CNL-521 | Counseling Couples and Families Syllabus

COURSE DESCRIPTION

This course provides a broad understanding of the structure and dynamics of couples and families, which includes theory, assessment, and application of couples and family intervention and counseling.

CREDITS

3

PREREQUISITES

None

CO-REQUISITES

None

REQUIRED COURSE MATERIALS

Textbooks

Electronic Resources

Additional Counseling Requirements

Diagnostic and Statistical Manual of Mental Disorders (DSM)

Students of GCU's Counseling programs are required to possess a copy of the current version of the American Psychiatric *Association's Diagnostic and Statistical Manual of Mental Disorders* (*DSM*). The manual will be used throughout your program. The *DSM* will be used from course to course, so students who already own the current edition of the manual need not purchase another. Once purchased, students should keep the manual for all subsequent classes while attending GCU and for reference after graduation.

Syllabus and Textbook Access

Many states require syllabi for licensure. If you are required to provide syllabi, contact your Student Service Counselor (SSC) to request official copies. Textbooks delivered

via BibliU are accessible through the BibliU library upon first access to the digital classroom. It is recommended you download the BibliU app to access your textbooks. If a textbook is not delivered through BibliU, make sure to save the e-book to your computer as a PDF file. If you have trouble saving the e-book, contact GCU Technical Support.

Recommended Program Materials:

Publication Manual of the American Psychological Association
GCU has made APA templates and other resources available within the Student Success Center. However, be aware that a more complete APA manual can be purchased at your own expense. To order the APA manual, please visit the American Psychological Association.
International Classification of Disease
Students are encouraged (not required) to familiarize themselves with the current version of the *International Classification of Disease (ICD)* reference.

https://www.apa.org/ (https://www.apa.org/)
APA Formatting Tutorial

Review the APA Formatting Tutorial for formatting assistance.

https://ssc.gcu.edu/#/media-element/1FF26538-38D0-EA11-910D-005056BDE9D6 (https://ssc.gcu.edu/#/media-element/1FF26538-38D0-EA11-910D-005056BDE9D6)

CACREP Standards Mapping of Learning Outcomes

The course objectives were informed by the identified 2016 CACREP standards. Where applicable, objectives clearly identify the standards addressed.
Review the “CNL-521 CACREP Standards Mapping" document to see which specific CACREP standards are mapped to the course.

CHSS Statement

Grand Canyon University is a Christian institution committed to service and engagement in the way of Jesus through intentional Christian community. The College of Humanities and Social Sciences focuses on developing purposeful, globally minded individuals who exemplify Christ's love and compassion. Through our rigorous academic programs, we equip our students with the necessary tools to engage in meaningful dialogue with all humanity and make a positive impact on the world.
“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” (1 Samuel 16:7 NIV)

CHSS Statement

Statement Purpose: Through dialogue, we can challenge our assumptions, learn from each other, and grow in empathy and compassion to promote understanding of all human experiences. Meaningful dialogue can help bridge divides and promote peace and harmony in our world. We can strive to find common ground and recognize our shared humanity, despite our differences.

Optional CATs to provide to students to engage students and bring their attention to the CHSS statement.

CAT 1: Objective – to explore the meaning of the statement and Scripture and its relevance to our lives today.

· Begin by reading 1 Samuel 16:7: "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

· Discuss the passage by considering the following: What does it mean to say that God looks at the heart, not the outward appearance? How does this passage challenge our assumptions and bias/prejudices about others?

CAT 2: Objective – to cultivate a heart that is focused on what matters to the Lord.

Discussion: What are some ways that we judge others based on their outward appearance? How can we cultivate a heart that is focused on what matters to God? How can we help others see beyond outward appearances to what really matters?

Clinical Mental Health Counseling e-Portfolio Requirements

At the end of this program, you will be required to submit an e-Portfolio. The e-Portfolio will highlight your progress and accomplishments as a developing clinical mental health counselor both academically and professionally. We recommend that you use Weebly or Google sites to create your portfolio. The portfolio requirements are located on the Counseling Community Connections (CCC) website. Please make sure you have at least one artifact for each required section below. Please note, a few sections are optional.

