

**INTRODUCTION TO MARRIAGE & FAMILY THERAPY  
COUNSELING 611, Winter Mini 2013 Online**

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*This is an online class, so the expectations are a bit different than courses taught face-to-face. Students need to feel comfortable working from a computer, using the Internet, and being self-motivated to work on the course content throughout the week. In a 15 week semester, students may spend 2 hours and 40 minutes per week in a lecture class plus additional time for driving and study/preparation. During a 5 week summer semester, students may spend up to 8 hours per week in a lecture class plus additional time for driving and study/preparation. During a 2.5 week May or Winter Mini, students may spend up to 17.5 hours per week in a lecture class plus additional time for driving and study/preparation. So, for an online class, it is important to schedule your time wisely. While you do not have the driving time, it is expected that the completion of this course will take the same amount of time as if it were being taken face-to-face. However, how you spend that time will be different. The lectures are quite a bit shorter, and will not take up the amount of time as it does face-to-face.*

Office Hours: The instructor is accessible for out-of-class advisement and professional consultation relative to course performance and academic achievement. I will make every effort to resolve any problems, and I am available by email and telephone within 24 hours generally. If you need to speak with me, e-mail me and we will schedule a conference. The best way to reach me is via email or my cell phone. If you need my cell phone, either call the department or email me and I will give it to you.

**IMPORTANT: Please use the e-college e-mail system. E-mails sent outside the provided secure system are not confidential, and I assume no responsibility for protecting the information within them. All my announcement and initial contact to you will be through ecollege. If you send me an email outside of ecollege, I will reply to it but will not take responsibility for protecting the information shared with you.**

**Texas A & M University-Commerce nurtures and educates for success through access to academic, research, and service programs of high quality.**

## **TEExES COMPETENCIES**

### **Competency 004 (Program Management)**

The school counselor understands how to plan, implement and evaluate a developmental guidance program, including counseling services, that promotes all students' success

### **Competency 006 (Counseling)**

The school counselor understands how to provide effective counseling services to individuals and small groups.

### **Competency 010 (Professionalism)**

The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

## **PROFESSIONAL CONDUCT**

*"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment" (See Student's Guide Handbook, Policies and Procedures, Conduct).*

### **Students with Disabilities:**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services  
Texas A&M University-Commerce  
Gee Library  
Room 132  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
[StudentDisabilityServices@tamu-commerce.edu](mailto:StudentDisabilityServices@tamu-commerce.edu)**

### **Course Description:**

This course surveys the historical development and principal conceptualizations of marital and family therapy. Goals include an introductory examination and comparison of various theories currently employed in the field. Subject areas to be covered include the various schools of family therapy, along with current trends and issues in marriage and family therapy. Case studies and videotapes will be utilized to facilitate students' understanding of theory and skills. In addition to reading the required text, additional outside reading is strongly encouraged to supplement student development in marriage and family therapy.

This is an introductory course to develop marriage and family counseling skills, which is required for doing internship and acquiring credentials as a Marriage & Family therapist. It is designed for students already having a background in counseling yet wanting specialized skill training. It will include assignments in which each student begins exploring her/his personal family of origin, an important component of training for professional counselors. COUN 611 requires considerable effort and motivation to successfully complete. If you are currently unable to dedicate adequate time and effort toward this course, please consider taking this at another time.

Prerequisite: COUN 510 or instructor consent.

Objectives: The objectives of this course are for each student to:

1. Be involved in an ongoing self-evaluation as a potential marriage counselor
2. Be developing a personal philosophy and methodology for marriage counseling that she/he can defend via sound rationale
3. Become acquainted with professionalism in marriage counseling (i.e., organizations, agencies, etc.).
4. Become aware of multiple aspects of relationship counseling (i.e., conjoint counseling, premarital counseling, divorce counseling, etc.)
5. Analyze how the family functions as a unique changing system and identify those points at which successful intervention seems most likely
6. Describe the historical development of the MFT field and current issues
7. Define key terms in the MFT and associate the terms with appropriate schools of thought
8. Compare and contrast the theories and approaches of leading schools of thought
9. Identify and demonstrate awareness of personal issues pertaining to one's family of origin and present functioning and how these issues may affect one's therapeutic relationships
10. Become familiar with current literature in the MFT field through journals & periodicals

Required Text:

Goldenberg, H. & Goldenberg I, (2008). *Family therapy: an overview*. (Curerent edition). Thomson Brooks/cole. Belmont, CA.

Suggested Reading:

McGoldrick, M. & Gerson, R. (1985). *Genograms in family assessment*. NY: W.W. Norton.

Beavers, W.R.(1985). *Successful marriage: A family systems approach to couples therapy*. NY: W.W. Norton & Co.

Ginott, H.G. (1965). *Between parent and child*. NY: Avon

Nelson, J. (1996). *Positive discipline*. NY: Ballentine Books (Any of this series).

Sperry, L. & Carlson, J. (1991). *Marital therapy: Integrating theory and technique*. Love: Denver.

