Family Therapy  
CPSY 315  
Santa Clara University  
Summer Quarter 2015  

Instructor: Ling Lam, Ph.D., MFT  
Course: CPSY 315  
Unit: 3.0 units  
Class Time: Tuesday/Thursday 1-4pm (8/11/15 to 9/10/15)  
Phone: 408-493-0368  
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Office hours: By appointment  

Course Objectives:  
This course reviews the major theories and empirically supported techniques of family therapy, as well as a range of contemporary topics in family therapy. The family will be considered as a unit of treatment and symptoms are viewed as a part of the systemic matrix of relationship. Assessment, diagnosis and intervention are addressed from this theoretical perspective. Another primary goal is self-awareness of one’s own family-of-origin. Students will also become familiar with professional organizations pertaining to family therapy as well as the knowledge and skill content areas of the BBS licensing exam for MFTs and LPCCs.  

Required Texts:  
(Please make sure you buy the second edition – it is markedly different from the first edition)  

Other Required Readings: In Camino  

Student Evaluation:  
1. Class participation (20%)  
2. Mid-term exam (20%)  
3. Group presentation (20%)  
4. Family of origin paper (20%)  
5. Final exam (20%)
Course Requirements

Class participation - Please be on time to all classes. Attendance at all classes is mandatory. If you know that you are going to miss a class due to life-changing, unalterable circumstances, you may be able to complete a written assignment to cover what you missed in class, if you arrange it with me ahead of time. Two missed classes without prior notice will result in an automatic 1 grade reduction of your final grade. As per department policy, more than 2 missed classes will result in failure of the course. Students are expected to participate by coming to class prepared and contributing to verbal in-class discussions. Also included in class participation is assimilation of course material, your ability to grapple with difficult concepts/issues introduced in class, and your ability to apply the concepts.

Exams - There will be a mid-term and final exam. Each exam will cover the required readings from the Gehart text up to the date of the exam. Each exam will consist of multiple choice questions. The format of these exams is similar to the MFT licensing exam and is intended to prepare students for the MFT and LPCC licensing exams (www.bbs.ca.gov.candidate handbook). Each exam counts as 20% of the final grade.

Group presentations - In groups of no more than 4 people, prepare one group assignment on a topic related to family therapy and diversity. Conduct an in-class presentation that lasts approximately 30-45 minutes. You are strongly encouraged to include experiential components with your presentation that would help ground the contents. The presentation must include any relevant resources, referrals or guidelines (including websites), a brief video clip involving some examples of therapeutic interventions and materials specific to your topic, and current professional journal articles on this topic (one per student).

It is expected that group members will work together in cooperative and collegial manner, with all group members contributing in a fair and comparable manner to the final product. The group will receive one overall grade for both the class presentation and written document. Each group must consult with the instructor about their topic. Be sure to submit a copy of the power point presentation and other resources included in your presentation to the instructor.

Family of Origin Paper - Prepare a family of origin genogram (at least 3 generations; instructions provided in class). Based on this and the discussion of intergenerational family systems (Bowenian) theory, write a 8-10 page reflection paper discussing the following issues:

a. Select 2 themes to address in the genogram (i.e., strengths and resilience, illness, immigration, culture, divorce, etc.) and explore these themes in your discussion of the genogram.

b. Using Bowen’s concept of differentiation, how differentiated are you in relationship to your family of origin? Describe the evidence you see for your conclusion.

c. Some of the ways Bowen suggests a family has of dealing with tension are as follows: Physical or emotional dysfunction in a spouse; overt, chronic, but unresolved marital conflict; and psychological impairment in a child. Were any of these present in your family of origin? Discuss briefly.

d. What areas of privilege and non-privilege in your “invisible knapsack” (see Ch. 21 in McGoldrick & Hardy) originated in or impacted your childhood family system? Discuss briefly. In reading the book, where do you find yourself in most need of updating as you approach the prospect of working with people who are in pain?

e. Family therapists must differentiate from their own families of origin, according to Bowen, so that they do not, unknowingly, become triangulated into the conflicts of some of the families with which they work. Based on this tenet, with what kinds of families would it be most difficult for you to work? Explain.
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<tr>
<th>Class/Week</th>
<th>Date</th>
<th>Reading and Topic Due</th>
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| Class 1    | 8/11  | Introduction, Basic Concepts, Philosophical Foundations  
Reading: Gehart Ch. 1-3 |
| Class 2    | 8/13  | Basic techniques, Diversity and Family Therapy  
Reading: McGoldrick Ch. 1, 21 |
| Class 3    | 8/18  | Intergenerational Family Therapies  
Reading: Gehart Ch. 7, McGoldrick Ch. 9 |
| Class 4    | 8/20  | Structural Family Therapies  
Reading: Gehart Ch. 5, McGoldrick Ch. 6, 7 |
| Class 5    | 8/25  | Experiential Family Therapies  
Reading: Gehart Ch. 6, McGoldrick Ch. 2, 3, 8  
Mid-term exam |
| Class 6    | 8/27  | Evidence-based Family Therapies I  
Reading: Gehart Ch. 8, McGoldrick Ch. 4, 33  
Group presentation #1 |
| Class 7    | 9/1   | Evidence-based Family Therapies II  
Reading: Gehart Ch. 11, McGoldrick Ch. 23, 24, 25  
Group presentation #2 |
| Class 8    | 9/3   | Postmodern Thinking and Family Therapies  
Reading: Gehart Ch. 9-10, McGoldrick Ch. 5, 30  
Group presentation #3 |
| Class 9    | 9/8   | Other Approaches to Family Therapies  
Reading: Gehart, Ch. 4, McGoldrick Ch. 28, 29, 31 |
| Class 10   | 9/10  | Summary and Integration  
Final exam  
Family of origin paper |