

WESTERN SEMINARY - Portland

Marriage Counseling CNS 516

2 credit hour

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Course Description:

This course will cover the major issues involved with marital counseling. Focus will be given to contemporary marital patterns, the resulting problems and appropriate psycho-educational and therapeutic interventions. Prerequisites: CNS 501, 505, 507.

Course Goals:

1. Introduction to approaches to marital therapy.
2. Introduction to contemporary marital patterns.
3. Application and utilization of theories and concepts in couples counseling.

Course Objectives:

Cognitive

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

Affective

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

Course Texts:

"Federal law now requires institutions to provide the ISBN numbers and retail prices for all required books. Western Seminary encourages students to visit our campus bookstore, Windows Booksellers, in order to obtain these titles at a reduced rate."

Atkinson, Brent. 2005. Emotional Intelligence in Couples Therapy. New York: WW Norton & Company. ISBN: 978-0393703863, 33.47.

Gottman, John. 2001. The Relationship Cure. New York: Three Rivers Press. ISBN: 0-609-80953-9, 14.00.

Course Requirements:

1. Class attendance and active participation in discussion.
2. Read Atkinson and write a 1-2 page review/reaction to the book.
Read Gottman and write a 1-2 page review/reaction to the book.
3. Watch 3 marital counseling tapes on reserve in the library. Go to hopecouples.yolastie.com. Find the video training in hope counseling. Watch that training presentation. Write a 2 page critical

review/reaction to each therapy demonstrated.

4. Spend 2 hours exploring sites, reading articles checking links. Write a short paragraph for each article or link that you think might have value for your future practice or clients.
 - utahmarriage.org/links
 - center.americanvalues.org
5. Read articles on reserve in library. Write a 1/3 to 1/2 page reaction/review of each article.
6. Read 2 articles from a peer reviewed journal on some aspect of marriage counseling. Write a 1-2 page review for each article. Journal should be no earlier than 05.
7. Spend 4 hours each in 2 different books on bib page. Provide a one page in bullet point form of learning points from each book.
8. Group presentation on one of the following topics. Provide class with handout materials on the topic. Presentation should be about 30 minutes long.
 - sexual affairs
 - internet/porn affairs
 - "mail order" marriages
 - divorce counseling
 - gay marriage
 - lesbian marriage

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 30 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 = 34 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:

Text	20 hrs.
Video	7 hrs.
Web	3 hrs.
Library	5 hrs.
Journals	5 hrs.
Free Readings	10 hrs.
Presentations	10 hrs.
	60 hours total

Grading:

Class attendance	32 points	8 per class
Texts	30	
Video	30	
Library	20	
Web	15	
Journals	15	
Free Reading	15	
Presentation	40	
		197 possible

Disability Statement

"Western Seminary is committed to responding to the needs of students with disabilities as outlined in both the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Western students are assisted individually as their needs dictate. It is the responsibility of students with disabilities to identify themselves and the nature of the disability. Any student who has a disability should contact the seminary's Disability (Section 504) Coordinator, Ken Epp, at 503-517-1815/1-877-517-1800, ext. 1815. His office is at the Portland campus. Students at the northern California campuses may contact Carrie Priest (Student Services Coordinator – San José) or PJ Oswald (Director of Student Development – Sacramento), or they may contact Dr. Epp directly. Appropriate forms will be provided and must be submitted to the Disability Coordinator's office."

Grading Scale

A+	A	A-	
100-99%	98-95%	94-93%	
B+	B	B-	
92-91%	90-88%	87-86%	
C+	C	C-	
85-84%	83-81%	80-79%	
D+	D	D-	F
78-77%	76-74%	73-70%	69-0%

Course Schedule

Assignments Due

Oct. 1 2	History, Theories Dynamics	Gottman book
Nov. 12 13	Models of, Treatment Presentations	Atkinson book
29 Dec. 10		Web, Bib. Readings, Articles Tapes, Journal

Marriage Counseling Bibliography

Andrew Christensen, Neil Jacobson	Reconcilable Differences
Frank Dattilio	Case Studies in Couple and Family Therapy
Dllis, Sichel, Yeager, DiMattia, DiGiuseppe	Rational-Emotive Couples Therapy
Philip Bornstein, Marcy Bornstein	Marital Therapy: A Behavioral-Communications Approach
Norm Wright	Marital Counseling
Michele Weiner-Davis	Divorce Busting
Everett Worthington	Marriage Counseling
Everett Worthington	Christian Marital Counseling
Everett Worthington	Hope-Focused Marriage Counseling
Aaron Beck	Love is Never Enough
Pat Hudson	Rewriting Love Stories: Brief Marital Therapy
Daniel O'Leary	The Couples Psychotherapy Treatment Planner
Frank Dittilio, Christine Padesky	Cognitive Therapy with Couples
Neil Jacobson, Andrew Christensen	Integrative Couple Therapy
John Gottman	The Relationship Cure
Susan Johnson	

*Can add additional books with permission of professor.