

Justice Institute of British Columbia COURSE OUTLINE

Course Code: COUNS156

Course Title: Psychotherapy From a Family Perspective I

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

| | |
|----------------------|------------|
| # of Credits: | 1.5 |
|----------------------|------------|

Course Description:

Relationships can be the source of the greatest joy in life, and can also be the context of pain and struggle. You will learn by experience the relational approaches to psychotherapy which emphasize the growth and development of emotional systems and the people in them. Techniques of family therapy will be interwoven with ideas about systems, family life cycle development, family structures, and the role of emotions in family stability and family change. Exercises, examples and simulations will allow you to participate with the lived experience of family therapy processes.

Course Goal(s):

This course will introduce students to the basics of a family therapy, and particularly systems theory, communications theory, individual and interpersonal processes, the role of family family structure, family life cycles, and intergenerational processes.

Course Learning Objectives:

Upon successful completion of this course, the learner will be able to:

1. Use the vocabulary of systemic family psychotherapy
2. Apply the principal tenets of intergenerational family therapy
3. Use skills and assessment techniques from structural family therapy
4. Conduct non-reactive interviews with families
5. Modulate therapeutic empathy with time and context
6. Construct basic genograms
7. Apply communication techniques to reduction of family stress

Course Topics/Content:

- General systems theory
- Intergenerational approaches to family therapy
- Structural family therapy
- Communications and experiential approaches to family therapy

- Developmental issues: Individual lifespan development and family lifecycle development

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Nichols, M. P. & Schwartz, R. C. (2007). Family therapy: Concepts and methods (7th ed.). Boston: Allyn and Bacon.

Course Level:

| | | | | | | | |
|---|--|--|-------------|--|------------|--|-------------|
| | First Year | | Second Year | | Third Year | | Fourth Year |
| x | Other (describe): Course intended for students who have a strong basic therapeutic skill set | | | | | | |

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

| Delivery Methods | Class Option A (Hours) | Class Option B (Hours) | Class Option C (Hours) | Class Option D (Hours) |
|------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Classroom/Lecture/Discussion | 21.0 | | | |
| Simulation/Lab | N/A | | | |
| Practicum/Fieldwork | N/A | | | |
| Online | N/A | | | |
| Correspondence | N/A | | | |
| Total Class Hours | 21.0 | | | |

Comments on Delivery Methods:

This course has a large experiential component achieved through exercises and simulations. Students should be prepared to actively participate in activities involving a moderate level of emotional intensity and requiring interpersonal confidence.

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

| | | | | |
|---------------------|-----------------|---|----------------|------------------|
| Letter Grades | Percentage | X | Pass/Fail | Credit/No Credit |
| Complete/Incomplete | Attendance Only | | Not Applicable | |

| | |
|-----------------------|------|
| Passing Grade: | Pass |
|-----------------------|------|

JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

| Letter Grade | Grade Points | % Range | Letter Grade | Grade Points | % Range |
|--------------|--------------|---------|--------------|--------------|---------|
| A+ | 4.33 | 90-100 | C+ | 2.33 | 64-67 |
| A | 4.00 | 85-89 | C | 2.00 | 60-63 |
| A- | 3.67 | 80-84 | | | |
| B+ | 3.33 | 76-79 | C- | 1.67 | 56-59 |
| B | 3.00 | 72-75 | D | 1.00 | 50-55 |
| B- | 2.67 | 68-71 | F | 0.00 | 0-49 |

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

| | | | | | | | |
|--------------|---|-------------|---|---------------|---|------------------|------|
| Final Exam | % | Assignments | % | Project | % | Capstone Project | % |
| Midterm Exam | % | Portfolio | % | Participation | % | Other | % |
| Quizzes/Test | % | Simulations | % | Practicum | % | TOTAL | 100% |

Comments on Evaluation:

Evaluation will be based on participation along with an ability to demonstrate a firm grasp on the concepts presented in class.

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records