

**UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK**

SW523 - Clinical Social Work Practice with Families

Course Outline

Spring 2006

Credits: 3

Thursday Class (section 005)

Instructor: Shan Sanders-Wooley

Contact: 615-351-0588

Day: Thursdays, 5:30 - 8:50 pm

Office Hours : By appointment

Required Textbooks

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc.

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 and class attendance. The three assignments are a readings journal, a paper, and a simulated family therapy session/presentation. Guidelines for the three assignments will be distributed on separate handouts. The written paper is due on **April 13, 2006**. 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 23rd**. Remainder of readings journal due **April 20th**. On April 20th you must submit **ENTIRE** journal back to instructor.

The final grade will be based on these three assignments and class attendance, each accounting for one fourth of the final grade. Attendance is heavily waited in this course because you will be in a simulated family and participate in “in class” exercises. This “simulated” family will be the group that you work with on your final project, and your team members will need your active weekly participation.

Course Outline, Calendar and Readings

JANUARY 12

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 19

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*)

Laird (2003). Lesbian and gay families. In *Normal Family Processes* (3rd edition).

Ed by Norma Walsh. New York: The Guilford Press, pgs 176-209

Boyd-Frankin (2003). Race, class, poverty. In *Normal Family Processes* (3rd edition). Ed by Norma Walsh. New York: The Guilford Press, pgs 260-279.

Falicov (2003). Immigrant family processes. In *Normal Family Processes* (3rd edition). Ed by Norma Walsh. New York: The Guilford Press, pgs 280-300.

Goldenberg & Goldenberg (2004) *Family Therapy: An overview*. Belmont, CA: Brooks/Cole: Chapter 3: Gender, Culture, Ethnicity Factors in Family Functioning (pgs. 50-68)

Boyd-Franklin(2003) *Black Families in Therapy*. New York, NY: The Guilford Press: Chapter 14: Single Parent African American Families (pgs.287-299)

JANUARY 26

“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, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 3: Getting Started in Family Therapy: Basic Techniques pp.36-57

Recommended Readings:

Boyd-Franklin(2003) *Black Families in Therapy*. New York, NY: The Guilford Press: Chapter 9: The therapist's use of self and value conflicts pp.177-203

FEBRUARY 2

FAMILY THERAPY PIONEERS AND ENDURING CONCEPTS IN FAMILY THERAPY

Lessons from early models

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

Required Readings :

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 4: The fundamental concepts of family therapy: pp58-82

McGoldrick, et al. Chapter1: Genograms: Mapping Family Systems; Chapter 2:

Developing a Genogram to Track Family Patterns; Chapter 3: Interpreting Family Structure from Genograms.

Recommended Readings:

Boyd-Franklin(2003) *Black Families in Therapy*. New York, NY: The Guilford Press: Chapter 11: The multisystems model pp. 226-250

FEBRUARY 9

A MULTIGENERATIONAL PERSPECTIVE

Murray Bowen's model of family therapy

In class genograms and discussion

Required Readings:.

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 5: Bowen Family Systems Therapy pp.83-102

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 16

STRUCTURAL FAMILY THERAPY: Theory

A review of major concepts in Structural Family therapy

A Family Therapy Video-tape

Required Readings :

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 7: Structural Family therapy pp. 127-146

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 23

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

An in class overview of these technique driven theories

Required Readings:

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 6: Strategic family therapy, pp.103-125

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 10 pp189-198

MARCH 2

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., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 11: Family Therapy in the twenty-first century
pp. 212-230

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 12: Solution focused therapy pp. 234-248

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. Notron & Co.,
Chapter 6: Useful Questions and Other Interviewing Techniques; Chapter 7: Conducting a Family Session.

MARCH 9

POST-MODERN FAMILY THERAPY: NARRATIVE FAMILY THERAPY

Overview of Narrative Family Therapy

Videotape shown in class

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.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 13: Narrative Therapy pp. 249-263

Recommended Reading: - see instructor for articles

MARCH 16

FAMILY THERAPY TECHNIQUES REVIEWED RESEARCH CONSIDERATIONS

Required Readings:

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 16: Advances in Family Therapy Research

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

MARCH 23

NO CLASS SPRING BREAK

MARCH 30

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, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 10: Cognitive-Behavior Family Therapy pp. 198-206

Recommended Readings:

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 8: Experiential Family Therapy pp.158-160 (emotionally focused couples therapy)

APRIL 6

ETHICAL CONSIDERATIONS and VALUES

Required Readings:

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

. Goldenberg & Goldenberg (2004) Family Therapy: An overview. Belmont, CA:

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 13

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, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 14: Integrative Models pp.264-279

Nichols, M., Schwartz, R.(2005). *The Essentials of Family Therapy*, (2nd ed).

Boston: Pearson Education, Inc. Chapter 15: Comparative Analysis pp.280-297

APRIL 20

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

APRIL 27 LAST CLASS

Finish family therapy demonstration projects

Special activity designed by instructor

Sources of Additional Required Readings

- Berg, I. K. (1994). *Family based services: A solution-focused approach*. New York: W. W. Norton & Co.
- Boyd-Franklin(2003) *Black Families in Therapy*. New York, NY: The Guilford Press:
- Goldenberg, I., & Goldenberg, H. (2004). *Family therapy: An overview*. (6th ed.). Pacific Grove CA: Brooks/Cole Publishing Co.
- Gurman, A. S., & Kniskern, D. P. (1991). *Handbook of family therapy, Volume II*. New York: Brunner/Mazel.
- 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.
- Nichols, M.P. & Schwartz, R.C. (2005). *The Essentials of Family Therapy* (2th ed.). Boston: Pearson Education Inc.
- 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.
- Walsh, N (Ed) (2003). *Normal family processes*. (3rd 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.