Expectations:

1.Participation - Students are expected to participate in all class discussion when assigned, and to complete all assignments as designated by due dates. This includes reading the assigned text material and participating appropriately in the class discussions.

2.Assignment - All assignments must be typed.

3. Grades - Graded class assignments including tests will be returned to you as soon as possible. The

student is expected to maintain a personal record of grading progress throughout the course.

Activities:

1. Lecture and discussion.

2. Article analyses:

Each student will read and critique one article in any of the many professional journals related to relationship counseling. Students may select an article such as "marital satisfaction" or "family conflict" or any topic related to marriage and family issues (please see the list of some of the marriage and family related journals below). This article will be presented to the class in the discussion area for classmates' feedback.

3. Videos:

Relevant counseling videotapes will be reviewed.

5. Examinations. There will be two multiple choice examinations.

6. Creating a Family Genogram

In a short mini semester, there will not be enough time to schedule interviews with people in your family of origin linkage, in order to create a meaningful Genogram. However, I will be happy to provide the supervision for those of you who would like to take on the task on their own.

Format

This course will be conducted by lecture, class discussion totally online. Objectives will be attained through the following:

1. Student reading and participation
2. Lecture and discussion
3. Videos
5. article critique presentation

Requirements:

1. Reading of required texts.
2. Critique one marriage counseling journal/research article.
3. Participate in class discussion
4. Take the two exams

The instructor reserves the right to modify the above requirements.

Evaluation:

Participation in class discussion	30%
Article critique	10%
Two examinations (30% each)	60%

**Grading:** An instructor does not give grades. Students earn grades. If you approach your class with this understanding, it is the beginning of taking responsibility for your education and being a

great student.

### **Grading Scale**

90-100	=	A
80-89	=	B
70-79	=	C
60-69	=	D
59>	=	F

**Professional Conduct:** Students are expected to adhere to the Code of Ethics of the American Counseling Association. Any behavior, which is deemed unethical, will be grounds for review of the student by the program faculty.

**Attendance:** This course is totally online and you will study it on your own schedule, however, there are deadlines for reading and writing assignments that you have to follow. Each day/week you will get an assignment and new materials will be placed online for you to review. **All materials in this course are copyrighted and you are not allowed to print, copy or save any of the material without the instructor written permission.** Your active participation in answering questions is required. I will be asking question online and expect you to fully participate in answering the questions. Even though, you are not required to be at your computer at certain hours of the day or week, I do expect to hear from you on the discussion area. You need to give feedback to other students on their work.

This course is online. I do not keep any paper record (including a grade book) on this class. This means that your work have to be uploaded on the “Ecollege” online in order for you to receive credit. **If you email any of your work to me, I will read it but will not be able to give you the credit until it is posted online.** **Please make sure that you are familiar with the Ecollege. I am not a technology expert. Please forward all your technology questions to support services in “Ecollege”. No excuse is accepted for technology not working on your computer.**

## **COUN 611 FLEXIBLE CALENDARS**

December	17	Introduction, course overview and requirements Adopting a Family Relationship Framework: Chapter 1 Family Development: Continuity and change: Chapter 2
	18	Gender, culture, and ethnicity factors in family functioning: Chapter 3 Interlocking systems: the individual, the family and community: Chapter 4
	19	Origins and growth of family therapy: Chapter 5 Professional issues and ethical practices, Chapter 6
	20	Psychodynamic model: Chapter 7
	21	Transgenerational Models: Chapter 8
	22	Happy Holiday Season
January	03	Midterm Exam Chapters 1-8 Experiential Models: Chapter 9
	03	The Structural Model: Chapter 10
	04	Strategic Models: Chapter 11 The Milan Systemic Model: Chapter 12
	05	The behavioral and Cognitive-Behavioral Models: Chapter 13
	06	Social Construction Models I: Chapter 14
	07	Social Construction Models II: Chapter 15 Final Exam

## **LIST OF JOURNAL SUGGESTIONS FOR ARTICLE**

American Journal of Family Therapy

Annual Review of Psychology (see marriage articles in 1991, 1998, 1999 volumes)

Behavioral Assessment

Behavioral Science Research

Behavior Therapy

Clinical Psychology Review

Family Coordinator

Family Process,

The Journal of Family Psychology  
Family Relations,  
Journal of Abnormal Psychology  
Journal of Consulting and Clinical Psychology  
Journal of Family Violence  
Journal of Interpersonal Violence  
Journal of Marital and Family Therapy  
Journal of Marriage and Family Counseling  
Journal of Marriage and the Family  
Journal of Personality and Social Psychology  
Journal of Sex and Marital Therapy  
Journal of Studies on Alcohol  
Psychological Bulletin  
Violence and Victims

