** | **Total Points for Assignment** |
| **Personal Family Problem** | **180** |
| **Case Study** | **100** |
| **Readings Assignments** | **100** |
| **Video Review Assignment** | **100** |
| **Exam One** | **160** |
| **Exam Two** | **160** |
| **Final Exam** | **200** |

90% 1000-900 “A”

80% 899-800 “B”

70% 799-700 “C”

60% 699-600 “D”

59% 599- “F”

The University has a standard grade scale:

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F= below 60, W = Withdrawal, WP = withdrew passing, WF = withdrew failing, I = incomplete. An incomplete may be given within the last two weeks of a long term or within the last two days of a microterm to a student who is passing, but has not completed a term paper, examination, or other required work for reasons beyond the student’s control. A grade of “incomplete” is changed if the work required is completed prior to the last day of the next long (10 to 15 weeks) term, unless the instructor designates an earlier date for completion.  If the work is not completed by the appropriate date, the I is converted to an F.

Student Grade Appeals:

Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Vice President of Academic Affairs to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

Tentative Schedule: **Everything except the two exams are due by the end of the semester at the latest. The dates below are to help you keep on schedule with finishing the class in a timely manner.**

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| **Date Open** | **Suggested Date Due** | **Assignment** |
| **August 19** | **September 9 ( however before November 2)** | **Personal Family Problems** |
| **August 19** | **September 20 ( however before November 2)** | **Case Study** |
| **August 19** | **October 11( however before November 2)** | **Reading Assignment** |
| **August 19** | **October 18 ( however before November 2)** | **Video Review Assignment** |
| **September 23** | **Fixed due date September 28** | **Exam One** |
| **October 21** | **Fixed due date October 26** | **Exam Two** |
| **October 28** | **November 2** | **Final Exam** |

**Classic books in marriage and family therapy:**

Bateson, G. (1991). *Sacred unity: Further steps to an ecology of mind*. NY:

Harper Collins.

Boscolo, L., Cecchin, G., Hoffman, L., & Penn, P. (1987). *Milan Systemic Family*

*Therapy—Conversations in Theory and Practice.* NY: Basic Books.

Bowen, M. (1985).  *Family therapy in clinical practice*. Northvale, NJ: Jason Aronson.

Boszormenyi-Nagy, I. & Krasner, B. (1986*). Between give and take: A clinical guide to contextual therapy*. NY: Brunner/Mazel.

Boszormenyi-Nagy, I. & Spark, G. (1973). *Invisible Loyalties*. NY: Harper and Row.

Burbatti, G. & Formenti, L. (1988). *The Milan approach to family therapy*. Northvale, NJ: Jason Aronson.

Framo, J. (1992). *Family-of-origin therapy: An intergenerational approach*. NY: Brunner/Mazel.

Green, R. & Framo, J. (eds.) (1981). *Family therapy: Major contributions*. Madison, CONN: International Universities Press.

Haley, J. (Ed) (1971). *Changing families: A family therapy reader*.

Hoffman, L. (1981*). Foundations of family therapy: A conceptual framework for systems*

*change*. NY: Basic Books.

Madanes, C. (1989). *Strategic Family Therapy*. San Francisco: 1989.

McGoldrick, M., Pearce, J. & Giordano, J. (eds.) (1982). *Ethnicity and family therapy*. NY: Guilford Press

Minuchin, S. (1974). *Families and Family Therapy*. Cambridge, MA: Harvard

University Press.

Minuchin, S. & Fishman, H. (1981). *Family Therapy Techniques.* Cambridge, MA: Harvard.

Napier, A. & Whitaker, C. (1978). *The Family Crucible*. NY: Harper and Row.

Nichols, W. C. & Everett, C. A. Systemic Family Therapy: An Interactive Approach. N. Y.: Guilford Press, 1986.

Pittman, Frank S. III, (1987). *Turning points: Treating families in transition and crisis.*

NY: W.W. Norton.

Papero, D. V., (1997) Bowen Family Systems Theory. Boston: Allyn & Bacon

Scharff, D. & Scharff, J. (1987). *Object relations family therapy*. Northvale, NJ: Jason Aronson.

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| Popular Self-help books and/or novels in marriage and family therapy |

Chapman, Gary, *The Five Love Languages: How to express heartfelt commitment to your mate.* 1995.

Gottman, John M., *The Relationship Cure*, Crown Publishers, New York, N. Y. 2001.

Gottman, John M., *The Seven Principles for Making Marriage Work*, Crown Publishers, New York, N.Y. 1999.

Lerner, H. *The dance of anger: A woman’s guide to changing the patterns of intimate relationships.* William Morrow & Company. 2003.

Minuchin, S., and Nichols, M. P., *Family healing: Tales of hope and renewal from family therapy.* New York: The Free Press. 1993.

O’Hanlon, Bill & Hudson, Pat; *Love is a Verb*, W. W. Norton, New York, N. Y. 1995.

Parrott, Les & Parrott, Leslie*, Saving Your Marriage Before It Starts*, Zondervan, Grand Rapids, MI, 1995.

Schlessinger, L. *The proper care and feeding of husbands*. 2004.

Stegner, W*. Angle of Repose* Penguin Publishing. 1992.

Weiner-Davis, Michele, *Divorce Busting*, Simon & Schuster, New York, N. Y. 1992.

Weiner-Davis, Michele, *The Divorce Remedy*, Simon & Schuster, New York, N.Y. 2001.

Yalom, Irvin, *Love’s Executioner*, Harper Collins, New York, N.Y. 1989.

# Classic Journal Articles

Baucom, D. H., Shoham, V., Mueser, K. T., Daiuto, A. D. & Stickle, T. R. (1998) Empirically supported Couple and family interventions for marital distress and adult mental health problems. *Journal of Consulting & Clinical Psychology*, 66(1), 53-88.

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## **MFT Journals**

Journal of Marital & Family Therapy – AAMFT

Journal of Systemic Therapies **–** Guilford Press

Journal of Marriage and the Family – National Council on Family Relations

Family Process – Family Process, Inc.

**Christian Associations**

AACC American Association of Christian Counselors <https://www.aacc.net/>

Additional Information:<http://catalog.wbu.edu>