

**THE UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK**

SW 523 Clinical Social Work Practice with Families

Course Outline

Spring 2004

Professor: Shan Sanders-Wooley

Contact: 373-3487 (home)

351-0588 (work)

Day: Thursdays, 1:00 – 3:50 P.M.

Office Hours: After Class

Required Textbooks

Nichols, M., Schwartz, R.(2004). *Family Therapy: concepts and methods* (6th ed).
Boston: Allyn & Bacon

Course Requirements and Grade

Class Sessions

Class session will include lectures and discussion to clarify and supplement assigned readings on course topics and the use of role plays, videotapes, written exercises, and so forth to illustrate and emphasize the application of concepts in practice. Students are expected to attend class and to prepare by doing and thinking about the assigned reading. Please let the instructor know if you will not be in class and take responsibility for obtaining any material that was distributed in your absence.

Except in the case of a medical emergency or personal emergency, a student who wants an extension of time to submit a paper should consult with the instructor in advance. Extension is not automatic, and there may be a grade penalty, depending on the reason an extension is agreed upon.

Assignments and Grade

The course grade will be based on three assignments- a readings journal, a paper, and a simulated family experience and presentation. Guidelines for the three assignments will be distributed on separate handouts. The written paper is due on **April 15, 2004**. Students will sign up for their presentation dates during the first two class periods. Absolutely NO late papers accepted. NO exceptions. Part 1 of readings journal due **February 26th**. Remainder of readings journal due **April 15th**. On April 15th you must submit entire journal back to instructor.

The final grade will be based on these three assignments, each accounting for one third of the final grade.

Course Outline, Calendar and Readings

JANUARY 15

INTRODUCTION and ADOPTING A FAMILY SYSTEMS PERSPECTIVE

Student and instructor introductions.

Overview of the course, the readings and assignments.

Overview of the different models of family therapy.

Discussion of systems theory as it relates to social work practice.

Divide into simulated families

JANUARY 22

SOCIO-CULTURAL FACTORS IN FAMILY THERAPY

Definitions of family.

An examination of the influence of gender, race, ethnicity, sexual orientation, and feminism in assessment and treatment planning in family therapy.

Policies affecting families.

Required Readings: (*Select any 3 of the following articles*)

Bograd, M. (1990). "Scapegoating mothers: Conceptual errors in systems formulations." In M.R. Mirkin (Ed). *The social and political contexts of family therapy* (pp.69-85).

Goodrich, T., Rampage, c., Ellman, B., & Halstead, K. (1988). *Feminist family therapy: A Casebook* (pp.21-28).

Laird, J. (1993). "Lesbian and Gay Families." In F. Walsh (Ed.). *Normal family processes* (2nd ed.) (pp.282-328).

Levant, R.F. (1997). "Gender equality and the new psychology of men: Comments on the politics of gender in family therapy." *Journal of Marital and Family Therapy*, 23 (4), 439-44.

Martin, C.N. (1997). "The politics of gender in family therapy." *Journal of Marital and Family Therapy*, 23 (4), 421-37.

Pasick, R. (1990) "Raised to Work." In Meth, R. & Pasick, R., et al. *Men in therapy: The challenge of change* (pp.35-53).

Schnitzer, P.K. (1996). "They don't come in: Stories told, lessons taught about poor families in therapy." *America Journal of Orthopsychiatry*, 66 (4), 572-82.

Walsh, F. (1998). "Beliefs, spirituality, and transcendence: Keys to resilience in family therapy. In McGoldrick, M. (Ed.). *Re-Visioning family therapy: Race, culture and gender in clinical practice* (pp. 62-77).

Recommended Readings:

Hartman, A. (1995). "Ideological themes in family policy." *Families in Society*, 76 (3), 182-92.

Walsh, F. (1993). "Conceptualizations of normal family process," pp. 3-24 and pp. 46-60. In *Normal family processes* (2nd ed.). (Pages 25-45 are optional).

JANUARY 29

"JOINING" FAMILIES, FIRST SESSIONS

Required Readings:

Taibbi, Robert (1996) *Doing Family Therapy: Craft and Creativity in Clinical Practice*. Chapters 1: Family Therapy: Welcome to Oz; Chapter 2: Family Therapy: The Basics; Chapter 3: In the Beginning: Great Expectations; Chapter 4: Great Beginnings II pp. 1-61

Nichols and Schwartz (2004) *Family Therapy: concepts and methods*. Chapter 3: Early Models and Basic Techniques: Group Process and Communications Analysis pp51-87

Recommended Readings:

