



TYNDALE

• SEMINARY •

Course Syllabus

FALL 2019

THEORIES & METHODS OF FAMILY THERAPY I

COUN 0772

SEPT. 12 – DEC. 5

SECTION 1: THURSDAYS, 8:15 – 11:05 AM

SECTION 2: THURSDAYS, 11:15 AM – 2:05 PM

**INSTRUCTOR: DR. HERMAN CHOW, RP, RMFT, CCFT
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Access course material at <http://classes.tyndale.ca/>

Course emails will be sent to your @MyTyndale.ca e-mail account only.

[Learn how to access and forward emails to your personal account.](#)

The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.

I. COURSE DESCRIPTION

Theories & Methods of Family Therapy I (COUN 0772) is an examination of current theories of marital and family therapy (Bowenian, Strategic, Structural, Cognitive-Behavioral, and psychoanalysis) along with appropriate intervention methods related to each theoretical orientation. The various therapeutic models are examined in terms of their history, philosophy, theoretical tenets, functional and dysfunctional effects on families, assessment, goals, treatment process, techniques, role of the therapist, and evaluation.

Prerequisites: COUN 0574 and COUN 0677. Open to Counselling majors only or by permission of instructor.

For those interested in Clinical Membership with AAMFT, this course usually fulfils a requirement under “Marriage and Family Therapy”. However, **it is your responsibility to check with AAMFT to see whether it will qualify.**

NOTE: If a student is also registered in “Counselling Major Internship (COUN 0701)” it would be helpful to provide a copy of this syllabus to his/her supervisor at the beginning of the year.

II. LEARNING OUTCOMES

At the end of the course, the students will be able to:

- critique the strengths and weaknesses of resources relevant to family therapy
- identify the distinctiveness of the family therapy approaches studied during the term
- assess the family via multiple lenses and develop appropriate treatment interventions
- construct an integrative therapeutic treatment plan

III. COURSE REQUIREMENTS

A. REQUIRED READING

There is only one book and one chapter required for this course (the same ones in Theories and Methods of Family Therapy II):

Book

- Nichols, M.P. & Davis, S. (2016). *Family therapy: Concepts and methods*. 11th ed. Boston: Pearson.

Chapter

- Patterson, J., William, L., Edwards, T.M., Chamow, L., & Grauf-Grounds, C. (2009). *Essential skills in family therapy: From the first interview to termination*. 2nd Edition. New York: The Guilford Press., p.77-104.
****This is included in MyTyndale.ca***

B. CRPO COMPETENCIES TAUGHT IN THIS COURSE:

CRPO Entry-to-Practice Competencies¹
1.0 FOUNDATIONS
1.1 Integrate a theory of human psychological functioning and development *²
<i>1.1.2 Integrate knowledge of contextual and systemic factors that facilitate or impair human functioning.</i>
<i>1.1.3 Integrate knowledge of the psychological significance of various kinds of human development, such as spiritual, moral, social, emotional, cognitive, behavioural, sexual, gender, and biological development.</i>
1.2 Work within a framework based upon an established psychotherapeutic theory*
<i>1.2.1 Integrate knowledge of how human problems develop, from the viewpoint of the therapist's theoretical orientation (e.g., knowledge of the impact of trauma on psychological functioning)</i>
<i>1.2.2 Integrate a theory of change consistent with the therapist's theoretical orientation.</i>
1.3 Integrate knowledge of comparative psychotherapy relevant to practice*
<i>1.3.3 Recognize the benefits, limitations, and contraindications of differing psychotherapeutic approaches.</i>
4.2 Establish and maintain an effective therapeutic relationship*
<i>4.2.1 Employ empathy, respect, and authenticity.</i>
<i>4.2.2 Establish rapport.</i>
<i>4.2.5 Assume non-judgmental stance.</i>
4.5 Structure and facilitate the therapeutic process*
<i>Structure the therapeutic process</i>
<i>4.5.1 Formulate an assessment.</i>
<i>4.5.2 Formulate a direction for treatment or therapy.</i>
<i>Facilitate the therapeutic process</i>
<i>4.5.10 Facilitate client exploration of issues and patterns of behaviour.</i>
5.0 PROFESSIONAL LITERATURE & APPLIED RESEARCH

