

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY

PCP 659 MFT III: Interventions/Strategies/Techniques

June 21 - July 2nd 5:30 – 9:30 PM

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Post Summer Session, 2010

COURSE SYLLABUS

COURSE DESCRIPTION

This is an advanced level of study of the practice of marital and family therapy. Emphasis is placed on various techniques used in the field of marriage and family therapy. Special emphasis will be placed on practical skills of intervention as well as functioning, developing and implementing a therapeutic treatment plan. As part of this course, students will also begin the process of developing their own systematic model of change and personal theory of marital therapy.

OBJECTIVES

This course is designed to enable students:

1. To examine the various methods and techniques used in MFT.
2. To develop skill in the use of various methods and techniques of MFT.
3. To develop interventions based on appropriate assessment.
4. To demonstrate certain therapeutic skills and behaviors in both role-play and actual counseling situations.
5. To integrate the student's repertoire of MFT skills with their own personal model of MFT.
6. To develop skill in conceptualizing actual counseling session dynamics in order to construct appropriate interventions as well as to provide helpful feedback to the therapist.
7. To think "systematically" and to begin to conceptualize the family as an integrative system, including such issues as family structure and process, personality and role development, triangulation, myths, secrets, power and change.
8. To conceptualize child and adolescent misbehaviors within a preventive/developmental framework and to aid the student in conceptualizing parent/child problems systematically.
9. To understand the unique aspects of the marital system, including boundaries, power, intimacy and confidentiality and how these issues can be used to establish treatment goals, improve communication and enrich the marital relationship at each stage of therapy.
10. To know how to effectively deal with clinical issues that present themselves in marriage or family therapy.

METHODOLOGY

The course will be conducted as a seminar in which all students participate and contribute ideas and concepts. Role playing and modeling may be part of the course. Instruction will be in the form of didactic lecture, as well as incorporating videos of various family experts demonstrating their interventions. Discussions of the text and in-class projects will be expected.

REQUIRED TEXTBOOKS

Brock, G. & Barnard C. (2008). *Procedures in marital and family therapy*. 4th Edition, New York: Allyn/Bacon. ISBN-13: 978-0205488704

Gottman, J. M, & Silver, N. (2004). *The seven principles for making marriage work: A practical guide from the country's foremost relationship expert*. Orion Publishing Group Ltd. ISBN-13: 978-0752837260

Beam, J. (2003). *Becoming One: emotionally, spiritually, sexually*. Howard Books. ISBN-13: 978-1582293622

RECOMMENDED BOOKS

American Psychological Association. (2001). *Publication manual 5th Ed.* Washington, D.C. American Psychological Association.

Gehart, D. & Tuttle, A. (2003). *Theory-based treatment planning for marriage and family therapists: Integrating theory and practice*. Pacific Grove, CA: Brooks/Cole-Thomson Learning.

Nichols, M. & Schwartz, R. (2001). *Family therapy: Concepts and methods. 5th. Ed.* Boston: Allyn and Bacon.

Patterson, J., Williams, L., Grauf-Grounds, C. & Chamow. L. (1998). *Essential skills in family therapy*. The Guilford Press.

COURSE REQUIREMENTS

Pre-Course Readings: Read *Becoming One: Emotionally, Spiritually, Sexually* before the first day of class. Read Chapters 1 & 2 In *Procedures in Marriage & Family Therapy*.

Pre-course work:

Book Interaction Paper-Student will submit a two paged, typed, doubled-spaced reaction paper to the required text *Becoming One: Emotionally, Spiritually, & Sexually*. Instructor is interested in student's opinion of the author's premise, his recommendations

and conceptualizations. This is an opinion paper. DUE DATE: First day of class, June 21st

1. Attendance and Participation: Daily attendance and active participation in class discussions is expected. Class sessions provide opportunities to personally evaluate theories and techniques and see connections between ideas, for which simply copying someone else's notes is not an equivalent experience. Because each class contains elements of marriage counseling that may not be repeated elsewhere, I prefer that you not miss any classes. Serious illness is grounds for an excused absence, as long as you notify the instructor that you will be absent. *Unexcused* absences may result in the reduction of a letter grade. Three tardies count as one unexcused absence.

Each day an LPC review quiz sheet will be handed out. You must be on time to receive the "quiz" This "quiz" will have questions on MFT that will closely resemble those types of questions from a Master Review and Tutorial for the NCE. The correct answer will be given and discussed. This will give you a test bank of at least 75 practice questions for the LPC exam. Late quizzes cannot be made up.

2. Gottman Summary: Student is to submit an eight page summary of Gottman's Seven Principles. Each page is to be double spaced. On the page one, the student is to summarize Gottman's thoughts and premises on the first two chapters as well her/his own reactions to Gottman's theory. On the following seven pages, pages 2-8, (one page for each principle), student is to summarize the key component of Gottman's principle (1/2 page) and give her/his personal reaction/thoughts to the principle (1/2 page).