Boyd-Franklin, N. (1989). *Black families in therapy: A multisystems approach*. Chapter 1: Black, Afro-American Families in Therapy: An Overview; Chapter 6: Therapist's Use of Self and Value Conflicts with Black Families

FEBRUARY 5

FAMILY THERAPY PIONEERS AND ENDURING CONCEPTS IN FAMILY THERAPY

Lessons from early models

Meta-concepts: power, boundaries, rules, roles, subsystems

Required Readings:

Nichols, M.P. & Schwartz, R.C. (2004). *Family therapy: Concepts and methods*. (6th ed.). Chapter 4: The Fundamental Concepts of Family Therapy pp 91-116

McGoldrick, et al. Chapter 1: Genograms: Mapping Family Systems; Chapter 2: Developing a Genogram to Track Family Patterns; Chapter 3: Interpreting Family

Structure from Genograms.

Recommended Readings:

Boyd-Franklin, N. (1989). *Black families in therapy: A multisystems approach*. Chapter 8: The Multisystems Approach to the Treatment of Black Families; Chapter 9: The Multisystems Approach to the Treatment of Poor Black Families

FEBRUARY 12

A MULTIGENERATIONAL PERSPECTIVE

Murray Bowen's model of family therapy

In class genograms and discussion

Required Readings:

Nichols, M. & Schwartz, R.. (2004). *Family therapy: Concepts and methods* (6th ed.).

Chapter 5, "Bowen Family Systems Therapy" pp 119-148

Knudson-Martin, C. (1994). "The female voice: Applications to Bowen's family systems theory."

Journal of Marital and Family Therapy, 20 (1), 35-45.

FEBRUARY 19

STRUCTURAL FAMILY THERAPY: Theory

A review of major concepts in Structural Family therapy

A Family Therapy Video-tape

Required Readings:

Nichols, M.P. & Schwartz, R.C. (2004). *Family therapy: Concepts and methods*.

(6th ed.). Chapter 8, "Structural Family Therapy," pp176-2002

Recommended Reading:

Aponte, H. & Van Deusen, J. (1981). In *Handbook of Family Therapy, Vol. I*. Gurman and

Kniskern (Eds.) Chapter 9, "Structural Family Therapy," pp. 310-358.

FEBRUARY 26

INTRODUCTION TO SYSTEMIC AND STRATEGIC THERAPIES and APPLYING
COGNITIVE BEHAVIORAL STRATEGIES IN FAMILY THERAPY

Required Readings:

Nichols, M.P. & Schwartz, R.C. (2004). *Family therapy: Concepts and methods*. (6th ed.). Chapter 6: Strategic Family Therapy pp 149-175

Nichols, M.P. & Schwartz, R.C. (2004). *Family therapy: Concepts and methods*. (6th ed.). Chapter 10: Cognitive-Behavioral Family Therapy pp. 252-267

An in-class overview of these technique driven theories

MARCH 4

FAMILY THERAPY TECHNIQUES REVIEWED RESEARCH CONSIDERATIONS

Required Readings:

Nichols and Schwartz. (2004). *Family therapy: Concepts and methods*. (6th ed). Chapter 16, "Advances in Family therapy research" pp. 395-420

Reid, W. (1993). "Fitting the single-system design to family treatment." *Journal of Social Science Research*. Pp. 88-99.

MARCH 11 NO CLASS SPRING BREAK

MARCH 18

POST-MODERN FAMILY THERAPY: Theory
An overview of post-modern theory
The relevance to managed care settings
Solution-focused and Solution- Oriented family therapy

Required Readings:

Nichols, M.P. & Schwartz, R.C. (2004). *Family therapy: Concepts and methods*. (6th ed.). . Chapter 11: Family Therapy Enters the Twenty-First Century. pp 288-307

Nichols, M.P. & Schwartz, R.C. (2004). *Family therapy: Concepts and methods*. (6th ed.). Chapter 12: Solution Focused Therapy. pp.312-327

Recommend Readings:

O'Hanlon, W., Weiner-Davis, M. (1989). *In search of solutions*. New York: W.W. Norton & Co., Chapter 2: Challenging Assumptions: Furnishing Premises for Solution-Oriented Therapy.

Berg, I. K. (1994). *Family based services: A solution-focused approach*. New York: W.W. Norton & Co., Chapter 6: Useful Questions and Other Interviewing Techniques; Chapter 7: Conducting a Family Session.

MARCH 25

POST-MODERN FAMILY THERAPY: NARRATIVE FAMILY THERAPY

Required Readings:

Weingarten, K. (1998). "The small and the ordinary: The daily practice of a postmodern narrative therapy." *Family Process*. Pp. 3-15.