From the Home Page, click on the Counseling programs drop down menu and click on the Clinical Mental Health Counseling tab. Sign into the Clinical Mental Health Counseling page and you will click on the e-Portfolio tab at the top of the page to find the related e-Portfolio documents.

https://cce.gcu.edu (https://cce.gcu.edu)

CMHC and SC Counselor in Training Handbook

The "CMHC and SC Counselor in Training Handbook" is located on the Student Success Center website.

https://ssc.gcu.edu/#/page/chss/1576 (https://ssc.gcu.edu/#/page/chss/1576)

Disability Accommodation Policy and Procedures Statement

Grand Canyon University (GCU) seeks to serve all students equally. This plan is established to provide all students with equal access to GCU's programs, systems, and facilities. To receive accommodations through the University, students are required to complete the Accommodation Request Form and provide supporting documentation to Student Disability Services.
Note: GCU cannot provide accommodations that are not requested. Review the Student Disability Services section of the University Policy Handbook, located on the GCU website for specific information regarding the policy and procedures.

GCU Christian Counseling Research Guide

This guide will show you some of the excellent resources that the GCU library has to assist you in your Christian Counseling and Psychology research. On the following pages you'll find information on journal articles, useful eBooks, streaming video and media, as well as some websites where you can find relevant information to help you complete your research and assignments.

https://libguides.gcu.edu/ChristianCounseling
(https://libguides.gcu.edu/ChristianCounseling)

GCU Counselor Dispositions

Students in the Clinical Mental Health Counseling program should refer to the GCU "Counselor Dispositions" document, located in the Student Success Center.

https://ssc.gcu.edu/#/page/chss/1576 (https://ssc.gcu.edu/#/page/chss/1576)

GCU Library Evaluating Sources: Scholarly Sources

Review the GCU Library Evaluating Sources: Scholarly Sources and read "Defining Scholarly Resources." You are required to support information provided in your assignments using scholarly resources.

https://libguides.gcu.edu/EvaluatingSources
(https://libguides.gcu.edu/EvaluatingSources)

GCU Library's Academic Writing

Refer to the GCU Library's Academic Writing resources on the Academic Writing & Study Skills website to find writing resources and tutorials.

https://libguides.gcu.edu/writing/WritingTutorials
(https://libguides.gcu.edu/writing/WritingTutorials)

GCU Zoom Resources: Counseling and Social Work

Please refer to the “GCU Zoom Resources: Counseling and Social Work” document to assist you with using a licensed Zoom account for your counseling or social work courses while you are a GCU student.

https://ssc.gcu.edu/#/page/chss/1567 (https://ssc.gcu.edu/#/page/chss/1567)

International Association of Marriage and Family Counselors (IAMFC) Code of Ethics

Review the IAMFC Code of Ethics.

https://www.iamfconline.org/public/IAMFC-Ethical-Code-Final.pdf (https://www.iamfconline.org/public/IAMFC-Ethical-Code-Final.pdf)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Gehart, D. R. (2024). *Mastering competencies in family therapy: A practical approach to theories and clinical case documentation* (4th ed.). Cengage Learning. ISBN-13: 9780357764565

Methods of Instruction

The methods of instruction for this course may include but are not limited to: lectures, small and large group discussion, guest speakers, individual assignments, group assignments, discussion questions, readings, videos, and online instruction.

Statement on the Integration of Faith and Work

This course requires the use of the "Statement on the Integration of Faith and Work" from Grand Canyon University’s One Foundation (2015).

https://www.gcu.edu/sites/default/files/media/Documents/Statement-IFLW.pdf (https://www.gcu.edu/sites/default/files/media/Documents/Statement-IFLW.pdf)

Student Performance Evaluation Criteria and Procedures

For specific information on the grading policies and procedures, please see the most current University Policy Handbook (UPH) located on the Academic Catalog and Policies page.

https://www.gcu.edu/academics/academic-policies.php (https://www.gcu.edu/academics/academic-policies.php)

Zoom Access

As directed by your instructor, access Zoom to complete your course assignments. For licensed accounts, Zoom can be accessed by clicking on the link below. When initially setting up your Zoom account, be sure to use your GCU email address.

https://my-gcu-edu.zoom.us (https://my-gcu-edu.zoom.us)

INSTRUCTOR ONLY MATERIALS

CNL-521 Course Revision History

CNL-521 Discussion Questions

GCU Writing Center

Refer to the Writing Resources located on GCU's Student Success Center website for additional guidance on completing assignments in the appropriate style and academic level.

