PSY 365
Couple and Family Therapy*
Fall 2020
Monday 15.40-17.40

Instructor: Sine Egeci, PhD
Email: sineegeci@sabanciuniv.edu
Office Hours: by appointment

Course Description:

This course is designed to introduce students to the fundamental assumptions and ideas of general systems theory and the basic premises of theoretical orientations within couple and family therapy.
Throughout the term, will examine key concepts related to understanding couples and families in context, including family organization, development, functioning, and challenges. We will also explore the some of the major theoretical orientations of couple and family therapy.
Please note that, this course is not clinical in nature and is not designed to train or prepare participants to conduct family therapy.
At the end of the term**,** students will gain a theoretical understanding of families/couples and knowledge of systemic perspective to couple and family therapy.

Textbook(s):

Gladding, S. (2015). Family Therapy. History, Theory, and Practice. Pearson.

Course Structure:

This course will be taught as a seminar, and will include discussions, experiential exercises, and presentations. There will be no lectures! Students are expected to take the responsibility of reading the materials and learn the basis of the course. The online course slots will be used in order to discuss the parts that are not clear for the students (so, you need to ask questions!) and to discuss the questions that will be brought up by the instructor (or sometimes, your questions). More specifically, you will read the assigned materials each week and via online meetings I will first answer your questions regarding the readings and then we will discuss various points. In these sessions all students are expected to take part! I may randomly ask students' opinions on certain topics! These discussions may include self-reflection of your own experiences. Additionally, the latter half of the term, the online slots will include student presentations.

Assignments:

All written assignments must be typed and the font should be equivalent to Times Roman 12 point in size. All typing should be double-spaced. All papers and references should follow APA 6th edition format.

All assignments must be uploaded to SuCourse.

Reflection-papers (10 points). You have to write a 1-page reflection paper and you need to include at least 2 questions related with the chapter(s) you read.
Due dates: Paper 1: 12.10.2020
                Paper 2: 19.10.2020 (until 10 am)
                Paper 3: 26.10.2020 (until 10 am)

Genogram Paper (10 points)

Draw a three generational genogram of your family and write a max. 3-page paper discussing patterns you have discovered in your family and insights you have gained from this assignment. **Due date**: 9.11.2020 no later than 10 a.m.

Film Analysis and its presentation (Group assignment) (40 points: 20 for presentation, 20 for paper) :

Contemporary films provide numerous, somewhat diverse images of families. The purpose of this assignment is to provide students an opportunity to apply Family Systems concepts and a treatment approach that you will choose to a fictional family from the film of their choice. This will be a group assignment. Students will break into small groups and each group will prepare a presentation to give to the class. Each 20 minute presentation will include a short film clip which captures the essence of the film family, a description of the family from the theoretical perspective (e.g. Transgenerational Therapy), an analysis of the family's place in the family life cycle, family roles and rules, and treatment goals that may be important to consider should the family seek treatment. Group members will turn in a detailed outline of their portion of the presentation. It is expected that students use some sort of visual presentation tool to provide their information to the class.

Grading will be based on

  • the written components of the assignment based on comprehensiveness, clarity, accuracy, and presentation.
  • the application and demonstration of your mastery of key concepts and the accuracy of application of concepts to the fictional film family.
  • The oral presentation component, which will reflect your ability to deliver the speech.

Groups will also write a three-page paper (body; not including title, abstract, or references) applying systems theory concepts to the movie (options below). The paper must be in APA format, including title page, abstract, and reference page. It will include the following information:

  • Abstract
  • Application of systems theory terms and concepts to the family characters in one of the movies listed below
      o Brief description of movie plot and characters
      o Application of Systems Theory terms and concepts and the therapy approach; explain/define the terms, and apply them to the characters and family system

- Conclusion

Use only academic journals, academic books, and the movie for citations. Avoid general websites, such as *Wikipedia* or other dictionary or encyclopedia type websites. Avoid blogs and news sites. Also avoid citing class presentations.

Theory Comparison Paper (Group assignment) (40 points):

Students will be provided a detailed client scenario for this paper. Students will choose two theories studied in the course, study ahead of time, and apply it to the case example by comparing and contrasting the theories. The paper will be structured and graded in the following areas: (5-8 pages)

- **Assumptions**: Look at the basic assumptions of the theory, as well as the theoretical and philosophical assumptions underlying the theory. Apply this to the case vignette.
- **Theory Specific Case Conceptualization**: What is going on with this case, according to your theory? What is their problem, in theory-specific terms? How would a ____ therapist conceptualize what is happening, and some needs or directions for therapy?
- **Assessment**: Apply to your vignette. How would a _____ therapist conduct assessment, and what might you be assessing for?
- **Techniques/Interventions**: What techniques, specific to your theory, would you use with the vignette client and why? Apply as many as you can.
- **Therapist's Role**: What is the therapist's role in this theory? Apply to your case vignette where relevant.
- **Diversity Considerations**: What are the diversity considerations in this model, and how can you apply to this case vignette? Show me you would know what to do with the case in hand, specific diversity considerations with this client, and how you would address.
- **Limitations**: What are the limits of this theory with this case? If you can't think of any with this case (e.g., this theory is a perfect fit for all reasons), then describe what the general limits or criticisms of the theory are, and why you do not think they apply to this case.

Readings:

Each week you will read 1 or 2 chapters of the textbook. Some additional reading will also be provided. The list of all readings will be provided later.

*Syllabus Modifications: Occasionally, there may be modifications to the syllabus and topic schedule. I reserve the right to change the course schedule (e.g., readings, assignments, dates of exams) in accordance with the needs of the class.

		Topic	Reading	Assignment
1	05.10.20	Syllabus	-	
2	12.10.20	Historical Perspective &Theoretical Context of Family Therapy	Gladding: Chapters 1&2	Reflection paper
3	19.10.20	Family Types and their Functionalities	Gladding: Chapter 3	Reflection paper
4	26.10.20	The Process of Family Therapy	Gladding: Chapter 6	Reflection paper
5	02.11.20	Systems Theory- Movie Analysis Presentations	-	-
6	09.11.20	Transgenerational Theories- Movie Analysis Presentations	Gladding: Chapter 8	-Create your own Genogram (individual assignment)
7	16.11.20	Experiential Family Therapy Movie Analysis Presentations	Gladding: Chapter 9	-
8	23.11.20	Structural Family Therapy Movie Analysis Presentations	Gladding: Chapter 11	-
9	30.11.20	Strategic Family Therapy Movie Analysis Presentations	Gladding: Chapter 12	-
10	07.12.20	Guest speaker		-
11	14.12.20	Guest speaker		-
12	21.12.20	Guest speaker		-
13	28.12.20	Guest speaker		

14	04.12.20	General Discussion-Overview		Theory Comparison Assignments