

SAM HOUSTON STATE UNIVERSITY
DEPARTMENT OF PSYCHOLOGY AND PHILOSOPHY

PSYCHOLOGY 534: THEORY AND RESEARCH IN PSYCHOTHERAPY II
Marriage and Family Therapy
(3 Credit Hours)
SPRING 2008

INSTRUCTOR: Craig Henderson
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COURSE LOCATION: Psychological Services Center Conference Room
Monday 2:00-4:50pm

OFFICE HOURS: Tuesday 9:00am-12:00pm

REQUIRED TEXT: Nichols, M. P., & Schwartz, R. C. (2007). *Family therapy: Concepts and methods* (8th Edition). Boston: Allyn and Bacon.

SUPPLEMENTAL TEXT: McGoldrick, M., Giordano, J., & Garcia-Preto, N. (2005). *Ethnicity & family therapy* (3rd Edition). New York: Guilford Press.

COURSE DESCRIPTION: This course will provide students with an introduction to systems theory as a method for understanding behavior as well as the application of systems theory to behavior change through family-based therapies. It will provide an introduction to both classic schools as well as recent developments in family therapy. The course will also integrate other topics relevant to family therapy into the class (e.g., culture, divorce, family violence).

COURSE OBJECTIVES:

- A. Students will demonstrate a basic knowledge of systems theory and the characteristics of a family system.
- B. Students will demonstrate a basic understanding of the primary schools of family therapy.
- C. Students will demonstrate the ability to provide a clinical case conceptualization of a family therapy case utilizing the principles from the theories described above.
- D. Students will demonstrate the ability to develop a treatment plan for a hypothetical family therapy case from the primary schools of family therapy.

- E. Students will demonstrate familiarity with important professional, ethical, and cultural issues related to family therapy.
- F. Students will be exposed to empirically-supported family-based treatments particularly in the area of adolescent substance abuse.

COURSE ACTIVITIES AND REQUIREMENTS:

- A. Attendance and active participation in classroom discussions.
- B. Complete assigned readings before class and integrate them with class discussions.
- C. Complete family analysis paper and research presentation.
- D. Complete Midterm and Final Examinations.

ATTENDANCE AND CLASS PARTICIPATION: Class attendance is mandatory. If you need to miss class, please contact the instructor beforehand. It is expected that students will actively contribute to class discussion of the readings. Class participation will be 10% of your final grade.

READINGS: You must read the assigned readings prior to each class. Most readings will be posted on Blackboard.

PAPERS:

Family Analysis Paper: These typed, double spaced papers will focus on a family you select (e.g., your family of origin, but it can be a family not related to you by blood or marriage). Include examples of family dynamics/experiences which illustrate the structure, system, rules, boundaries, hierarchy, diagrams, dysfunctions and symptoms, recursive loops, feed-back mechanisms (positive and negative), and other aspects covered in your texts and class discussion. Be sure to include diagrams at key transitional stages to illustrate the analysis. These papers are due **March 17**.

Treatment Plans: In addition to the family analysis paper, you will be required to complete four treatment plans for a hypothetical family. These treatment plans should address all relevant aspects of a case conceptualization including: (1) presenting problem, (2) relevant history, (3) family dynamics and their contribution to the symptoms of the identified patient, (4) family strengths, (5) intervention foci, and (6) the treatment plan proper. I will provide you with the narrative describing the family history and presenting concerns. You can use the same family for each treatment plan, so some information will be the same, but depending on the model on which you are basing your treatment plan, you may want to highlight some features more than others. These treatment plans are due **February 25, March 3, and TWO are due March 24**.

EVALUATION:

Attendance and participation:	10%
Paper/treatment plans:	30% (15% for each)
Midterm Examination:	30%
Final examination:	30%

Student Syllabus Guidelines: You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policy or procedure:

<http://www.shsu.edu/syllabus/>

Academic Dishonesty: Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. *See Student Syllabus Guidelines.*

Classroom Rules of Conduct: Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect. Students are to turn off all cell phones while in the classroom. Under no circumstances are cell phones or any electronic devices to be used or seen during times of examination. Students may tape record lectures provided they do not disturb other students in the process.

Student Absences on Religious Holy Days: Students are allowed to miss class and other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Students remain responsible for all work. *See Student Syllabus Guidelines.*

Students with Disabilities Policy: It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should visit with the Office of Services for Students with Disabilities located in the Counseling Center. *See Student Syllabus Guidelines.*