LopesWrite

Refer to the LopesWrite webpage for guidance regarding assignments requiring submission to LopesWrite.

TOPICS, OBJECTIVES, AND COURSE CONTENT

Topic 1: History, Evolution, Techniques, and Ethics of Couples and Family Counseling

Objectives:

1.1: Describe the history and evolution of family counseling theories. [CACREP 2.F.1.a]

1.2: Apply counseling skills to the beginning and middle stages of couples counseling. [CACREP 5.C.3.b]

1.3: Discuss confidentiality when working with couples and families within counseling. [CACREP 2.F.5.e, 5.C.2.l]

Topic Materials

Textbooks

Electronic Resources

Clinical and Ethical Considerations for Delivering Couple and Family Therapy via Telehealth

Read “Clinical and Ethical Considerations for Delivering Couple and Family Therapy via Telehealth,” by Wrape and McGinn, from *Journal of Marital and Family Therapy* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-03364-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-03364-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Ethical Standards for a Post-COVID-19 World

Read “Ethical Standards for a Post-COVID-19 World,” by Mifsud and Herlihy, from *Journal of Mental Health Counseling* (2022).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=154622128&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=154622128&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Expanding Intake Assessment to Incorporate Spirituality Using Five Functional Tasks

Read “Expanding Intake Assessment to Incorporate Spirituality Using Five Functional Tasks,” by Butts and Gutierrez, from *Counseling & Values* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edb&AN=132211699&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edb&AN=132211699&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Family Therapy Through the Decades

Review the "Family Therapy Through the Decades" to complete the Topic 1 DQ 1.

https://lc.gcumedia.com/mediaElements/gcu-sequence-application/v3.1/#/showcase/sequence/93/view (https://lc.gcumedia.com/mediaElements/gcu-sequence-application/v3.1/#/showcase/sequence/93/view)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Read Chapters 1, 2, and 5 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation.*

Optional - Body and Movement in Couple Therapy: The Intake Phase

For additional information, the following is recommended:

"Body and Movement in Couple Therapy: The Intake Phase," by Vulcan and Engelhard, from *The Arts in Psychotherapy* (2019).

https://www-sciencedirect-com.lopes.idm.oclc.org/science/article/pii/S0197455618302090 (https://www-sciencedirect-com.lopes.idm.oclc.org/science/article/pii/S0197455618302090)

Optional – Brief History of Couple and Family Therapy

For additional information, the following is recommended:

"Brief History of Couple and Family Therapy," by Lebow and Diamond, from *APA Handbook of Contemporary Family Psychology: Family Therapy and Training* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2018-59954-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2018-59954-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Optional - Enhancing Client Return After the First Session, and Alternatively Dealing With Early Termination

For additional information, the following is recommended:

"Enhancing Client Return After the First Session, and Alternatively Dealing With Early Termination," by Marini, from *The Professional Counselor's Desk Reference* (2019).

https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/sppcd/enhancing_client_return_after_the_first_session_and_alternatively_dealing_with_early_termination/0?

institutionId=5865 (https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/sppcd/enhancing_client_return_after_the_first_session_and_alternatively_dealing_with_early_termination/0?institutionId=5865)

Optional – Four Session Evaluation: First Session With Couple Married 20 Years

For additional information, the following is recommended:

"Four Session Evaluation: First Session With Couple Married 20 Years," by the American Psychological Association, located on the PsycTHERAPY database (2022).

https://psyctherapy-apa-org.lopes.idm.oclc.org/Title/777700732-001 (https://psyctherapy-apa-org.lopes.idm.oclc.org/Title/777700732-001)

The History of Couples and Family Therapy

Watch "The History of Couples and Family Therapy," from Films Media Group (2018).

https://lopes.idm.oclc.org/login?url=https://fod.infobase.com/PortalPlaylists.aspx?wID=96349&xtid=183967&loid=553099 (https://lopes.idm.oclc.org/login?url=https://fod.infobase.com/PortalPlaylists.aspx?wID=96349&xtid=183967&loid=553099)

Assignments:

Couples Case Scenario Application (Obj. 1.2)

For this assignment you will read a case scenario and create a counseling script that demonstrates building therapeutic alliance and gathering information about the problem. You will apply counseling skills such as identifying interactional patterns and interventions that could be beneficial to the couple.
After reading "Couple Case Scenario and Directions," fill out the accompanying document, "Couple Case Scenario Template."
Include at least one scholarly resource (peer-reviewed journal articles, books, etc.).
Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.
This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.
You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Course Resources if you need assistance.

