



COUN 8610 | INTRODUCTION TO MARITAL, COUPLE, AND FAMILY THERAPY | FALL 2022

PREREQUISITES

N/A

COURSE DESCRIPTION CONTENT AREAS

COURSE INFORMATION

This course is the first of the clinical mental health applications to provide the prospective mental health counselor with remote instruction in marital and family therapy. Students will continue to develop counseling skills and will become immersed in the work of a professional counselor. Students **practice, develop and improve marital and family counseling skills** in an environment of professional and constructive **peer feedback**.

COURSE DESCRIPTION

1. This course is designed to acquaint students in the clinical mental health field with a **basic knowledge of theories and skill techniques** related to the practice of **marital, couple and family** counseling.
2. This course will emphasize family constellations as a remote interactive process involving individuals in a number of contexts, thus, human diversity factors also will be considered.
3. This course is intended for graduate students in counseling, or other helping professions who have a therapeutic relationship with couples/families and who desire to improve, increase, or enhance their professional and personal knowledge base and/or practitioners' skill levels contributing to more effective field work. It is a required course for students enrolled in the Community Counseling academic program.
4. Course prerequisites include good standing as a graduate student.

RATIONALE FOR COURSE

The clinical mental health counseling degree requires counselors to be skilled in the incorporation of marital and family therapy into the delivery of a clinical mental health program.

PROFESSIONAL PRACTICE

Students must complete all course requirements during the semester course. Each student's professional practice includes all of the following:



1. At least 30 clock hours of remote class instruction and interaction that contributes to the development of marital and family therapy skills.
2. Work in remote groups to demonstrate knowledge and skills during marital therapy sessions.
3. Complete additional assignments that are incorporated into the marital and family therapy unit to include evidence of skills in initiating, maintaining, terminating, and evaluating marital and /or family therapy.
4. Demonstrate an understanding and application of all ethical practices required of clinical mental health counselors in the ACA and AMFC code of ethics for marital and family therapy.

COURSE WEBSITE

You will participate in this course using the UNO Canvas learning management platform system. Once you are in the platform you can learn how to use Canvas effectively, by clicking the "Help" link on the top right of the course page on Canvas.

KNOWLEDGE, SKILLS AND LEARNING OUTCOMES AND CACREP STANDARDS CHART

CACREP Standards Chart

Professional Identity Curriculum Standard(s)	Assignment/Learning Activity
F.3.a Theories of individual and family development across the lifespan.	Chapter 3, 4, 5, and 18: Gladding, S. (2019). Family Therapy, History, Theory, and Practice (7th Ed). Hoboken, NJ: Pearson.

COURSE OBJECTIVES AND RELEVANT ACCREDITATION STANDARDS

- F.3.a Theories of individual and family development across the lifespan.

CACREP STATEMENT

This course is designed to develop competence identified by and in compliance with the CACREP for Masters level standards relevant to this course. Additional standards addressed in COUN 8200 are included in the Standards Chart at the end of this course outline.

COURSE REQUIREMENTS AND METHODS OF INSTRUCTION



Required Text

Gladding, S. (2019). *Family Therapy, History, Theory, and Practice* (7th Ed). Hoboken, NJ: Pearson.

Lowensetstein, L. (2010). *Creative Family Therapy Techniques*. Toronto, Canada: Champion Press

Materials available on the American Counseling Association (ACA) and American Association for Marriage and Family Therapy (AAMFT) websites and other websites provided during the course.

Recommended Readings

ACA and AAMFT Code of Ethics

Internet Resources

American Counseling Association www.counseling.org/ and American Association for Marriage and Family Therapy www.aamft.org

METHODS OF INSTRUCTION.

On-line learning with the utilization of digital learning platform (Canvas)

On-line group instruction -10%

Individual Readings-30%

Individual completion of assignments-30%

Online lecture/demonstration of skills: 30%

TECHNICAL REQUIREMENTS

You will need the following in order to participate in this course:

- Computer;
- Reliable internet connection;
- Computer microphone;
- Some way to make and post a simple video (e.g., using a webcam, or a smart phone);
- Open Canvas in a Mozilla Firefox browser

TECHNICAL SUPPORT

You may also receive support from

- Information Technology Services Technical Support (human support)
unohelpdesk@nebraska.edu
402-554-4347 (HELP)



Eppley Administration Building, Room 104
Monday – Friday 8:00 to 5:00 pm

DESCRIPTIONS OF COURSE ACTIVITIES AND ASSIGNMENTS

ARTICLE CRITIQUE (100PTS)

Choose an article related to Marriage and Family Counseling and write 2-3 pages. Your critique should be a summary of the article and write how you think this article could be beneficial to the field.

