

**SOUTHEAST MISSOURI STATE UNIVERSITY
DEPARTMENT OF EDUCATIONAL LEADERSHIP AND COUNSELING**

COURSE SYLLABUS

Title of Course: **Marriage and Family Counseling (3 cr)**

Course No. **CP645**

Revised Spring 2012

Semester: Spring 2020

Instructor: Travis Smith, Ph.D.

Office: SC409f

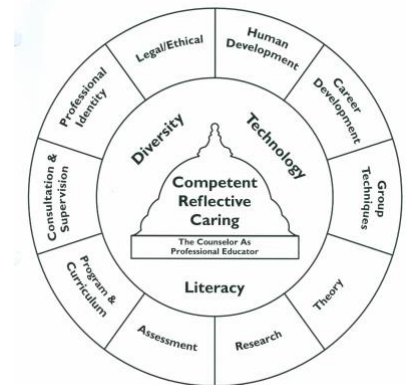
Phone: 573-651-2430

E-mail: tsmith1@semo.edu

Office Hours: Monday 1:00 – 2:00 p.m.; Wednesday 12:00 – 2:00 p.m.

Class Room: Online

Class Date & Times: 1/24 & 1/25; 4/12 & 4/13



I. Catalog Description and Credit Hours of Course:

An overview of the historical development and principal conceptualizations of marital and family counseling. (3)

II. Prerequisite(s):

Graduate Standing and Permission of the Instructor.

III. Course Integrated in to the Program Requirements

M.A. Career Counseling	M.A. School Counseling	M.A. Mental Health Counseling	Ed.S. Counseling Education	Psychological Examiner Certificate
		Required		

IV. Student Learning Outcomes

1. Students will learn systems theories and their application to the treatment of couples and families. This outcome will be measured by the Comprehensive Professional Counseling Portfolio (CPCP).
2. Students will learn issues common to couple and family counseling (infidelity, abuse, divorce and family violence) and modalities of treatment for such issues. This outcome will be measured by the Comprehensive Professional Counseling Portfolio (CPCP).
3. Students will learn developmental transitions that families/couples face and common symptoms/crisis associated with normal lifespan issues and effective intervention strategies for treatment. This outcome will be measured by the Comprehensive Professional Counseling Portfolio (CPCP).

V. Course as Relates to External Requirements

CACREP Requirements (2016)	DESE Requirements (2011)	LPC Requirements	NBCC Requirements
3. Human Growth & Development 5. Counseling & Helping Relationships			

a systems approach to conceptualizing clients

VI. Course as Relates to External Standards

CACREP Standards (2016)
Section II.F.3. Human Growth & Development b. theories of individual and family development across the lifespan Section II.F.5. Counseling & Helping Relationships a. a systems approach to conceptualizing clients
DESE Standards (2011)

VII. Purposes or Objectives of the Course:

- A. Examine the history and development of the practice of marital and family counseling.
- B. Compare and contrast various approaches to marital and family counseling.
- C. Gain knowledge and skills relevant in the process of family counseling.
- D. Learn application of knowledge and skills in marital and family counseling.

VIII. Course Content or Outline:

Class Hours

- A. Historical Development of Marital and Family Counseling 6
 - 1. History and Prominent Figures
 - 2. Interdisciplinary contributions
 - 3. Professional Organizations
 - 4. Codes of Ethics

- B. Major Concepts and Issues in Marital and Family Counseling 12
 - 1. Healthy and Dysfunctional Families
 - 2. Diagnosis
 - 3. The "double bind"
 - 4. Symbiotic relationship
 - 5. Rules (Implicit, Explicit)

6. Roles
 7. Meta-communications
 8. Undifferentiated ego-mass
 9. Sexual Issues
 10. Divorce
 11. Substance Abuse
 12. Blended Families
 13. Infidelity
- C. Theoretical and Integrated Approaches to Marital and Family Counseling 21
1. Systems Theory
 2. Couple and Marriage Enrichment
 3. Rational Emotive
 4. Behavioral
 5. Structural Family Counseling
 6. Adlerian
 7. Emotionally Focused Therapy
 8. Solution Focused
 9. Narrative
 10. Cognitive Behavioral
- D. The Process of Family Counseling 6
1. Diagnosis & Assessment
 2. Conceptualization
 3. Treatment
 4. Follow-up

IX. Textbook(s):

Bitter, J.R. (Latest Edition). Theory and Practice of Family Therapy and Counseling. Brooks/Cole.