This assignment is informed by the following CACREP Standard:
5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

Discussion Questions:

Topic 1 DQ 2 (Obj. 1.3)

Review the IAMFC Code of Ethics located in the Class Resources. What are some of the ethical dilemmas or factors to consider regarding confidentiality of family and couples within counseling? How would the ethical factors you considered differ if you are doing a telehealth appointment? Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.
This discussion question is informed by the following CACREP Standards:
2.F.5.e. The impact of technology on the counseling process.
5.C.2.l. Legal and ethical considerations specific to clinical mental health counseling.

Topic 1 DQ 1 (Obj. 1.1)

Review the "Family Therapy Through the Decades" timeline located in the Topic 1 Resources. Discuss the history and evolution of family counseling theories. What is one event you thought was pivotal for current family counseling and why? Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.
This discussion question is informed by the following CACREP Standard:
2.F.1.a. History and philosophy of the counseling profession and its specialty areas.

Participation:

Topic 1 Participation : 20.0 points

Topic 2: Fundamental Concepts, Psychoanalytic, and Cognitive-Behavioral Therapy in Couples and Family Counseling

Objectives:

2.1: Demonstrate how counselors apply psychoanalytic and cognitive-behavioral therapies to conceptualize a couples or family issue and choose appropriate interventions. [CACREP 2.F.5.a, 2.F.5.j, 5.C.3.b]

Topic Materials

Textbooks

Electronic Resources

Cognitive Behavioral Couple and Family Therapy

Read "Cognitive Behavioral Couple and Family Therapy," by Dattilio and Epstein, from *Handbook of Cognitive Behavioral Therapy: Applications* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23706-016&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23706-016&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Contemporary Family Psychotherapy: Behavioral and Cognitive-Behavioral Theories

Read "Contemporary Family Psychotherapy: Behavioral and Cognitive-Behavioral Theories," by Mack, Lebowitz, and Silverman, from *APA Handbook of Contemporary Family Psychology: Foundations, Methods, and Contemporary Issues Across the Lifespan* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2018-59956-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2018-59956-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Digging Deeper: An Object Relations Couple Therapy Update

Read "Digging Deeper: An Object Relations Couple Therapy Update," by Siegel, from *Family Process* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=142020934&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=142020934&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Read Chapters 9 and 10 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Read Chapter 11.

Optional - Crossing Guardians: Signaling and Safety in Queer and Trans Therapist/Patient Dyads

For additional information the following is recommended:

"Crossing Guardians: Signaling and Safety in Queer and Trans Therapist/Patient Dyads," by Bennett and Clark, from *Psychoanalytic Psychology* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2021-71752-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2021-71752-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Optional - Mexican/Mexican-American Siblings: The Impact of Undocumented Status on the Family, the Sibling Relationship, and the Self

For additional information, the following is recommended:

"Mexican/Mexican-American Siblings: The Impact of Undocumented Status on the Family, the Sibling Relationship, and the Self," by Romero Morales, and Consoli, from *Journal of Latinx Psychology* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2019-21158-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2019-21158-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Optional - Stepfamily Therapy With Stepgrandparents and Their Adult Children

For additional information, the following is recommended:

"Stepfamily Therapy With Stepgrandparents and Their Adult Children," by Browning and van Eeden-Moorefield, from *Integrative Couple and Family Therapies: Treatment Models for Complex Clinical Issues* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-36371-011&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost

(https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-36371-011&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Optional: Relational Spirituality as Scaffolding for Cognitive-Behavioral Therapy

For additional information, the following is recommended:

"Relational Spirituality as Scaffolding for Cognitive-Behavioral Therapy," by Correa and Sandage, from *Spirituality in Clinical Practice* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2018-12033-002&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2018-12033-002&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Self-Psychology–Informed Family Therapy: Increasing Selfobject Experience Between Family Members—an Important Component of Psychoanalytic Treatment of Children and Adolescents

Read "Self-Psychology–Informed Family Therapy: Increasing Selfobject Experience Between Family Members—an Important Component of Psychoanalytic Treatment of Children and Adolescents," by Leone, from *Psychoanalysis, Self and Context* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-31647-001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-31647-001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Assignments:

Relationship Enhancement Program Flyer (Obj. 2.1)

Imagine you are a counselor leading a relationship enhancement program in your community. To gain the attention of the population you would like to work with you will make a flyer for your program to distribute in the community.
Review Chapter 10 in your course textbook, which includes various cognitive behavioral and mindfulness couples and family counseling models. Choose one model you would like the relationship enhancement program to focus on.

Choose a common issue couples tend to struggle with. Some ideas include conflict, infidelity, finances, communication, or lack of intimacy.
Develop a one-two page flyer with the following elements:

1. Provide a creative title for your relationship enhancement program.
2. Provide a statistical overview of how many individuals are struggling with the issue you chose. Be sure to cite the appropriate reference. (125-150 words)
3. Look at how your chosen model views the problem. Provide a few common examples of what couples with your issue may see within their relationship. These could be thoughts, statements, feelings, or behaviors. Be sure to cite the appropriate reference. (125-150 words)
4. List how the relationship enhancement program could help couples work through your selected issue. Then include a specific intervention example from your chosen model. Be sure to cite the appropriate reference. (125-150 words)
5. Include at least two scholarly sources to support your statements.

Be sure to include graphics and a layout that are visually appealing to potential clients, you may utilize the provided "Relationship Enhancement Program Flyer Template" if you wish. You can use an Infographic website like Canva or Piktochart, PowerPoint, Word, or similar software to develop your flyer. Be sure to submit either a .doc, .pdf, or .ppt file to the assignment dropbox.
While APA style is not required for the body of this assignment, solid academic writing is expected, and documentation of sources should be presented using APA formatting guidelines, which can be found in the APA Style Guide, located in the Student Success Center.
This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.
You are not required to submit this assignment to LopesWrite.
This assignment is informed by the following CACREP Standards:
2.F.5.a. Theories and models of counseling.
2.F.5.j. Evidence-based counseling strategies and techniques for prevention and intervention.
5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

Discussion Questions:

Topic 2 DQ 1 (Obj. 2.1)

Choose at least one stage of family development across the lifespan and discuss two to three considerations within the chosen couple or family stage when counseling from a cognitive behavioral family perspective. Stages of development include the transition to parenthood, adolescence, leaving home, and retirement. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

This discussion question is informed by the following CACREP Standards:

2.F.5.a. Theories and models of counseling.

Topic 2 DQ 2 (Obj. 2.1)

Choose at least one family system and discuss two to three cultural considerations when counseling from a psychoanalytic family perspective. Examples include heterosexual, couples with different ethnic backgrounds, gay, and lesbian couples, or single parent, remarried, stepparent, and blended families. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

This discussion question is informed by the following CACREP Standards:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 2 Participation : 20.0 points

Topic 3: Bowen Family Systems Theory and Counseling

Objectives:

3.1: Identify components of Bowen family systems theory in family counseling. [CACREP 2.F.3.a, 2.F.5.a]

3.2: Demonstrate how Bowen family counselors analyze a problem and choose appropriate interventions. [CACREP 2.F.5.b]

Topic Materials

Textbooks

Electronic Resources

Bowen Family Systems Therapy With Transgender Minors: A Case Study

Read “Bowen Family Systems Therapy With Transgender Minors: A Case Study,” by Healy and Allen, from *Clinical Social Work Journal* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ofs&AN=146432065&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ofs&AN=146432065&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Exploring Similarity and Stability of Differentiation in Relationships: A Dyadic Study of Bowen's Theory

Read “Exploring Similarity and Stability of Differentiation in Relationships: A Dyadic Study of Bowen's Theory,” by Handley, Bradshaw, Milstead, and Bean, from *Journal of Marital and Family Therapy* (2019).

https://lopes.idm.oclc.org/login?url=https://www-proquest-com.lopes.idm.oclc.org/docview/2371573764?accountid=7374 (https://lopes.idm.oclc.org/login?url=https://www-proquest-com.lopes.idm.oclc.org/docview/2371573764?accountid=7374)

Genogram Guide

Review the Genogram Guide resource for information regarding creating a Genogram.