¹ Revised for Program Recognition mapping tool 2015 CRPO

² Asterisks (*) indicate these are competencies subjected to more detailed scrutiny by CRPO review

5.1 Access and apply a range of relevant professional literature
<i>5.1.1 Access current professional literature relevant to practice area.</i>
<i>5.1.2 Analyze information critically.</i>
<i>5.1.3 Apply knowledge gathered to enhance practice.</i>
5.2 Use research findings to inform clinical practice

C. ASSIGNMENTS AND GRADING

1. Group Project: Family Therapy Presentation (20%)

Paper Due Date: Oct 10

Presentation Date: Oct 17

Purpose: The purpose of this project is to evaluate the ability of students to learn a new family therapy and reflect critically on the selected family therapy.

Assignment: In a small group (usually around 4-5 people), you are to present and reflect critically one of the following integrative family therapies:

- ***Dialectical Behavior Therapy (Marsha Linehan)***
- ***Acceptance and Commitment Therapy (Steven Hayes)***
- ***Emotionally Focused Therapy (Susan Johnson)***
- ***Emotion Focused Therapy (Leslie Greenberg)***
- ***Internal Family Systems Model (Richard Schwartz)***

Please note: Sometimes there are models with the same name, use the authors/creators of the models as a guide to find the appropriate model.

On the assigned date, you are to email the professor a copy of the paper (one copy per group with all the members' names on it). The professor will post these papers online. Each student is responsible to read the paper before coming to the Presentation Day. The paper should include the following regarding to the selected therapy: Brief History of the Founder, Philosophy of the Model, Theoretical Tenets/Concepts, How Health is Seen, Assessment, Goals of Treatment using this Model, Treatment Process, Techniques, Role of the Therapist, Evaluation of the Approach, Short Description of your Case Study, and Resources for this Model (for therapists). This hand-out (paper) should be about **5-7 pages in length. This paper is to be typed, point form is allowed, 12 points, Arial Font, 1 inch margin, and single space.**

On the Presentation Day, each group will be allocated 25 minutes to present the selected family therapy. 30% of the time should be devoted to present the major theories and concepts (don't read through the paper but highlight the key points), 50% of the time should be allocated to a short case study in which this approach is demonstrated, and 20% of the time should be allocated to Q&A from the class.

You are graded on the following:

- **Paper** (i.e. how much you follow the format and headings, readability, etc.)
- **Clarity and Captivating** (i.e. how well you present the major theories and goals – written and oral, how interesting is your presentation, Q&A)
- **Application of Theory** (i.e. how well you demonstrate (role play) some important aspects of the model in a case study – you cannot show an actual video of the model)
- **Use of time** (i.e. every minute over = 1 point deduction – up to 3 points)

The first 2 categories (Paper and Clarity and Captivating) are graded out of 5 points each. The Application of Theory category is graded out of 7. The last category (Use of time) is graded out of 3 points – a total of 20 points.

2. Tests (40%)

Test Dates:

- **Oct 31 (topics: Key family system concepts, Bowenian, Strategic)**
- **Dec 5 (topics: Structural, CBT, Psychoanalytic)**

Purpose: The tests evaluate how well each student can identify the distinctiveness of the family therapy approaches studied during the term.

Tests: The students will be tested on their understanding and competence of the concepts in Family Therapy. Although they are responsible for all the indicated materials (i.e. text books and lectures), the focus is on Nichol's book, especially the glossary. The tests are comprised of definitions, short answers, terminologies, and short case studies. Each test is worth 20%.