Long, L.L. & Young, M.E. (Latest Edition). Counseling and Therapy for Couples. Thomson: Brooks/Cole.

X. Expectations of Students:

- A. The student is expected to participate in class discussions, role-plays, and presentations.
- B. The student will be expected to complete the required readings and assignments.
- C. Satisfactory performance on examinations.
- D. The student will be expected to demonstrate various skill assessment techniques and counseling intervention techniques through role-play.
- E. The student will be exposed to a variety of technological strategies to enhance learning.
- F. The student will be informed of current legal and ethical issues in marital, couple, and

family counseling.

XI. Basis for Student Evaluation

- A. Written examinations (40%)
- B. Family Interview (25%)
- C. Counseling role-plays (10%)
- D. Theory Module Exercises (25%)

Final letter grade:

91% to 100% -- A

81% to 90% -- B

71% to 80% -- C

0% to 70% -- F

Midterm & Final Exams: See course website for full details.

Family of Origin Interview: See course website for full details.

Class Participation: Students are expected to full participate in class room activities designed to promote learning. The majority of class times will require peer interaction through role play and small/large group discussions.

Final letter grade:

91% to 100% -- A

81% to 90% -- B

71% to 80% -- C

0% to 70% -- F

Note: *The section “Basis for Student Evaluation” is given as a general guideline. Course assignments and the exact final letter grade are at the discretion of the instructor. Each instructor will include assignment information and grading procedure in this section in the specific course syllabus handed out at the beginning of each semester.*

XII. Methods of instruction

A combination of:

Classroom lectures and discussions

Classroom experiential exercises

Tests/exams

XIII. Academic Honesty:

Southeast Missouri State University expects all students, faculty and staff to operate in an honest and ethical manner. Academic dishonesty is a very serious offense because it undermines the value of your education and the education of others. Students who engage in academic dishonesty face significant penalties. Forms of academic dishonesty include,

but are not limited to, plagiarism, cheating, contract cheating, misrepresentation, and other actions you take. Some of these are defined below:

- Plagiarism means passing off someone else's work as your own, whether it is intentional or unintentional.
- Cheating includes copying from another person or source of information to meet the requirements of a task.
- Contract cheating is paying someone else or a company to do your work.
- Misrepresentation means you are posing as someone else or someone else is posing as you to complete a task.
- Collusion means working with one or more people to cheat. If you help someone cheat or plagiarize you will face the same penalties.

For more information, visit the Responsible Redhawks Code of Conduct <http://www.semo.edu/responsible/redhawks/code-of-conduct.html> or the Faculty Handbook Section (D) on Academic Honesty <http://www.semo.edu/faculty/senate/handbook/5d.html>

XIV. Accessibility:

Southeast Missouri State University and Disability Services are committed to making every reasonable educational accommodation for students who identify as people with disabilities. Many services and accommodations which aid a student's educational experience are available for students with various disabilities. Students are responsible for contacting Disability Services to register and access accommodations.

[Accommodations are implemented on a case by case basis. For more information, visit http://www.semo.edu/ds/](http://www.semo.edu/ds/) or contact Disability Services at 573-651-5927.

