COURSE SYLLABUS

Course: FAMILY THERAPY  
Instructor: Nancy Boyd-Franklin, Ph.D.  
Course #: 18:821:615  
Semester Spring, 2014

COURSE DESCRIPTION:

In this semester, students will study the major family systems theories and models of family therapy including: Structural, Bowenian, Strategic and Paradoxical, Behavioral and Cognitive Behavioral, Post Modern and Narrative Approaches and the Multisystems Model. Readings will include the original work of the pioneers in the field as well as more recent interpretations (See Readings on Page 6-7). Students are exposed to my experiential/didactic teaching method. The course incorporates didactic teaching and videotaped and DVD material illustrating different approaches to Family Therapy. In addition each student will prepare his or her own family’s genogram (family tree) and many of these will be presented by volunteers in class. These materials will provide an experiential component in the classroom.

PREREQUISITES:

1: Advanced Standing in the program.  
2: Previous therapy experience and course work required.

COURSE REQUIREMENTS:

A. Clinical Work: Students are not required to carry a case for this one semester course.

B. Attendance at all classes and full class participation

C. Genogram: Construct a three-generational genogram of your own family. Make it as complete as possible. Turn in on April 7. (As many of these as time allows will also be presented in class.)

D. Paper (15-20 double-spaced pages) due May 5: 
Describe your family’s genogram and discuss what you have learned about yourself and your own family from doing the genogram. Discuss your own ethnicity and cultural background. Explore your own position and role in your family of origin and the key issues that you have identified. Analyze your own family using one or more of the major schools of family therapy. Discuss the impact of the above issues on your development as a therapist. Note countertransferential issues that may arise for you as a family therapist.
GOALS OF THIS CLASS:

1. Students will learn the major schools of family therapy and will be exposed to a more recent view of the theories (Nichols, 2011) and original sources written by the masters of family therapy.

2. Each student will prepare his or her own family’s genogram (family tree) and learn a great deal about their own family. In addition, all students will learn about other family structures and cultures through class presentations.

3. Each student will have the opportunity to learn family therapy by carrying a case under supervision from an experienced family therapist.

COURSE OUTLINE:

1. January 27  Introduction to Family Therapy

2. February 3  Structural Family Therapy Concepts

3. February 10  Structural Family Therapy Concepts (continued)
    Conducting the Initial Interview
    *(Begin Preparation of your family’s genogram).*

4. February 17  Structural Family Therapy Concepts (continued)
    February 24  NO Class—Clinical Interview Day

5. March 3  Bowenian Family Systems Concepts

    Family Therapy with One Person
    Coaching
    March 17  NO Class—Spring Break

7. March 24  Genograms (continued)
    Presentation of Nancy’s Genogram in Class

8. March 31  Ethnic and Racial Diversity in Family Therapy
    Students’ Own Family Genograms
9. April 7  Ethnic and Racial Diversity in Family Therapy, Cont.
   Therapists’ Use of Self—Development of Yourself as a Family Therapist
   Continue Students’ Genograms
   **HAND IN GENOGRAMS IN CLASS.**

April 14  **No Class—Passover**

10. April 21  Strategic and Paradoxical Systems Approaches

11. April 28  Post Modern and Narrative Approaches

12. May 5  Cognitive Behavioral Evidence-Based Family Therapy Approaches

May 5  **FINAL PAPER DUE IN CLASS**

13. May 12  The Multisystems Model and Family Therapy

**WEEKLY READING ASSIGNMENTS:** (See page 6 for full list of readings).

1. January 27  **Introduction to Family Systems and Family Therapy**

2. February 3  **Structural Family Therapy Concepts**

   **Begin Reading and Research for Family Genogram**
   Read: McGoldrick & Gerson – *Genograms in Family Assessment*
3. Feb. 10  **Structural Family Therapy - The Initial Interview**  

4. Feb. 17  **Structural Family Therapy - Therapeutic Interventions**  
Read from Minuchin, *Families and Family Therapy:*  
2. “Restructuring the Family” (Chapter 8).  

**Feb. 24**  No Class  
Clinical Interview Day

5. March 3  **Bowenian Family Systems Concepts**  
**Do Interviews and Construct Your Own Genogram**  

6. March 10  **Bowenian Theory Continued**  
Read: Carter,E. McGoldrick Orfanidis,M. “Family Therapy with One Person, and the Therapist’s Own Family,” from Guerin, P., *Family Therapy.*  

**March 17**  No Class  
**Spring Break**

7. March 24  **Genograms (continued)**  
Read: McGoldrick & Gerson, *Genograms in Family Assessment.*

8. March 31  **Ethnicity and Family Therapy**  
9. April 7
   **Students’ genograms, continued**
   **Turn in Genograms in Class**
   **No**

10. April 14
    **April 14**
    **No Class**
    **Passover**

11. April 21
    **Strategic and Paradoxical Family Therapy**

12. April 28
    **Post Modern and Narrative Approaches**

13. May 5
    **Cognitive Behavioral Evidence-Based Family Therapy Approaches**
      Chapter 7: Problem Solving Training
      Chapter 8: Communication Training

**May 5**
**TURN IN GENOGRAM PAPERS IN CLASS**
READINGS:

Note: This syllabus includes a number of classic publications by the early leaders in the family therapy field as well as more recent (Nichols, 2011) interpretations of their work.


Garcia-Preto, N. (2005). *Puerto Rican families*. In M. McGoldrick, J. Giordano, & N. Garcia-