Some additional questions to consider:

Why did you choose this article? What impact or relevance does this have to marriage and family counseling?

Paper should be written in APA format. Make sure to cite your sources.

CASE STUDIES (325 PTS)

Each week you will have a case study to determine an appropriate technique for use with that client

WEEKLY CHAPTER TESTS (262PTS)

Each week you will have an open book/open note test. These tests will be a part of class time.

THEORY PRESENTATION (100PTS)

Each student will be assigned one theory to do a five to ten minute presentation on power point/slide show and references from the text. Students will summarize key points of the theory, major theorists, and other key information as listed in the text.

OVERVIEW OF THE ASSIGNMENT GRADES

The table below provides an overview of how much each assignment is worth and when it is due.

Assignment	Points
Chapter tests	262
Case Studies	325
Participation	50
Article Critique	100
Theory presentation	100



Assignment	Points
Total	837

GRADING SCALE

90-100% = A; 80-89%=B; 70-79%=C; 60-69%=D;
00-59%=F

Note: If you are on track for a D, you are failing the course.

Grade	% Range	Points Range
A	90-100	(754-837)
B	80-89	(670-753)
C	70-79	(586-669)
D	60-69	(503-585)
F	<60%	Less than 502

UNIVERSITY POLICIES

ACCOMMODATIONS

The University of Nebraska at Omaha is committed to providing reasonable accommodations for all persons with disabilities. This syllabus is available in alternate formats upon request. Reasonable accommodations are provided for students who are registered with Accessibility Services Center (ASC) and make their requests sufficiently in advance. For more information, contact ASC (Location: 104 H&K, Phone: 402.554.2872, Email: unoaccessibility@unomaha.edu.)

ACADEMIC INTEGRITY

Plagiarism and cheating of any kind on an examination, quiz, or assignment will result at least in an "F" for that assignment (and may, depending on the severity of the case, lead to an "F" for the entire course) and may be subject to appropriate referral to the Office of Academic and Student Affairs for further action. I will assume for this course that you will adhere to the University of Nebraska at Omaha policies and will maintain the highest standards of academic integrity. In other words, don't cheat by giving answers to others or taking them from anyone else. I will also adhere to the highest standards of academic integrity, so please do not ask me to change (or expect me to change) your grade illegitimately or to bend or break rules for one person that will not apply to everyone.

TITLE IX SEXUAL MISCONDUCT



As your instructor, one of my responsibilities is to help create a safe learning environment on our campus. Title IX and our own Sexual Misconduct policy prohibit sexual misconduct. If you have experienced sexual misconduct, or know someone who has, the University can help. I encourage you to visit Title IX website to learn more. If you are seeking help and would like to speak to someone confidentially, you can contact the Counseling and Psychological Services (CAPS) or Gender and Sexuality Resource Center.

It is also important that you know that federal regulations and University policy require me to promptly convey any information about potential sexual misconduct known to me to UNO's Title IX Coordinator. In that event, they will work with a small number of others on campus to ensure that appropriate measures are taken and resources are made available to the student who may have been harmed. Protecting a student's privacy is of utmost concern, and all involved will only share information with those that need to know to ensure the University can respond and assist.

CODE OF STUDENT RIGHTS, RESPONSIBILITIES, AND CONDUCT

Students at the University of Nebraska Omaha are expected to maintain standards of personal integrity in accordance with institutional goals for the success of all students. This means students are expected to assume responsibility for their actions; observe national, state, and local laws; follow university policies; and respect the rights and property of all people. For more information see Student Conduct and Community Standards.

GRADING POLICIES

GRADE APPEAL

Individuals who believe that their grade in a particular course does not properly reflect their performance or that the instructor acted in an arbitrary or capricious manner in determining the grade should first contact the instructor to determine the rationale for the grade or if there was an error in reporting. Consultation with the instructor should take place before taking any formal action in regard to a grade appeal.

You will find the Department of Counseling grade appeal policy in the Student Handbook:

<https://www.unomaha.edu/college-of-education-health-and-human-sciences/counseling/student-resources/student-handbook-fall-2022.pdf>

DROPPING A COURSE



A class can be dropped from your schedule via MavLINK up until the last day to withdraw. The last day to withdraw can be found on the Academic Calendar. If you are currently enrolled, you can click on the "refund" link next to each class in your schedule. You can also contact the Office of the University Registrar to verify the last day to withdraw.

Drops can only be completed in the 100% refund period of your course. If you drop the course from your schedule during this period, it will not be listed on your academic transcript.