XV. Civility:

Your university experience is purposely designed to introduce you to new ideas, help you think effectively, develop good communication skills, evaluate information successfully, distinguish among values and make sound judgements. Doing this well requires respectful and courteous discussion among and between students and the instructor. Together, we must create a space where we acknowledge and respect others have different experiences, perspectives and points of view. Disagreements are likely. Mutual respect for one another and a willingness to listen are important. Remember, you are responsible for your behavior and actions. There is a no tolerance policy on bullying or harassment of any kind. Additional information on student conduct may be found at: <http://www.semo.edu/pdf/stuconduct-code-conduct.pdf?ver=1.0> and http://www.semo.edu/pdf/Conduct_Faculty_Resource_Guide.pdf

Further, it is to be expected that the instructor will treat all students with dignity and

respect – it is also expected that the students will treat both the instructor and other students with this same respect. In order to facilitate this process more effectively, students are asked the following: 1) before class turn off all pagers and cell phones; 2) refrain from text messaging during class; 3) avoid distracting behavior (e.g. popping gum, noisy eating, and clipping fingernails); 4) minimize side conversations; and, 5) maintain respectful interactions. Finally, personal harassment of any kind will not be tolerated.

XVI. Counselor Dispositions

Counselor Dispositions, as assessed within Counselor Education are guided by the central core of the Counseling Conceptual Framework. The beliefs and attitudes related to the areas of *competence, reflection and caring*, are the guiding influence with the eight foundational counselor dispositions assessed throughout the program. These are: 1) Genuineness, 2) Congruence, 3) Non-judgmental Respect, 4) Emotional Awareness, 5) Ethical Understanding, 6) Concreteness, 7) Empathy, and 8) Professional Commitment. See <https://semo.edu/psychology-counseling/accreditation.html> where the current student handbook can be accessed.

XVII. Mandatory Reporting:

I will keep information you share with me confidential to the best of my ability, but as a professor I am legally required to share information about sexual misconduct and crimes I learn about to make our campus and community safe for everyone.

XVIII. Student Success:

This course uses SupportNET, Southeast’s student success network, to improve communication between students, faculty and staff on campus. You’ll get emails through SupportNET with information about resources or concerns. Please read these emails— they are sent to help you succeed! You can access SupportNET through your portal, Moodle or directly at supportnet.semo.edu to see any academic alerts, ask for help and to access resources to support your success at Southeast.

XIX. Course Schedule

The schedule is a tentative outline of topics, readings and assignments that will be covered in this course. I reserve the right to modify the schedule as needed. Students will be informed of any changes made to the tentative schedule in a timely manner.

TENTATIVE COURSE OUTLINE

DATE	TOPIC	DUE
------	-------	-----

1/24 & 1/25	Introduction/Syllabus review History of Couple/Family Counseling Love Family Systems Theory Getting Started The Couple as a Unique System Professional and Ethical Issues Issues in Couple/Family Counseling Infidelity Sexual Issues Divorce Assessment, Diagnosis and Treatment Planning /The Initial Interview	Read: Bitter Ch. 1-3, 15; Long Ch.1, 5-6, 8-12 IAMFC standards (handout) CACREP 2.K.3.a. CACREP 2.K.3.c. CACREP 2.K.1.h. CACREP 2.K.2.e. CACREP 2.K.2.f
Online Learning Content	Multigenerational Theory Adlerian Theory Emotionally Focused Therapy Brief Solution Focused Theory Narrative and Postmodern Theory Experiential Theory Structural Theory Cognitive Behavioral Theory Parenting & Prevention	Bitter Ch. 4, 5, 10, 7, 8, 11, 13, 14 Assigned Readings
	<u>Family Interview Due</u>	
	<u>Midterm Exam</u>	See course website for availability
4/10 & 4/11	Discussion & Practice Multigenerational Theory Adlerian Theory Emotionally Focused Therapy Brief Solution Focused Theory Narrative and Postmodern Theory Experiential Theory Structural Theory Cognitive Behavioral Theory Parenting & Prevention	Bitter Ch. 4, 5, 10, 7, 8, 11, 13, 14 Assigned Readings
	<u>Final Exam/U-Test</u>	See course website for availability

Questions, comments or requests regarding this course or program should be taken to your instructor.

Unanswered questions or unresolved issues involving this class may be taken to Dr. Melissa Odegard-Koester, Chair of the Department of Psychology & Counseling.