## Bibliography

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- Bader, E. & Pearson, P.T. (1988). *In quest of the mythical mate: A developmental approach to diagnosis and treatment in couples therapy.* NY: Brunner/Mazel.
- Barker, R.L. (1984). *Treating couples in crisis.* NY: The Free Press.
- Barker, R.L. (1987). *The green-eyed marriage: Surviving jealous relationships.* NY: The Free Press.
- Beattie, M. (1987). *Codependent no more: How to stop controlling others and start caring for yourself.* NY: Harper/Haseden.
- Beavers, W.R. (1985). *Successful marriage: A family systems approach to couples therapy.* NY: W.W. Norton.
- Beck, A.T. (1988). *Love is never enough: How couples can overcome misunderstandings, resolve conflicts, and solve relationship problems through cognitive therapy.* NY: Harper & Row.
- Bowen, M. (1978). *Family therapy in clinical practice.* NY: Jason Aronson.
- Carter, B. & McGoldrick, M. (Eds.) (1988). *The changing family life cycle: A framework for family therapy.* (2nd ed.). NY: Gardner Press.
- Curran, D. (1983). *Traits of a healthy family.* San Francisco: Harper & Row.
- Dinkmeyer, D. & Carlson, J. (1984). *Training in marriage enrichment.* Circle Pines, MN: American Guidance Service.

- Duhl, B.S. (1983). *From the inside out and other metaphors*. NY: Brunner/Mazel.
- Ellis, A., Sichel, J.L., Yeager, R.J., DiMattia, D.J. & DiGuesppe, R. (1989). *Rational-emotive couples therapy*. NY: Pergamon Press.
- Farrell, W. (1986). *Why men are the way they are*. NY: McGraw-Hill.
- Fredman, N. & Sherman, R. (1987). *Handbook of measurements for marriage & family therapy*. NY: Brunner/Mazel.
- Fry, W.F., Jr. & Salamah, W.A. (1987). *Handbook of humor and psychotherapy: Advances in the clinical use of humor*. Sarasota, FL: Professional Resource Exchange, Inc.
- Goldenberg, I. & Goldenberg, H. (2000). *Family therapy: An overview*. (5th ed.). Belmont, CA: Brooks/Cole.
- Gottman, J. (1994a). *What predicts divorce: The relationship between marital processes and marital outcomes*. Hillside, NJ: Lawrence Erlbaum Associates.
- Gottman, J. (1994b). *Why marriages succeed or fail*. NY: Simon & Schuster.
- Guerin, J. Jr., Fay, L, Burden, S., & Kautto, J. (1987). *The evaluation and treatment of marital conflict: A four-stage approach*. NY: Basic Books.
- Gurman, A.S. & Rice, D.G. (1975). *Couples in conflict*. NY: Jason Aronson.
- Gurman, A.S. (Ed.). (1985). *Casebook of marital therapy*. NY: The Guilford Press.
- Haley, J. (1987). Problem-solving therapy. (2nd ed.). San Francisco: Jossey-Bass.
- Haynes, J.M. & Haynes, G.L. (1989). *Mediating divorce: Casebook of strategies for successful family negotiations*. San Francisco: Jossey-Bass.
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- Huber, C.H. & Baruth, L.G. (1981). *Coping with marital conflict: An Adlerian approach to succeeding in marriage*. Champaign, IL: Stipes Publishing Co.
- Jacobson, N.S. & Margolin, G. (1979). *Marital therapy: Strategies based on social learning and behavior exchange principles*. NY: Brunner/Mazel.
- Karpel, M.A. (Ed.) (1986). *Family resources: The hidden partner in family therapy*. NY: The Guilford Press.
- Klagsbrun, F. (1985). *Married people: Staying together in the age of divorce*. NY: Bantum Books.

- Kolevzon, M.S. (1988). *The merry-go-rounds of intimate relationships*. North Miami, FL: Kenmarc Press.
- Kressel, K. (1985). *The process of divorce: How professionals and couples negotiate settlements*. NY: Basic Books.
- L'Abate, L. & McHenry, S. (1983). *Handbook of marital interventions*. NY: Grune & Stratton.
- Lazarus, A. (1985). *Casebook of multimodal therapy*. NY: The Guilford Press.
- Lazarus, A. (1985). *Marital myths*. San Luis Obispo, CA: Impact Publishers.
- Lederer, W. J. (1981). *Marital choices*. NY: W.W. Norton.
- Lerner, H.G. (1985). *The dance of anger*. NY: Harper & Row.
- Lerner, H.G. (1985). *The dance of intimacy*. NY: Harper & Row.
- Liberman, R.P., Wheeler, E.G., DeVisser, L.A.J.M., Kuehnel, J. & Kuehnel, T. (1980). *Handbook of marital therapy: A positive approach to helping troubled relationships*. NY: Plenum Press.
- Masters W.H. & Johnson, V.E. (1970). *The pleasure bond: A new look at sexuality and commitment*. Boston: Little, Brown, & Co.
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- Minuchin, S. & Mishman, H.C. (1981). *Family therapy techniques*. Cambridge, MA: Harvard University Press.
- Morawetz, A. & Walker, G. (1984). *Brief therapy with single-parent families*. NY: Brunner/Mazel.
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- Satir, V. (1983). *Conjoint family therapy*. Palo Alto, CA: Science and Behavior Books.
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- Schnarch, D. (1997). *Passionate marriage*. NY: Norton.
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