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Review Chapter 9 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation.*

Optional – Basic Genogram Symbols

For additional information, the following is recommended:
"Basic Genogram Symbols" located on the "Rules to Build Genograms" webpage on the GenoPro website.

https://genopro.com/genogram/examples/ (https://genopro.com/genogram/examples/)

Optional – Family Relationships in Genograms

For additional information, the following is recommended:
"Family Relationships in Genograms" located on the GenoPro website.

https://genopro.com/genogram/family-relationships/ (https://genopro.com/genogram/family-relationships/)

Optional – Genogram Examples

For additional information, the following is recommended:
"Genogram Examples" located on the GenoPro website.

https://genopro.com/genogram/rules/ (https://genopro.com/genogram/rules/)

The Moderating Effect of Differentiation: Education and Health in Married Couples

Read “The Moderating Effect of Differentiation: Education and Health in Married Couples,” by Bartle, Ferriby, and Bean, from *Personal Relationships* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsgao&AN=edsgcl.589944182&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsgao&AN=edsgcl.589944182&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

The Use of Family Genogram in Psychiatric Social Work Practice

Read “The Use of Family Genogram in Psychiatric Social Work Practice,” by Majhi, Reddy, and Muralidhar, from *Open Journal of Psychiatry & Allied Sciences* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=136376037&site=ehost-live&scope=site (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=136376037&site=ehost-live&scope=site)

Using Spiritual Genograms in Family Therapies

Read “Using Spiritual Genograms in Family Therapies,” by Şahin, from *Spiritual Psychology and Counseling* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.602363559b1d40249cbd0181868f02ac&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.602363559b1d40249cbd0181868f02ac&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Was Bowen Correct? The Relationship Between Differentiation and Triangulation

Read “Was Bowen Correct? The Relationship Between Differentiation and Triangulation,” by Willis, Miller, Yorgason, and Dyer, from *Contemporary Family Therapy: An International Journal* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=148753489&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=148753489&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Assignments:

Family Interview With Bowen Concepts and Genogram (Obj. Topic)

Conduct an interview with one or both of your parents about your family history. If this is not possible, consider interviewing your spouse's parents or another older family member such as grandparents, uncles, aunts, etc. If family is not available to interview, or if this assignment is too emotionally challenging, please speak to your instructor for suggestions. APA is required for the written portions of this assignment, not the genogram.
Note: The American Counseling Association (ACA, 2014) Code of Ethics indicates that:

- Limits to confidentiality must be discussed. Interviewees may ensure confidentiality of information being shared through changing the interviewee's identifying information (e.g. their name, age).
- Interviewees have the right to privacy and can refuse to answer any question posed to them by an interviewer. Please ensure that your interviewees are aware of this, and do not force them to answer where the opportunity to reply has been refused.

Part One: Interview Findings and Insights
Write a 500-750-word summary that includes the following elements:

- An overview of your findings within your family interview. Some potential interview questions include (a) What is/was your relationship like with your parents? (b) What was your parents' relationship like growing up? How about now? (c) What was your relationship like with your siblings growing up? How about now? (d) What was your siblings' relationships like with your parents?
- Provide at least two insightful connections of how Bowen’s family dynamics are demonstrated within your family. Bowenian family dynamics, include but are not limited to relationship triangles, instances of emotional

fusion and/or emotional cutoff, as well as a description of the levels of differentiation.
- Use at least two scholarly sources (peer-reviewed journal articles, books, etc.)

APA is required for the written portion of Part One.

Part Two: Genogram

Create a genogram of your family for the past three generations then provide a reflection of your findings. The genogram can be created using software, handwritten and scanned, submitted as a PDF, or completed using Word tools to ensure it can be uploaded. Include the following in your genogram:

- Your family members' first names, ages, and professions.
- Key relationship dynamics such as emotional cutoff, triangles, and emotional fusion need to be included.
- Include instances of health, mental health, and substance abuse issues.
- A key to provide an explanation of symbols and relationship dynamics used within your genogram.