Visitors in the Classroom: Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

TENTATIVE SCHEDULE

DATE	TOPIC	READING
January 28	The Foundations of Family Therapy The Evolution of Family Therapy Minuchin Video	Chapter 1
February 4	Couple and Family Therapy: The State of the Field Minuchin Video (ctd.) Snyder & Castellani (2006). Current status and future directions in couple therapy.	Chapter 16 Assigned
February 11	Early Models and Basic Techniques The Fundamental Concepts of Family Therapy Multidimensional Family Therapy (MDFT) Part I (Model overview, outcome research) Liddle, H. A., Rodriguez, R. A., Dakof, G. A., Kanzki, E., & Marvel, F. A. (2005). Multidimensional Family Therapy: A science-based treatment for adolescent drug abuse. In J. Lebow (Ed.), <i>Handbook of clinical family therapy</i> (pp.128-163). New York: John Wiley and Sons. Liddle, H. A., Dakof, G. A., Turner, R. M., Henderson, C. E., & Greenbaum, P. E. (in press). Treating adolescent drug abuse: A randomized trial comparing multidimensional family therapy and cognitive behavior therapy. <i>Addiction</i> . Liddle, H. A., Rowe, C. L., Dakof, G. A., Ungaro, R., & Henderson, C. E. (2004). Early intervention for adolescent substance abuse: Pretreatment to posttreatment outcomes of a randomized clinical trial comparing Multidimensional Family Therapy and peer group treatment. <i>Journal of Psychoactive Drugs</i> , 36, 49-63. Liddle, H. A., Rowe, C., Gonzalez, A., Henderson, C. E., Dakof, G. A., & Greenbaum, P. E. (2006). Changing provider practices, program environment, and improving outcomes by transporting Multidimensional Family Therapy to an adolescent drug treatment setting. <i>American Journal on Addictions</i> , 15, 102-112.	Chapters 2 & 3 Chapter 4
February 18	Bowen Family Systems Therapy MDFT Part II (Engagement and Working with Adolescents) MDFT Manual (pp. 39-65)	Chapter 5

Shelef, K., Diamond, G. M., Diamond, G. S., & Liddle, H. A. (2005). Adolescent and parent alliance and treatment outcome in Multidimensional Family Therapy. *Journal of Consulting and Clinical Psychology, 73*, 689-698.

Hogue, A., Dauber, S., Stambaugh, L. F., Cecero, J. J., & Liddle, H. A. (2006). Early therapeutic alliance and treatment outcome in individual and family therapy for adolescent behavior problems. *Journal of Consulting and Clinical Psychology, 74*, 121-129.

February 25 Strategic Family Therapy Chapter 6
Assigned

Shoham-Saloman & Neeman (1989). You're changed if you do and changed if you don't: Mechanisms underlying paradoxical interventions.

Shoham-Saloman & Rosenthal (1987). Paradoxical interventions: A meta-analysis.

FIRST TREATMENT PLAN DUE: INTERGENERATIONAL FAMILY THERAPY

March 3 Structural Family Therapy Chapter 7
MDFT Part III (Working with Parents and Families)

MDFT manual (pp. 101-128, 177-179)

SECOND TREATMENT PLAN DUE: STRATEGIC FAMILY THERAPY

March 10 **SPRING BREAK – NO CLASS**

March 17 Cognitive-Behavioral Family Therapy Chapter 10
Assigned

Jacobson video

Shadish & Baldwin (2005). Effects of behavioral marital therapy: A meta-analysis of randomized controlled trials.

Atkins et al. (2005). Prediction of response to treatment in a randomized clinical trial of marital therapy.

Doss et al. (2005). Improving relationships: Mechanisms of change in couple therapy.

FAMILY ANALYSIS PAPERS DUE

March 24 **NO CLASS; INSTRUCTOR OUT OF TOWN**

THIRD AND FOURTH TREATMENT PLANS DUE: STRUCTURAL FAMILY THERAPY AND COGNITIVE-BEHAVIORAL FAMILY THERAPY

March 31	MIDTERM EXAM	
April 7	Family Therapy in the 21 st Century Solution-Focused Therapy Narrative Therapy	Chapter 11 Chapter 12 Chapter 13
April 14	Ethnicity and Family Therapy	Assigned
	Latino Families: An Overview. In McGoldrick, Giordano, & Garcia-Preto (2005). <i>Ethnicity & Family Therapy</i> .	
	Mexican Families. In McGoldrick, Giordano, & Garcia-Preto (2005). <i>Ethnicity & Family Therapy</i> .	
	African American Families. In McGoldrick, Giordano, & Garcia-Preto (2005). <i>Ethnicity & Family Therapy</i> .	
April 21	Special Topics: Divorce/Extramarital Involvement	Assigned
	Separation and divorce therapy. In Jacobson & Gurman (1986). <i>Clinical handbook of marital therapy</i> .	
	Allen et al. (2005). Intrapersonal, interpersonal, and contextual factors in engaging in and responding to extramarital involvement.	
	Atkins et al. (2005). Infidelity in couples seeking marital therapy.	
	Atkins et al. (2005). Behavioral marital therapy and infidelity: Optimism in the face of betrayal.	
April 28	Special Topics: Family Violence	Assigned
	Tolan et al. (2006). Family violence.	
	Wolfe et al. (2003). The effects of children's exposure to domestic violence: A meta-analysis and critique.	
	Jaffe et al. (2003). Legal and policy responses to children exposed to domestic violence: The need to evaluate intended and unintended consequences.	
May 5	Special Topics: The Interface Between Health and Family Psychology	

McDaniel et al. (2002). A training curriculum for professional psychologists in primary care.

McDaniel & Speice (2001). What family psychology has to offer women's health.

Ruddy & McDaniel (2003). Medical family therapy.

IN ADDITION TO MATERIAL COVERED SINCE THE MID-TERM EXAM, PLEASE REVIEW CH. 15 FOR FINAL EXAM

May 12

FINAL EXAM