

The PC/MHC Programs' Organizing Theme

Preparing students for high quality work in multiple settings by providing solid theological, psychological, and clinical education/training

Room:
3 credits
Thursdays, January 4 – March 8, 2007
9:00AM – 11:50AM

Faculty: Clinton D. McNair, Ph.D.
Hunthausen 220
Phone: (206) 296-6968
Email: mcnairc@seattleu.edu
Office Hours: By appointment;
Call: Dona Snow-Miller

Required Texts

Hackett, Keith, Couples and the Art of Playing: 3 Easy and Enjoyable Ways to Nurture and Heal Relationships, New York: iUniverse, 2003, ISBN 0-595-29102-3

Papp, Peggy, (Ed), Couples on the Fault Line, The Guilford Press, 2000,
ISBN 1-5730-705-6

Weeks, Gerald R, Treat, Stephen R., Couples in Treatment, Brunner-Routledge Press,
2001, ISBN 1-57391-038-7

Gurman, Alan S., Jacobson, Neil S., Clinical Handbook of Couple Therapy, The Guilford
Press, 2002, ISBN 1-57230-758-7

Cashwell, C.S., Young, J.S., Cashwell, T.H., and Belaire, C. (2001), "The Inclusion of
Spiritual Process in Counseling and Perceived Counselor Effectiveness,"
Counseling and Values, 45, 145-153.

Frame, M.W. (2000), "The Spiritual Genogram in Family Therapy," Journal of Marital
and Therapy, 26, 211-216.

Course Description

This course will explore the techniques and approaches for effective treatment of couples. The basic techniques, methods, and strategies needed by the couple's therapist will be explored. This course will provide for the integration of spiritual approaches with the systemic ones; and examine cultural aspects.

COURSE Objectives

At the end of this course, if we have been successful, students will:

1. Have an understanding of theories and techniques in couples counseling.
2. Know the assessment and case formulation of couple therapy.

3. Have an increased knowledge of Integrating Systemic and Spiritual Approaches; theory and techniques, the tools, and basic understanding of this method of therapy.
4. Have an increased knowledge of Spirituality and couple therapy.
5. Have knowledge of some Integrative Approaches and application as couple therapy models.
6. Understand the specific issues in counseling with culturally and ethnically diverse populations.
7. Understand the code of ethics of the AAMFT, and be introduced to ethics and law.
8. Have added to their skills of writing, oral presentation, and the critical reading of current literature in couple therapy and spiritual approaches.

Course Instructional Methods

This course will include a variety of instructional strategies and techniques including: the dynamic discuss of readings the first 12 minutes of class, lecture, role plays, class and small group discussions, focused activity groups, and student presentations with peer response. Other strategies will be introduced as appropriate. Feedback from the instructor will be given to students verbally all through the quarter.

Course Requirements Designed to Meet Objectives

1. Class attendance
2. Class participation, including definite contributions during *dynamic discuss* time
3. All reading assignments
4. Each student will write a 6-8 page “*Book Report*” on the Peggy Papp book; Couples on the Fault Line. Due February 8, 2007
5. Each student will write an “*Integrative Paper.*” This paper is to be 10 to 12 pages in length, and will integrate the principles of this course around a common theme. Due March 8, 2007

Schedule of Classes and Assigned Readings

DATE	TOPIC(S)	ASSIGNMENTS
(1) Thursday Jan. 4	Course overview Assessment and Case Formulation	Weeks... chapter 1
(2) Thursday Jan. 11	Orienting Couples to Therapy Balanced Intervention Systemic Intervention	Weeks... chapters 2-4 Reflection Paper Due

STMC 553 INTEGRATING SYSTEMIC AND SPIRITUAL
 APPROACHES TO COUPLES THERAPY
 Winter Quarter, 2007

SEATTLE UNIVERSITY
 School of Theology and Ministry
 Pastoral Counseling/Mental Health Programs (PC/MHC)

(3) Thursday Jan. 18	Moving from Content to Process Building and Managing Intensity; Working with Highly Reactive and Narcissistically Wounded Couples	Weeks... Chapters 5-8 Reflection Paper Due
(4) Thursday Jan. 25	The Integration of Spiritual and Systemic Approaches	Becvar 1997; Frame 2000; Cashwell 2001
(5) Thursday Feb. 1	Couples and the Art of Playing Basic Approaches and Techniques	Hackett 2003 Weeks PP. 109-263 Reflection Paper Due
(6) Thursday Feb. 8	Couples in a Changing Social Environment	Papp 2000 Book Report Due
(7) Thursday Feb. 15	Applications to Special Populations and Problems	Gurman 2002, PP. 441-527
(8) Thursday Feb. 22	Applications to Special Populations and Problems	Gurman 2002, PP. 533-698 Reflection Paper Due
(9) Thursday March 1	Integrative Approaches--- Affective Reconstruction: A Pluralistic, Developmental Approach with Couples	Gurman PP. 151-177
(10) Thursday March 8	Emotionally Focus Couple Therapy with Couples	Gurman PP. 221-248 Integrative Paper Due

GRADING WEIGHT OF ASSIGNMENTS:

<u>Requirement:</u>	<u>% of Grade:</u>	<u>Due Date:</u>
Class attendance	-2.5	per day out
Class participation, including definite contributions during <i>dynamic discuss</i> time	20%	all class periods
All reading assignments		
Each student will write a 6-8 page " <i>Book Report</i> " on the Peggy Papp book; <u>Couples on the Fault Line.</u>	30%	Feb. 8
Each student will write an " <i>Integrative Paper.</i> " This paper is to be 10 to 12 pages in length, and will integrate the principles of this course around a common theme.	30%	March 8
Each student will hand in four-- 2 page-- reflection Papers	20%	1/11, 1/18 2/1, 2/22

ADDITIONAL INFORMATION

All written assignments need to be typewritten, carefully proofread/without spelling and grammatical errors, in correct APA format or other academic format, and on time. Papers not meeting these criteria will influence the grade received.

This class fulfills a requirement for the Pastoral Counseling Program Practicum prerequisite.

NOTICE TO STUDENTS concerning Codes of Ethics

All students, in all counseling courses, are expected to read, understand, and follow the codes of ethics:

American Counseling Association (ACA):

www.counseling.org/resources/ethics.htm

American Association of Pastoral Counselors (AAPC):

www.aapc.org/ click on *about* at the top of screen, menu will drop down, go to ethics, then click on code; this will pull up the code of ethics.

American Association of Marriage and Family Therapist (AAMFT):

www.aamft.org

Recommended Texts

Becvar, Dorothy S. (Ed) The Family, Spirituality and Social Work, The Haworth Press, Inc. 1998, ISBN 0-7890-0503-4

Becvar, D.S., Soul Healing: A Spiritual Orientation in Counseling and Therapy, New York: Basic Books, 1997, ISBN 0789005034

Frame, M.W., Integrating Religion and Spirituality into Counseling: A Comprehensive Approach, Pacific Grove, CA: Brooks/Cole Thomson Learning.

Boyd-Franklin, Nancy, Black Families in Therapy: Understanding the African American Experience, The Guildford Press, ISBN 1-57230-619-X

McNish, Jill L. Transforming Shame: A Pastoral Response, The Haworth Pastoral Press, ISBN 7890-2153-6

Beattie, Melody, Codependent No More, Hazelden Press, ISBN 0-89486-402-5

Killen, Patricia O'Connell, and de Beer, John, The Art of Theological Reflection The Crossroad Publishing Co. 370 Lexington Avenue, New York 10017, 1996, ISBN 0-8245-1401-7