

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY  
PCP 645 Theories of Marital and Family Therapy  
(Assessment and Treatment Planning)  
James M. Harris III, Ph.D. (cand.), LPC Spring, 2002

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COURSE SYLLABUS

COURSE DESCRIPTION

The major theoretical approaches used in the practice of marital and family therapy is the focus of this course. Special emphasis is placed on identifying the similarities, distinctive and major assumptions of each major theory.

OBJECTIVES

Upon completion the student will:

1. be able to articulate a refined understand of the family as an integrative system. This will include such issues as family structure and process, personality and role development, triangulation, myths, secrets, power and change.
2. have developed a knowledge of 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.
3. be able to place a given person, marriage or family in a Family Life Cycle framework. The entire life cycle, from the couple stage through child rearing, adolescence and post-parental years will be studied.
4. grapple with clinical issues in assessing patterns of family interaction.
5. learn to plan and implement MFT by using assessment in formulating treatment goals and interviewing in the MFT system to achieve healthier MF functioning.
6. be further exposed to the profession of MFT including relevant issues for the Christian MFT.

### **REQUIRED TEXTBOOKS**

Note: The following textbooks are intended to be used for all three family therapy classes, the Brock text which is only needed for this class.

Brock, G. (1998). Procedures in marital and family therapy. New York: Allyn/Bacon.

Carter, B. & McGoldrick, M. (1999). The changing family life cycle. 3<sup>rd</sup>. Ed. Boston: Allyn and Bacon.

Nichols, M. & Schwartz, R. (1999). Family therapy: Concepts and methods. 5<sup>th</sup>. Ed. Boston: Allyn and Bacon.

McGoldrick, M. & Gerson, R. (1999). Genograms in family assessment. 2<sup>nd</sup>. Ed. New York: Norton.

### **RECOMMENDED BOOK**

American Psychological Association. (1994). Publication manual 5<sup>th</sup> ed. Washington, D. C. American Psychological Association

### **METHODOLOGY**

The course will be conducted as a seminar in which all students participate and contribute ideas and concepts. The instructor will lecture and students will give oral reports. Discussion will be interspersed with student reports.

### **COURSE REQUIREMENTS**

1. **Attend all class meetings and read all assigned materials.** Attendance will be noted and graded according to the guidelines in the student handbook.
2. **Active participation in class discussions and projects**
3. **Three 5-page take home essay examinations:**
  - 1) What are possible definitions of a healthy family? Describe and evaluate three.  
**Due Wednesday, January 23, by class time.**
  - 2) What techniques are used in the assessment of conflict styles in couples?  
**Due Friday, February 22, by class time.**
  - 3) What are the assessment techniques used in Object Relations Family therapy?  
**Due Friday, March 15, by class time.**

**4. Each student is to obtain the advised consent from a couple with whom they can do assessment and treatment planning. Due Wednesday, April 17.**

Each assessment will include the following:

- 1) client unit intake information characteristics presenting problem
- 2) genogram
- 3) a Family Life Cycle report
- 4) a report from a standardized pencil and paper test, i.e. PREPARE/ENRICH or THE ADJECTIVE CHECK LIST
- 5) one projective test
- 6) an assessment measured by one of the following theories (theory assessment):
  - Bowanian
  - Brief Therapy (which kind)
  - Experiential (specify Satir or Whitaker)
  - Narrative Therapy
  - Structural
  - Strategic
- 7) a DSMIV diagnosis of disorders that may be present in one or both of the members of the couple
- 8) a summary of your conclusions as to the characteristics of this couple
- 9) a thorough treatment plan
- 10) appendix
  - any test forms used
  - the signed advised consent form

**NOTE:** The 15-20-page assignment paper will be setup this way:

- Title page
- Table of Contents
- I. Client Unit Information
- II. A Genogram
- III. A Family Life Cycle report
- IV. Findings of Standardized Test
- V. Findings from Projective Test
- VI. Theory Assessment
- VII. Conclusions
- VIII. Treatment Plan
- IX. Appendix

Late papers will be discounted one full letter grade.

## **COURSE AND READING OUTLINE**

This document will be distributed on the first day of class

## **BIBLIOGRAPHY**

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