

# **COU2653 Family Counseling**

## **Course Syllabus**

### **COURSE REQUIREMENTS**

Family Counseling is an introductory course. All students are eligible to take this class.

### **COURSE DESCRIPTION**

This course provides a synopsis of the central beliefs and ideas of general systems theory and the underlying premises of theoretical directions within family therapy. Students research the utilization of course material to their work environment or training path. To grasp and apply family therapy approaches calls for you to make room for an “epistemological” change from individual to relational thinking. Therefore, the target of this course will be on probing how we establish reality and think in ways that expedite relational arbitration with couples, families and organizational systems.

You will learn principle skills mandatory to be prosperous in the field of marriage and family counseling. Accurate listening, compassion and interrogation skills will be expanded. Studying the various ethics and issues related to helping in a multicultural situation is a worthwhile skill when engaged with people. You will obtain knowledge of the core models of relational therapy.

### **LEARNING OBJECTIVES**

This course is fashioned to open students to the major theoretical techniques to family counseling. A powerful focal point of this course will be on the functional counseling skills and assessment, and clinical practice issues paramount to an integral approach to family counseling. Students will have the occasion to role play in class and be in the role of therapist, family member, and consulting team members assimilating the lectures and reading into practiced skills. Additionally, this course will demand students to look closely at their own family of origin. By the end of this course, all students should:

- Advance an opening knowledge of family process, family development, and the life cycle viewpoints that strengthen family functioning
- Boost recognition for the influence that social content has on families and individuals and the significance of family systems on individuals that makes family arbitration relevant and useful
- Expand beginning level skills in interviewing and assessing families in order to organize interventions
- Enunciate an elementary awareness of family systems theory
- Administer key family therapy skills during in-class presentations and in a concentrate conversation with a family
- Detail families as specific cultural systems, installed in and affected by other sociocultural systems
- Promote an introductory treatment procedure

## **ATTENDANCE**

Attendance is mandatory for all students. Excellent attendance is imperative for mastery and application of the information dispensed. Whether you are sitting at a desk in a classroom or attending via Skype, your attendance is vital to your success. Late arrivals are distracting and disrespectful. Please refrain from being tardy. Grades will be affected by absences and tardiness. Participation in class is a prerequisite. You learn from lectures, discussions and presentations.

## **CLASSROOM BEHAVIOR**

Students are expected to treat all persons with respect. We should all conduct ourselves in a courteous and responsible manner. Be considerate, you can disagree, don't insult.

Please set all your electronic devices to silent during class so as not to be a disturbance to others in the class.

## **TUTORIAL ASSISTANCE**

We maintain an open-door policy for our students. We are absolutely willing to discuss any matter that may arise during the course. If you have any questions, problems, or need help with the course material, we urge you to reach out as soon as the issue arises. If you want to contest a grade, you must do so within 48 hours and put it in writing. Please ask your student advocate for help. If you do not have a student advocate send an email to: [tutordept@usilacs.org](mailto:tutordept@usilacs.org).

## **NON-DISCRIMINATORY STATEMENT**

All students regardless of age, race, gender, religion, physical disability, class, etc., shall have equal opportunity without harassment in this course. Any problems with or questions about harassment can be discussed confidentially via email at: [hr@usilacs.org](mailto:hr@usilacs.org).

## **DRESS CODE**

For students enrolled who are attending in a classroom or via Skype, please be sure you are dressed modestly and respectfully. Please refer to [www.merriam-webster.com/dictionary/business%20casual](http://www.merriam-webster.com/dictionary/business%20casual). NO short shorts or skirts. Avoid low-cut tops. We want to present ourselves in a dignified manner at all times.

## **NETIQUETTE**

- Always read through all the comments of the class before responding. This will avoid duplicating comments or questions asked.
- Avoid language that could be offensive. All profanity is strictly prohibited. Remember that using all caps when replying online signifies shouting. This would be rude and combative.
- Be sensitive to the fact that there will be fellow students from all parts of the world with many differing backgrounds and languages. Remember that slang

and idioms will most likely be misconceived and/or misinterpreted. These should be avoided.

- Respect others views or opinions.
- Be thoughtful of the privacy of others. Ask permission before sharing email addresses or other personal information.
- Do not forward inappropriate material such as: virus warnings, chain letters, jokes, etc. The sharing of pornographic material is strictly prohibited.
- Use good spelling and grammar. Avoid using texting shortcuts.
- Strive to compose your comments in a positive, supportive and constructive manner at all times.

