

Systems Theory and Interventions

Course number: 101.2.0119/0129

2016-2017

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Objectives

- Familiarize students with foundational concepts of systems theory
- Provide framework for normal family development
- Familiarize students with the theory and practice of various family therapy models, including structural, experiential, dynamic and others.
- Practice basic systems conceptualization with actual cases
- Examine the empirically findings regarding systems models and their purported concepts/change mechanism.

Methods

The course will include frontal, didactic lectures, class discussions of readings, observation of videotapes, student clinical presentations, a personal genogram and a student critical clinical research review.

Evaluation

Final grades will be computed as follows: 35% *informed* class participation, 35% case presentation, and 15% genogram.

The **case presentation** will be of a case the student is seeing in their practicum site. It will involve conducting a systemic analysis of the structure, interactional patterns, and developmental stage of the family. More detailed instructions will be forthcoming. No longer than 6 pages, line spacing 1.5, font 11 or greater.

The **genogram** project is intended to illustrate the salience of intergenerational patterns in one's current life and experiential effect of revealing such patterns. Students will complete a comprehensive genogram of either their own family, a client's family or an acquaintances family.

CLASS ATTENDANCE IS MANDATORY

Fall Semester

Class 1 (October 31st): Introduction and Syllabus

Class 2 (November 7th): Couplehood

Scarf, M. (1987). *Intimate Partners: Patterns in Love and Marriage* (pp. 17-110)

Class 3 (November 14th): Emotionally Focused Couples Therapy

Johnson, S.M. (2007). A new era for couple therapy: Theory, research and practice. *Journal of Systemic Therapies*, 26, 5-16.

Greenman, P.S., Johnson, S.M. (2013). Process research on emotionally focused therapy (EFT) for couples: Linking theory to practice. *Family Process*, 52,46-61.
Videotape of EFT session.

Class 4 (November 21st): The evolution of family therapy, basic techniques of family therapy and the fundamental concepts of family therapy

Nichols, M.P. (2014). *Family Therapy: Concepts and Methods* (10th Edition) (pp. 1-73).

Class 5 (November 28th): Introduction to structural family therapy

Minuchin, S. (1974). *Families and Family Therapy* (Chapter 1: Structural Family Therapy, pp. 1-15; Chapter 2: A Family in Formation: The Wagners and Salvador Minuchin, pp. 16 – 45; Chapter 3: A Family Model, pp. 46 – 66;

Class 6 (December 5th): Structural family therapy (cont'd)

Minuchin, S. (1974). *Families and Family Therapy* (Chapter 5; Therapeutic Implications, pp. 89-109).
Video: Family with a fire

Class 7 (December 12th): Reframing, enactment and focus

Minuchin, S. & Fishman, H.C. (1981). *Family therapy techniques*.
Cambridge: Harvard University Press (Chapters 6, 7, & 8; pp. 73-115).

Class 8 (December 19th): Attachment-based family therapy for depressed and suicidal adolescents

Diamond, G.S. (2005). Attachment-based family therapy for depressed and anxious adolescents. In J.L. Lebow (Ed), *Handbook of clinical family therapy* (pp. 17-41). Hoboken, NJ, US: John Wiley & Sons

Class 9 (December 26th): Attachment-based family therapy (cont'd)

Class 10 (January 2nd): Attachment-based family therapy (cont'd)

Class 11 (January 9th): Bowen family systems therapy and genograms

Nichols, M.P. (2014). *Family Therapy: Concepts and Methods* (10th Edition) (pp. 79-96).

Bowen, M. (1974). Toward the differentiation of self in one's family of origin. In *Georgetown family symposium* (pp. 529-547).

Student presentations of genograms

Class 12 (January 16th): Genograms cont'd

Continuation of student presentations of genograms

Class 13 (January 23rd): Genograms cont'd

Continuation of student presentations of genograms

Spring Semester

Class 14 (March 13th): Experiential family therapy

Nichols, M.P. (2014). *Family Therapy: Concepts and Methods* (10th Edition)
(pp. 159-182).

Class 15 (March 20th): Experiential family therapy (cont'd)

Family sculpting

Class 16 (March 27th): Strategic family therapy

Nichols, M.P. (2014). *Family Therapy: Concepts and Methods* (10th Edition)
(pp. 159-182).

Class 17 (April 3rd): Narrative therapy

Nichols, M.P. (2014). *Family Therapy: Concepts and Methods* (10th Edition)
(pp. 107-132).

Class 18 (May 8th): Solution focused therapy

Nichols, M.P. (2014). *Family Therapy: Concepts and Methods* (10th Edition)
(pp. 159-182).

Class 19 (May 15th): Case presentations

Class 20 (May 22nd): Case presentation

Class 21 (May 29th): Case presentations

Class 22 (June 5th): Case presentations

Class 23 (June 12th): Case presentations

Class 24 (June 19th): Summary and conclusions

Class 25 (June 26th): No Class