

Graduate Student Syllabus  
**Psychotherapy with Families**  
Psychology 967 - Line Number 28706  
Fall, 2006

Instructor: Dennis H. Karpowitz  
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Office Hours: Mondays and Thursdays: 12:30-2:30 PM or by appointment

Class meets: 537 Fraser Hall, Wednesdays from 1:00 to 3:45 PM  
There will be one short break during class.

**Purpose:**

The purpose of this course is to familiarize you with a variety of therapeutic approaches to working with couples and families. You should gain an overview appreciation for the theoretical, empirical and practical literature in this area. Applications are stressed which promote growth in the individual and growth in the couple/family.

**Background:**

You should have taken a basic course in marriage and family such as Psychology 642, The Psychology of Families. If you have not taken such a course in psychology, sociology, human development, or anthropology, you may want to read an introductory text such as De Genova, M. K. and Rice, F. P. (2005). *Intimate Relationships, Marriages and Families* (6<sup>th</sup> Edition). Boston: McGraw-Hill; Lamanna, M. A. and Riedmann, A. (2003). *Marriages and Families: Making Choices in a Diverse Society* (8<sup>th</sup> Ed.). Belmont, CA: Wadsworth/Thompson Learning; Lauer, R. H. & Lauer, J. C. (2007). *Marriage and Family: The Quest for Intimacy*. (6th Edition). Boston: McGraw-Hill; Olson, D. H. and DeFrain, J. (2006). *Marriages and Families Intimacy, Diversity, and Strengths* (5<sup>th</sup> Edition). Boston: McGraw-Hill; or Strong, B., DeVault, C. Sayad, B. W. & Cohen, T. F. (2005). *The Marriage and Family Experience*. (9th Edition). Belmont, CA: Wadsworth/Thomson Learning.

**Readings, Attendance, and Class Participation:**

Each student should attend all classes and participate actively. All members of the class should read each required reading prior to the class in which it is discussed (see course schedule). For each reading have available the five (5) most important points you think the author(s) made and five (5) questions that were raised by your reading. Don't come to class if you are not up-to-date on the readings. Sometimes readings offer a contrasting view to my own. Psychology is preparadigmatic and you and I must come to our own conceptualizations. Plan to respond to questions raised by class members including the instructor. Class attendance and participation is 30% of the course grade.

**Written Assignments:**

For all written assignments, please use 12 point font size and a common font used in scientific writing, e.g., Times New Roman. Left, right, top and bottom margins should be about one inch each.

**Genogram:**

You should prepare a genogram including at least four generations of your family. Names; birth, marriage, divorce and death dates; and significant attributes of individuals and families which have influenced your own development should be included. The purpose of this genogram is to identify strengths and weaknesses which may effect you as a family therapist. A brief reflective editorial should accompany the genogram. See "The Genogram" at <http://www.psych.ku.edu/dennisk/PF642/MainFrameSet1.html> . An example is also available at this site. Other examples are available from the instructor. The Genogram is due December 7th.

**Outlines:**

You should prepare three (3) outlines. Each outline should critique a recent article or book chapter of relevance to the course and of interest to you. The outline should be no more than two typewritten pages. Beginning about the fourth class period, one outline will be due about every 3 weeks. Enough copies should be made for each member of the class. The class period following, we will spend time in class asking you questions about the article you outlined. Choose articles that are of recent origin. Stress "how to" or important issues. The purpose of these articles is to demonstrate how the clinical literature can aid the professional psychologist in her/his role as a therapist.

**Paper:**

You are expected to write a paper dealing with a relevant issue in couple or family therapy. The paper should be approximately 12 pages in length, double spaced and typewritten or computer generated, plus references, tables and/or appendices. Topics should be cleared with me prior to beginning the paper. The final copy of the paper is due December 12th. If the completed paper is turned in three weeks prior to the due date, it will be reviewed and returned for final changes. The paper should have practical clinical value. Organization, persuasiveness of arguments, use of theoretical and empirical references, critical critiques, clarity and appropriate writing style will all be criteria in the grading process. Plan to present the major points of your paper during one of the last four class periods or as negotiated earlier with me.

**Course Grade:**

The course grade will be based on the quality of work of 1. the genogram (22%), 2. the outlines (18%), 3. the paper (30%) and 4. class attendance and participation (30%). I believe that "A" and "B" grades are appropriate graduate grades. "C" is below standard and "F" is failure. For example a "B" represents an adequate, average graduate performance on a project. An "A" represents an above average, outstanding graduate performance. This standard should not be compared with undergraduate work. I do not grade on the curve, but find graduate students receiving primarily "A" and "B" grades.

**Challenge:**

As students begin to work with relationship factors, they may find a need to think very differently than typical individual personality conceptualizations. It is my hope that you will expand your thinking and try out several of the alternative conceptualizations dealt with in this course. Some students have found this experience exhilarating, but other students have gone "too far" and were unable to return to "simple" mechanistic conceptualizations typical of individual personality theory ☺.

**Texts:**

Becvar, D. S. and Becvar, J. R. (2006). *Family Therapy A Systemic Integration* (6<sup>th</sup> Ed.). Boston: Allyn and Bacon.

Walsh, F. (Ed.) (2003). *Normal Family Processes Growing Diversity and Complexity* (3<sup>rd</sup> Ed.). NY: Guilford.