SUMMARY IS DUE ONE WEEK FROM LAST DAY OF CLASS–Friday, July 9th, 2010 by 3:00 PM

3. Recommended Book List--Student will be required to formulate a reference list of books they would recommend to clients on the following topics. Two to three books or two books an audio/video tape should be listed for each of the following topics. These are all topics that regularly present in marriage and family therapy and a current recommended reading list is necessary for those in the counseling/pastoring ministry. Please list books that you will actually recommend. These can be books recommended by someone in the field of counseling, whose opinion you respect. This is intended to be a productive and meaningful assignment.

LIST IS DUE TWO WEEKS FROM LAST DAY OF CLASS–Friday, July 16th, 2010 by 3:00 PM

- Addictions/ Pornography
- Co-Dependency
- Sexual Abuse
- Communication/Conflict Resolution
- Sexual Issues/Dysfunctions
- Eating Disorders/Self-Harming Behaviors
- Depression

- Anxiety/ PTSD/Trauma
- Premarital Counseling
- Reconciliation/Divorce and Blended families
- Parenting
- Infidelity
- Emotional Abuse
- Suicide/ Death
- Physical Abuse/Violence
- Self-Esteem

This project may be done in groups of two or three.

4. Development of a personal theory of marriage counseling/therapy: Using the theoretical and practical elements that you believe are most valid from your previous studies and the material covered in this class, each student is to write a paper that summarizes their present theory and planned method for doing marriage counseling. Unless you are already engaged in professional counseling, it is understood that this will be a beginning theory, which you will refine as you gain experience. The body of the paper must be 12 to 15 pages in length, written in APA style (5th Edition). Minimum of 12 resources is required. This *does not* include any of the textbooks. Please balance your resources between journal articles, books, on-line resources, and those found in hard print. Adherence to APA style is mandatory. This will be reflected in your grade.

IMPORTANT: Include in your paper, your beliefs about the nature of human beings and human behavior. Your beliefs about the nature of change and how to bring it about as well as your personal view on marriage and the spiritual aspects of marriage need to be addressed. Paper should be a synthesis of your personal conceptualization of effective therapy, substantiated by research and tied to a theoretical construct. Paper should be a well thought out, personal, roadmap that indicates to the instructor, how the student will approach marital therapy.

Paper must include: Theory of the conditions necessary to have a healthy marriage; theory of what causes marriages to deteriorate, and how student plans to conduct marriage counseling. Paper needs to be a blend of your personal theory, backed by research and proven methods of intervention. The overriding goal of the paper is to assist you in formulating a work-a-able, results-oriented, approach to marriage counseling. This is intended to be a guiding framework that incorporates ones personality, spiritual emphasis and sound clinical theory and intervention. Grades will be assigned on the basis of overall presentation of material and adherence to APA requirements, which demonstrates an ability to write at the graduate level.

(If you are not a counseling student, and desire to use another writing format, see the instructor.)

Christian Marital Counseling: Eight Approaches to Helping Couples, by Everett Worthington, Jr. (1996) is a good reference book that identifies various approaches. It may be good a guiding framework to peruse.

PAPER IS DUE THREE WEEKS FROM LAST DAY OF CLASS–Friday, July 23rd, 2010 by 3:00 PM.

5. Daily Readings–Beginning on Tuesday, June 22nd, student is required to read two chapters of Brock and Barnard a day and come prepared to discuss and review the chapter in class. Professor reserves the right to administer pop quizzes. (No critique will be required on Brock and Barnard, but it will comprise a large part of the final!!)

6. A Final Examination–A final exam will be given over the contents of the textbooks, lecture notes, and videos. Professor reserves the right to give either an in class final on the final day of class or a take home essay final.

GRADING PROCEDURE

Grades will be based on a percentage earned of all points possible. *(Professor reserves the right to alter point totals if course work needs to be adjusted to accommodate class size or other variables.)*

1. Class attendance and participation	50 Points
2. Book Interaction (<i>Becoming One</i>)	50 Points
3. Gottman Summary	100 Points
4. Recommended Book list	150 Points
5. Personal Approach Paper	200 Points
6. <u>Final examination</u>	<u>100 Points</u>
TOTAL POINTS POSSIBLE	650 Points

► All summer assignments must be submitted by July 23rd, to meet financial aid deadlines.

**Assignments will be lower one grade for each day they are late. Professor reserves the right to alter the course requirements and grading procedures if deemed necessary.

SPECIFIC DATA

Prepared by Melody D. Palm, Psy. D
Jan, 2010.