When you are writing the test:

- 1) **Answer the question** – e.g. If I ask you to “name” something, just name it – you do not need to “explain” it
- 2) **Be clear about your answer** – e.g. If I ask you to name 2 things, refrain from writing down 5 things and make me pick the correct answers. I will take the first 2 answers even if they are the wrong answers and the other 3 are correct
- 3) **Be specific in your answer** – e.g. If I ask you what is a technique in Bowenian therapy, answer such as “listen to the client” is not acceptable because it is not specific and unique to this therapy

Please note: if a test is missed due to a legitimate reason (e.g. illness, a death in the family, or Spiritual Formation class retreat), either your next test or your major paper will be worth an additional 20%. Another word, if you miss test 1, test 2 will be worth an additional 20%. If you miss test 2, your paper will be worth an additional 20%. Make up test is not given. In cases of sickness, a doctor's note must be submitted. If there is no legitimate reason for missing a test, a mark of 0 will be given. Please make sure you will be present for all your tests before taking the course.

3. Case Study Paper (30%)

Due Date: Nov 28

Purpose: This assignment evaluates how well each student can conceptualize the family via multiple lenses, offer sound treatment interventions, and construct an integrative treatment plan.

Assignment: Using the movie “Ordinary People” (Timothy Hutton, Mary Tyler Moore, etc.) as the backdrop for a case study, students will create an integrative treatment plan for the IP (Conrad) based on Patterson’s book.

- Context: A few weeks after the end of the movie, Conrad, mom, and dad came to you for counselling. They expressed that ***their goal was to improve their relationship as a family***. You saw them for 1 session and gathered enough information (whatever you learned from the movie) to propose an integrative treatment plan. The treatment plan should be 9-10 pages in length. This should include a short introduction (indicating the choices of therapies used in step 5) and a conclusion (indicating the summary of the paper). **The paper is to be typed, double spaced, 12 point Arial Font, with 1 inch margins.**

You will include the following:

- a. **An integrative treatment plan:** You are to design the 7 steps treatment plan using Patterson’s Chapter 5 and the treatment plan lecture notes. While you need to include all 7 steps of the treatment plan but **the emphasis of the treatment plan is on the conceptualization of the case via multiple lenses (step 3) and the integrative treatment interventions (step 5).**

In step 3’s conceptualization, you are to use multiple lenses and system language to describe what is contributing to the problem. In step 5, use only 2 or 3 of the family therapy approaches from this course (Bowenian, Strategic, Structural, Cognitive-Behavioral, and psychoanalysis) and come up with appropriate interventions to help this family improve their relationship (clients’ goal).

A detailed discussion of how to design the treatment plan will be presented during lecture, including the weight distribution of each section. Please note: You need to write this in paragraph form. No point form is allowed in this paper. There is no need to retell the story except what is necessary to describe the family patterns.

- b. **A genogram:** You need to create at least a three generations genogram (static and dynamic) of the family (along with relevant info and nodal events) and its relational patterns. A hand-drawn genogram is equally as good as a computer generated genogram. A legend must be included. Please attach the genogram to your appendix (this is not part of the 9-10 pages). Feel free to include any family relational diagrams in the appendix. No diagrams should be part of the body of writing.

*Please note: when you mail the assignment, make sure you mail both parts in the same email – ideally it is in the same document.

4. Participation (10%)

Students are expected to have read the assigned chapters for each lecture and attend each class including groups. Marks will be awarded for attendance for the whole class and group, punctuality (including beginning of class and after the break), willingness to contribute, and critical thinking and thoughtfulness as you interact with the professor and other students.

D. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

E. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following assignments:

Group Project: Family Therapy Presentation	20 %
Tests (2@20%)	40 %
Case Study	30 %
Participation	10 %
Total Grade	100 %

F. GENERAL GUIDELINES FOR SUBMISSION OF WRITTEN WORK

Expected written standards:

Please pay attention to the following writing guidelines, marks will be allocated accordingly:

- Documentation and notes should be consistent with **APA guidelines** as articulated in the [Guidelines for submission](#) for the Counselling Department.
- **Stay within the page limit: You will need at least the minimum number of pages to convey your points. Also, I do not read beyond the maximum number of pages.**
- The title page for all written work ought to include: the title of the paper, the name of the course, the name of the professor, date of submission, the name of the student and the class time. An abstract is not necessary.
- Number all your pages.
- The paper ought to be free of spelling mistakes, punctuated correctly, and adhere to basic rules of grammar.