**Course Schedule**

<b>Date</b>	<b>Topic</b>	<b>Readings</b>
8/23	Introduction, Definitions, History,	Becvar and Becvar (2006) Chapters 1 and 2
8/30	Healthy Marriages/Families	Walsh (2003), Chapters 1, 2, 20 & 21 Cui, et al. (2005) Predicting Change . . . (Blackboard = Bb)
9/6	Systems Theory Core Techniques in FT	Becvar and Becvar (2006) Chapter 3, 15 Seaburn, et al. (1995), Core Techniques, 5-26 (Bb)
9/13	Interviewing Families & Couples Therapeutic Tasks	Haley (1976), 9-80. (Summary Handouts) Weber & Levine (1995), Engaging the Family, 45-72 (Bb)
9/20	Assessment/Evaluation	Gorall and Olson (1995), Circumplex Model, 217-236 (Bb) or Walsh (2003), Chapter 19. Snyder, et al. (1995), Assessment, 163-182 (Bb) CORE-OM and Karpowitz (2005) (Bb) Becvar and Becvar (2006) Chapter 14
9/27	Empirically Supported Couple And Family Interventions	Baucom, et al. (1998) Empirically Supported Therapies (Bb) Becvar and Becvar (2006) Chapter 17
10/4	Cognitive-Behavioral Family Rx.	Becvar and Becvar (2006) Chapter 12 Walsh (2003), Chapter 18
10/11	Communications Models Narrative Therapy	Becvar and Becvar (2006) Chapter 10 Becvar and Becvar (2006) Chapter 4, 13
10/18	Developmental Stages Bowenian Family Therapy Experiential Models Dynamic Models	Becvar and Becvar (2006) Chapters 5, 6, 7 and 8 Gerson (1995) Family Life Cycle, 91-112 (Bb)
10/25	Structural Family Therapy	Becvar and Becvar (2006) Chapter 9
11/1	Strategic Family Therapy	Becvar and Becvar (2006) Chapter 11

<b>Date</b>	<b>Topic</b>	<b>Readings</b>
11/8	Conflict Resolution Abuse & Treatment  Treatment of Marital Infidelity	Heitler (1990), <i>Resolving Conflict</i> (Bb) Geffner, et al. (1995), <i>Domestic Violence . . .</i> , 501-518 (Bb) Olafson (2006), <i>Family Violence</i> (Bb) Lusterman (1995), <i>Marital Infidelity</i> , 259-270 (Bb)
11/15	Divorce Therapy Divorce Mediation	Kaslow (1995), <i>Divorce Therapy</i> , 271-284 (Bb) Sauber, et al. (1995), <i>Divorce Mediation</i> , 285-299 (Bb) Walsh (2003), Chapter 4
11/22	No Class	Thanksgiving Break
11/29	Sexual Dysfunction & Therapy Addictions Marital Enrichment	Schnarch (1995), <i>Sex Therapy</i> , 239-258 (Bb) Stanton & Heath (1995), <i>Alcohol/Drug Abuse</i> , 529-543 (Bb) Karpowitz (2006) (Bb)
12/6	Integrative Models Comparative Analysis Cultural Variables Genogram due ***	Becvar and Becvar (2006) Chapter 18, 19 Boyd-Franklin (1995), <i>African Am. Families</i> , 357-373 (Bb) Walsh (2003), Chapters 9, 10, & 12
12/12	Paper due ***	

### **Additional References**

- Beavers, Robert W. (1985). *Successful Marriage: A Family Systems Approach to Couples Therapy*. NY: W. W. Norton.
- Gottman, John, et al. (1976). *A Couple's Guide to Communication*. Champaign Illinois: Research Press.
- Gottman, John M. and Silver, Nan. (1999). *The Seven Principles for Making Marriage Work*. New York: The Three Rivers Press.
- Gurman, A. S. & Kniskern, D. P. (eds.). (1991). *Handbook of Family Therapy, Volume II*. New York: Brunner/Mazel.
- Haley, J. (1977). Conducting the First Interview and Giving Directives. In *Problem Solving Therapy*. San Francisco: Jossey-Bass, 9-90.
- Heitler, S. M. (1990). *From Conflict to Resolution Skills and Strategies for Individual, Couple and Family Therapy*. New York: W. W. Norton, 22-44, 163-194.
- Lederer, W. J. and Jackson, D. D. (1968). *The Mirages of Marriage*. NY: W. W. Norton.
- Karpowitz, D. H. (1991). *Families In Six Perspectives*. Lawrence, Kansas: University of Kansas Press.
- Karpowitz, D. H. and Karpowitz, D. D. (2002). *Bringing Joy to your Marriage: Practical Spiritual and Psychological Principles*. North Chelmsford, MA: Erudition Books.
- Karpowitz, D. H. and Karpowitz, D. D. (in preparation). *Parenting*. Belmont, CA: Wadsworth/Thompson. (to date available on Blackboard)
- Mikesell, R. H., Lusterman, D., and McDaniel, S. H. (1995), *Integrating Family Therapy*. Washington, D. C., APA.
- Minuchin, S. (1974). *Families and Family Therapy*. Cambridge, Mass.: Harvard Press.
- Nichols, M. P. with Schwartz, R. C. (2006). *Family Therapy Concepts and Methods* (7<sup>th</sup> Ed.). Boston: Pearson.
- Walsh, F. (1982, 1993 and 2003). *Normal Family Processes*. New York: Guilford Press.