Nichols, M. & Schwartz, R.C. (2004) *Family Therapy: concepts and methods* Chapter 13: Narrative Therapy pp.329-346

Recommended Reading:

See Instructor

Overview of Narrative Family Therapy

Videotape shown in class

APRIL 1

COUPLES THERAPY

Assessing couples and an overview of couples therapy

Divorce and its impact on families

Step-families – critical issues for assessment and treatment

Required Readings:

Taibbi, Chapter 11: Getting to the Core: Couple Work in Family Therapy; Chapter 12: Couple Repair.

Walsh, Froma. (1991). "Promoting healthy functioning in divorced and remarried families." Chapter 17; pp. 525-545. In *Handbook of family therapy, Vol. II*.

Nichols and Schwartz. (2004) *Family therapy: Concepts and methods*. (6th ed). Chapter 10 bottom of page 267 to page 280

APRIL 8

ETHICAL CONSIDERATIONS and VALUES

CONSUMERS, CLIENTS, OR PATIENTS??

Required Readings:

Denton, Wayne. (1989). "DSM-III-R and the family therapist: Ethical considerations." *Journal of marital and family therapy*. pp. 367-375.

Johnson, H. et al. (1995). "Professional ethics and parents as consumers: How are we doing?" *Families in society*. pp. 408-420.

Recommended Reading:

Rober, P. (1998). "Reflections on ways to create a safe therapeutic culture for children in family therapy." *Family Process*, 37 (2), pp. 201-13.

APRIL 15

SUMMARY

Comparison of models and their differential application to practice.

Integrative models

Becoming a family therapist in the future: training and supervision.

Required Reading:

Nichols and Schwartz. (2004). *Family therapy: Concepts and methods*. (6th ed). Chapter 14: Integrative Models pp. 347-393

APRIL 22 LAST CLASS

IDENTIFYING AND BUILDING ON YOUR OWN STRENGTHS AS A FAMILY CENTERED SOCIAL WORKER

Developing teaching tales

Bringing humor to the table

Stress management

Enjoying families

Required Reading:

Taibbi, Robert (1996) *DOING FAMILY THERAPY Craft and Creativity in Clinical Practice*.

Chapter 5: The Middle Stages: Are We There Yet?; Chapter 6: Endings; Parting is Such Sweet Sorrow; Chapter 14: Staying Sane: Survival Tips for Therapists

Sources of Additional Required Readings

- Berg, I. K. (1994). *Family based services: A solution-focused approach*. New York: W. W. Norton & Co.
- Boyd-Franklin, N. (1989). *Black families in therapy: A multisystems approach*. New York: The Guilford Press.
- Carter, B. & McGoldrick, M. (Eds.). *The changing family life cycle*. (2nd ed.). New York: The Gardner Press.
- Goldenberg, I., & Goldenberg, H. (1996). *Family therapy: An overview*. (4th ed.). Pacific Grove: Brooks/Cole Publishing Co.
- Goodrich, T.J., Rampage, C., Ellman, B., & Halstead, K. (1988). *Feminist family therapy: A casebook*. New York: W. W. Norton & Co.
- Gurman, A. S., & Kniskern, D. P. (1991). *Handbook of family therapy, Volume II*. New York: Brunner/Mazel.
- Haley, Jay.(1987) *Problem Solving Therapy*. San Francisco: Jossey-Bass.
- McGoldrick, M.,Gerson,R.,and Shellenberger, S. (1999). *Genograms: assessment and intervention*. (2nd ed). New York: W.W. Norton & Company
- McGoldrick, M. (Ed.). (1988). *Re-visioning family therapy: Race, culture, and gender in clinical practice*. New York: The Guilford Press.
- Meth, R.L. & Pasick, R.S. (1990). *Men in therapy: The challenge of change*. New York: The Guilford Press.
- Mirkin, M.P. (Ed.). (1990). *The social and political contexts of family therapy*. Boston: Allyn & Bacon.
- Nichols, M.P. & Schwartz, R.C. (2001). *Family therapy: Concepts and methods*. (5th ed.). Boston: Allyn & Bacon.
- O'Hanlon, W. H., & Weiner-Davis, M. (1989). *In search of solutions: A new direction in psychotherapy*. New York: W. W. Norton & Co.
- Reid, W.J. (1985). *Family problem-solving*. New York: Columbia University Press.
- Walsh, F. (Ed.). (1993). *Normal family processes*. (2nd ed.). New York: The Guilford Press.

Taibbi, R. (1996). *Doing family therapy: Craft and creativity in clinical practice*. New York: The Guilford Press

All required readings are photocopied and are on reserve under the authors' last names.