- The paper needs to be written in a clear, organized, and straightforward academic manner. It should present a coherent position and arguments that support that position.
- Ensure that you have accurately and fully documented sources used in your paper. You need to pay careful attention to matters of intellectual property, honesty and integrity. Plagiarism is to be avoided at all costs and will not be tolerated in any form whatsoever. See the attached policy on Academic Honesty for a comprehensive discussion of the Seminary's policy on plagiarism.

Submission and Return of Assignments:

All papers are to be submitted via instructor's email: hchow@tyndale.ca. Your paper should either be in **Word format or PDF format**. Assignments should not be considered as submitted until you receive an email from the instructor confirming that the document has been received. It is your responsibility to make sure the paper is received by the professor. Keep an electronic copy of each assignment you hand in. Papers and tests are either returned in class or picked up at Main Reception of Tyndale.

Late assignments:

Papers handed in on or before the due date will get everything they deserve! With the exception of "extreme and extenuating circumstances", all late assignments (1 day to 1 week) will be deducted two-third grade point deduction (i.e., B to C+). No paper is accepted after one week past the due date.

Request for Extension on Assignments or Absence from Test

If there are some unusual circumstances, please complete the **REQUEST FOR EXTENSION on Assignments or Absence from Test** form found at the end of this syllabus. Specify the nature of these circumstances and submit it to the professor as early as possible in hard copy along with the proper document (e.g. doctor's note indicating the time frame). *Please note: unusual circumstances such as a death in the family, medical emergency or prolonged illness requiring treatment by a physician are considered. Reasons such as too many assignments due, vacations, and technology-related issues are all insufficient grounds for requesting an extension.*

PLEASE REMEMBER TO BACK UP YOUR COPY IN CASE OF SYSTEM CRASH.

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students are encouraged to consult [writing resources](#).

Students should also consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. In cases where the professor's position is different from the academic calendar, please follow the professor's instructions.

Research Ethics

All course-based assignments involving human participants requires ethical review and approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Office (Room B302; aa@tyndale.ca) before proceeding.

G. COURSE EVALUATION

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The link can also be found in the left column on the course page. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential and the instructor will only see the aggregated results of the class.

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS (COUN 0772)

Sep 12: Introduction and Key Concepts of Family Therapy

(Nichols, chapters 1, 3)

Sep 19: Bowenian Therapy

(Nichols, chapter 4)

Sep 26: Bowenian Therapy

(Nichols, chapter 4)

Oct 3: Strategic Therapy

(Nichols, chapter 5)

Oct 10: Strategic Therapy / Treatment Plan

(Nichols, chapter 5, Patterson, chapter 5)

*** Group Project: Family Therapy Presentation Paper due**

Oct 17: Family Therapy Presentation

****OCT 24: READING DAY – NO CLASSES****

Oct 31: Structural Therapy

(Nichols, chapter 6)

***Test 1**

Nov 7: Structural Therapy

(Nichols, chapter 6)

Nov 14: Cognitive Behavioural Therapy

(Nichols, chapter 9)

Nov 21: Cognitive Behavioural Therapy

(Nichols, chapter 9)

Nov 28: Psychoanalytic Approaches

(Nichols, chapter 8)

***Case Study**

Dec 5: Psychoanalytic Approaches

(Nichols, chapter 8)

***Test 2**

V. SELECTED BIBLIOGRAPHY

(Tyndale Library supports this course with [e-journals and e-books](#). See the [Library FAQ page](#).)

Nichol's book (our main text) offers a comprehensive list of bibliography in his recommended readings and reference section for each of the discussed topic. Please refer to them for resources. Additional handouts and material may be provided online.

VI. INSTRUCTOR AVAILABILITY

If you have any course related concerns, please speak to me directly as soon as possible. I am available for brief chats before and after class. For issues that might require a more formal setting, please make an appointment during my office hours.

E-mail: hchow@tyndale.ca

Office hours: Thursdays, TBA, by appointment only

Emergency: Cell 416-953-4072

VII. CLASS ATTENDANCE

Regular attendance in and punctuality for all classes (small groups) is expected. Out of respect for your colleagues, please try to be on time. If you have 3 or more unexcused absences, you may fail the course. (See Attendance Policy for details).