Any of these offenses will be dealt with by the school disciplinary committee.

### **ADA ACCOMMODATIONS**

All reasonable accommodations will be provided for students with disabilities. Any student attending USILACS who needs an accommodation due to a chronic challenge (i.e. blindness, deaf or hard of hearing, mobility issues, psychological, or learning disability), register with:

USILACS Registrar's Office  
1221 Brickell Ave.  
Miami, FL 33131  
1-305-330-2202  
[registrarsoffice@usilacs.org](mailto:registrarsoffice@usilacs.org)

### **ACADEMIC DISHONESTY/CHEATING**

We encourage collaborating with others, either in person or online, to study and learn. When you complete your assignments or your exams, however, the wording has to be your own.

Plagiarism is the theft of someone else's work and ideas. You are permitted to cite or even quote someone else, however, you must properly cite them. There are two accepted ways of doing this. They are known as Modern Language Association (MLA) or American Psychological Association (APA). You can visit [www.citationmachine.net](http://www.citationmachine.net) for help in correctly citing information.

As a school that strives to maintain high moral standards, we strongly caution our students to be ethical and honest. Endeavor to be honest in conducting yourself in regard to any coursework you accomplish or exams you may take. Cheating is a dishonest practice.

### **REFERENCE MATERIALS**

The vast majority of textbooks are outdated by the time they are published. USILACS education programs are not based upon outdated printed textbooks. USILACS programs are based on the most accurate and reliable knowledge available; specifically, up-to-date vetted internet-based information.

For those who would like some reference or Internet search recommendations, we would recommend the following.

(2017) Introduction to Sociology 2e, Open Stax, Rice University.

### **MINIMUM REQUIRED SUPPLIES**

All students will need all of the following:

- Computer with camera, microphone, and speakers.
- Skype installed on the computer with an active Skype account.
- Internet
- Printer
- Notebook paper
- Pens/pencils

If the student does not have a computer or internet, there will be some available for use at the school in the computer lab.

### **GRADING SYSTEM**

There will be three tests throughout the course. Each test will count for 33.3% of the final grade.

Grade	Percentage	Grade Point
A+	99	4.0
A	97	3.8
A-	94	3.7
B+	89	3.3
B	85	3.0
B-	81	2.7
C+	77	2.3
C	73	2.0
C-	69	1.7
D	66	1.0
F	59	0.0

All students must earn at least a “D” in order to pass the class.

### **ASSIGNMENTS**

#### *Family Tree Display-*

Research your family history. Create a family tree and go back 3-4 generations. Be creative with your family tree model. If you know special little stories for the person, include them. Try to relate the ethnical and cultural aspects of each person, if possible.

#### *Family Narrative Interview-*

Find a family to interview that is not one of your close friends. Come up with some questions you would ask them if they were coming into your counseling practice as potential clients. Write a paper explaining your findings based on the answers they

supplied. Which direction would you take their counseling sessions and why? This paper should be at least 1,500 words in length.

#### *Individual Interview-*

Find an individual who is single with no children and not a close associate. Interview the person using similar questions as you did with the family interview. Write about the interview with this individual. Then do a compare and contrast of the thinking differences with the individual and the family or group thinking. This paper should be at least 2,000 words in length.

### **WEEKLY ASSIGNMENTS**

<b>Week 1</b>	Overview of course and coursework What is family counseling?
<b>Week 2</b>	General Systems Theory
<b>Week 3</b>	Family Systems Theory
<b>Week 4</b>	Race and Ethnicity <i>Family Tree Display due</i>
<b>Week 5</b>	<b>Video review and Exam</b>
<b>Week 6</b>	Groups and Organizations
<b>Week 7</b>	Marriage and Family, Challenges that families face
<b>Week 8</b>	In-class demonstration of family therapy skills <i>Family Narrative due</i>
<b>Week 9</b>	<b>Video review and Exam</b>
<b>Week 10</b>	Strategic Family Therapy
<b>Week 11</b>	Structural Family Therapy
<b>Week 12</b>	Experiential Family Therapy <i>Individual Interview due</i>
<b>Week 13</b>	<b>Video review and Final exam</b>