Withdraws can be completed up until the last day to withdraw for the semester. If you withdraw from a course, a grade of "W" is given for that course and this will be listed on your academic transcript. "W" grades have no impact on your academic GPA.

COURSE EXPECTATIONS

CLASSROOM CIVILITY

It is important to build a classroom climate that is welcoming and safe for everyone. Please display respect for everyone in the class. You should avoid racist, sexist, homophobic, or other negative language that may exclude members of our campus and classroom community.

ATTENDANCE & TIMELINESS

If it becomes absolutely necessary for you to miss a class, please contact me before class if possible, or as soon after as possible. Please do not be late for class. Your lateness may cause you to miss important information. Finally, if you miss a part of any class, please get any handouts and information you missed from classmates. More than one absence will lower the student's grade by at least one letter grade.

GRADUATE LEVEL WRITING

Graduate level writing is expected on all written assignments. Written assignments should be typed, free of grammatical and spelling errors, as well as follow guidelines given in class. Reference citations should always be included where needed according to APA writing style. Not meeting these criteria will be reflected in your grade for that writing assignment.

MAKE-UP EXAMS, QUIZZES, AND ASSIGNMENTS:

Under special circumstances and with prior approval from the instructor, make-up work is possible. When considering such requests, the instructor may require appropriate documentation, e.g., a physician's note. All make-up work will be completed prior to the day missed or within a time period designated and pre-approved by the instructor. Make-up work, when approved, may be subject to a grade reduction.



LATE WORK

Late work will receive a lower grade at the instructor's discretion. The instructor will not accept more than two late assignments. Assignments are due in the designated Canvas area on the date and time listed in the syllabus.

RIGHT OF REVISION

The instructor reserves the right to revise or adjust the course syllabus to best accommodate the pace and needs of the students.

PROFESSIONALISM/PRESERVING CONFIDENTIALITY

This course is part of a professional degree program, students are counselors in training, and thus professionalism is expected at all times, whether a student is in class or recording a session with a client. Client confidentiality and the content of practice sessions both in and out of class are crucial elements of ethical conduct; honor your working relationship with your peers. A student's participation grade will be affected if unprofessional behavior is exhibited.

FAIR USE POLICY

Copying or recording synchronous classes and asynchronous course materials without the express prior approval of Professor Moore is prohibited. All copies and recordings remain the property of UNO and Professor Moore. UNO and Professor Moore reserves the right to retrieve, inspect, or destroy the copies and recordings after their intended use. These policies are not intended to affect the rights of students with disabilities under applicable law or UNO policies.

ESSENTIAL COURSE GOALS

The candidates are to be involved in learning the basics of marital and family therapy including the development of skills necessary for interviewing families, conducting genograms, making family system impressions, prescription, formulating goals with families based on **assessment, implementation, apply intervention strategies, and determining the efficacy of treatment plans and modifying plan with family members** as indicated. After completing the course, successful students shall be able to do the following:

1. Clinical mental health counselor candidates will define and organize marital and family therapy sessions including **philosophy assessment, prescription, implementation and evaluation components**;
2. Clinical mental health counselor candidates will have assessment skills related to making family system impressions and the formulating of family **goals and intervention strategies**;



3. Clinical mental health counselor candidates will identify and develop **individual script portfolios** to help **recognize the relationship between applications of family therapy and one's own family script**;
4. Clinical mental health counselor candidates develop research units and organize remote interactive marital therapy groups in one of the areas listed in the COUN 8610 course syllabus.

ESSENTIAL COURSE OBJECTIVES

The following course elements constitute as essential course objectives. Removing or modifying essential course objectives results in fundamental alteration to the course.

5. Candidates will demonstrate knowledge of the theories of couple and family therapy, the theorists associated with these theories and the historical factors influencing the theories.
6. Candidates will recognize the relationship between application of theory and one's own philosophical base.
7. Candidates will identify **interaction patterns between couples and within families**.
8. Candidates will **recognize family systems, subsystems and suprasystems**.
9. Candidates will be able to apply appropriate couple and family systems modalities for **initiating, maintaining and terminating counseling**, including the use of crisis intervention, as well as brief, intermediate and long term approaches, through process, evaluation, task and outcomes in couple and family counseling.
10. Candidates will be cognizant of the critical issues relevant to the **ethics of practice**, standards for certification and membership in the American Association for Marriage and Family Therapy (AAMFT) and other professional organizations.
11. Candidates will examine typical characteristics of individuals and communities served by a variety of **institutions/agencies that offer community counseling services**.

*If you anticipate difficulty meeting these essential course objectives, please communicate with your instructor about this immediately.