

WESTERN SEMINARY - Portland

Family Systems Therapy CNS 503

3 credit hour

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Course Description:

This course will include the theoretical and practical approaches to understanding and intervening with families. A review of the major family systems theories will be covered. Prerequisites: CNS 501, 505.

Course Goals:

1. Introduction to approaches to family therapy.
2. Introduction to approaches to marriage therapy.
3. Application and utilization of theories and concepts

Course Objectives:

Cognitive

- Discuss various theoretical approaches to family counseling
- Discuss various theoretical approaches to marriage counseling.
- Discuss the major social, political and cultural factors affecting marriage and family.
- Critique marriage and family studies from a biblical perspective.

Affective

- Relate material to own family of origin and present family constellation
- To gain beginning skills to utilize marriage and family interventions in a counseling setting

Course Texts:

Atkinson, Brent. 2005. Emotional Intelligence in Couples Therapy. New York: WW Norton & Company.

Library readings

Web site readings

Course Requirements:

1. Class attendance and active participation in discussion.
2. Read the following articles from Americanvalues.org
Under Marriage:
 - Website: Center for Marriage and Families
 - Fact sheet: The Health of an Institution: A US Marriage Index
What is America's Most Serious Health Problem
 - Briefs: Marriage and Mental Health in Adults and Children
 - Reports: Why Marriage Matters
 - The Happiest Wives

Read 2 other articles on marriage/family of your chose from the website.

Write a ½ page reaction/interaction with the material read.

- 3) On the website: Center for Marriage and Families check out 10 links on additional links portion of website. Write a short paragraph as to the value of the link to your counseling/ministry.
4. Read 2 research articles on some aspect of family or marital counseling from a professional journal (2003 or more recent). Write a 1 page review/reaction paper to each article.
5. Read Atkinson at mastery level. Hand in statement that read book in entirety.
6. Watch 3 family and/or marriage counseling tapes. Write a 2 page review/reaction paper to the therapy presented.
7. Read library readings at mastery level and write a ½ page reaction paper to each article.
8. From the readings and lectures analyze a marriage. This can be your own, your parents or someone you know very well. Disguise the couple with names and details that protect their anonymity. (3 pages)
9. As a group present on the following topic assigned. Provide the class with an outline, resources, bibliography, etc.
 - domestic violence
 - blended families
 - extra marital affairs
 - non traditional marriage
10. Read 10 hours in any single or combinations of books in the bibliography. (Books can be added with professor permission.) Hand in form with the following:

Date	Book	Author	Pages Read	Time	Rated Value (1-10)
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According to Western Seminary standards there are two levels

Familiarity level. This level assumes knowledge of the material assigned and leads to accountability in class. (45 pages per hour)

Mastery level. Reading at this level will average about 20 pages per hour and assumes careful reflective interaction with the ideas, note taking, and will lead to accountability in class, and papers at a mastery level (1000 pages = 50 hours).

These are intended to serve as flexible guidelines or rules of thumb; they are not thought to be rigid. It is certainly understood that books are printed with varying numbers of words per page and written to varying reading levels.

Each assignment **should be completed before the class session** so that you will be able to participate in and benefit from the class discussions.

Course Justification:

Web readings	10 hrs.
Web links	5 hrs.
Research articles	5 hrs.
Text	25 hrs.
Tapes	5 hrs.
Library readings	5 hrs.
Analyze marriage	5 hrs.
Report	20 hrs.
Readings	10 hrs.

90 hours total

Grading:

Class attendance	60 points	4 per class
Web readings	20	
Web links	15	
Research article	15	
Text	20	
Tapes	30	
Library readings	15	
Analyze marriage	20	
Class report	35	
Outside reading	20	

250 possible

*Late assignments will be penalized by point loss.

*Any student with a diagnosed learning disability is encouraged to talk to the professor as soon as possible concerning alternative methods of fulfilling course requirements.

Course Schedule**Assignments Due**

Sept. 11	Intro, Family		
Sept. 18	Family		
Sept. 25	Marriage		
Oct. 2	Marriage		
Oct. 9	Marriage		
Oct. 16	Marriage		
Oct. 23	Marriage		
Oct. 30	Marriage		
Nov. 6	Family	Family text	
Nov. 13	Family	Genogram	
Nov. 20	Marriage	Handouts	
Nov. 27	Marriage	Videos	
Dec. 4	Marriage	Reports	Marriage text
Dec. 11	Marriage	Reports	Marriage analysis Journal articles

Marriage Counseling Bibliography

Andrew Christensen, Neil Jacobson
Frank Dattilio
Dilis, Sichel, Yeager, DiMattia, DiGiuseppe
Philip Bornstein, Marcy Bornstein

Norm Wright
Michele Weiner-Davis
Everett Worthington
Everett Worthington
Everett Worthington
Aaron Beck
Pat Hudson
Daniel O'Leary
Frank Dittilio, Christine Padesky
John Gottman
Neil Jacobson, Andrew Christensen
John Gottman
Susan Johnson
Any Family Systems textbook

Reconcilable Differences
Case Studies in Couple and Family Therapy
Rational-Emotive Couples Therapy
Marital Therapy: A Behavioral-Communications
Approach
Marital Counseling
Divorce Busting
Marriage Counseling
Christian Marital Counseling
Hope-Focused Marriage Counseling
Love is Never Enough
Rewriting Love Stories: Brief Marital Therapy
The Couples Psychotherapy Treatment Planner
Cognitive Therapy with Couples
The Seven Principles For Making Marriage Work
Integrative Couple Therapy
The Relationship Cure

<http://utahmarriage.org/index.cfm?id=WEBSITES01>