Provide a brief reflection of your findings within the genogram (150-250 words).

APA is required for the written portion of Part Two.

To receive full points for this assignment, be sure to submit the interview reflection paper, genogram, and genogram reflection. The genogram and key do **not** need to be in APA format. These elements can be included within the paper portion of the assignment or uploaded as a separate document.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standards:

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

2.F.5.a. Theories and models of counseling.

2.F.5.b. A systems approach to conceptualizing clients.

Discussion Questions:

Topic 3 DQ 1 (Obj. 3.2)

Provide examples of how you would use a genogram with a client. Next, identify how spirituality and/or religion has influenced their family system. Prior to responding, please refer to the GCU Statement on the Integration of Faith and

Work and the GCU Christian Counseling Research Guide in the Class Resources. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

Topic 3 DQ 2 (Obj. 3.1)

What patterns of family interactions within Bowen's theory would you find most challenging and how would you appropriately manage these biases? Which culture(s) may believe emotional fusion to be a functional and healthy way of interacting with family members? Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

This discussion question is informed by the following CACREP Standards:
2.F.3.a. Theories of individual and family development across the lifespan.
2.F.5.a. Theories and models of counseling.

Participation:

Topic 3 Participation : 20.0 points

Topic 4: Structural Family Theory and Counseling

Objectives:

4.1: Identify the components of structural family theory. [CACREP 2.F.5.a]

4.2: Demonstrate how counselors apply structural theory to analyze a problem and choose appropriate interventions. [CACREP 5.C.3.b]

4.3: Conceptualize diversity factors within families.

Topic Materials

Textbooks

Electronic Resources

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Read Chapter 6 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation.*

Optional: Chapter 3.

'Not Just One, It's Both of Us': Low-Income Mothers' Perceptions of Structural Family Therapy Delivered in a Semi-Rural Community Mental Health Center

Read "'Not Just One, It's Both of Us': Low-Income Mothers' Perceptions of Structural Family Therapy Delivered in a Semi-Rural Community Mental Health Center," by Weaver, Greeno, Fusco, Zimmerman, and Anderson, from *Community Mental Health Journal* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-42498-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-42498-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Optional - Structural Family Therapy

For additional information, the following is recommended:

"Structural Family Therapy," by Colapinto, from *APA Handbook of Contemporary Family Psychology: Family Therapy and Training* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-59954-007&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-59954-007&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Our Family Is a Team: A Structural Family Therapy Tool for Counselors

Read "Our Family Is a Team: A Structural Family Therapy Tool for Counselors," by Eddy, Clayton, and Hertlein, from *Journal of Creativity in Mental Health* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-23271-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-23271-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Assignments:

Structural Family Theory Project (Obj. 4.1 and 4.3)

In this **two-part** assignment, you will conceptualize a family portrayed in a movie of your choosing through the lens of the structural family theory.

Part One: Watch a movie that portrays a family unit showing structural dynamics to assess the characters in the movie. Focus on three of the following dynamics in addition to diversity and spirituality:

- Role of the symptom in the family
- Subsystems
- Cross-generational coalitions
- Boundaries
- Hierarchy
- Complementarity
- Family development
- Strengths

Part Two: Complete a five-to-seven-slide PowerPoint presentation summarizing your findings in Part One. Title slide and reference slide are not included in the slide count. Include speaker notes below each content-related slide that represent what would be said if giving the presentation in person. Expand upon the information included in the slide and do not simply restate it.

- Provide the name of the movie. Write a summary of the main characters and plot within the movie. Use 100-150 words in the speaker notes and an APA citation. (one to two slides)
- Discuss diversity and spirituality factors that impact the family system. Use 100-150 words in the speaker notes and an APA citation. (one to two slides)
- Provide a 100-150-word description of your three chosen main assessment concepts within Minuchin's structural family counseling theory. Include an APA citation for each main assessment. Use 100-150 words in the speaker notes and an APA citation for each of the three slides. (three slides)
- Include two to three scholarly references and an aesthetically pleasing design, layout, and pictures within each slide. Pictures do not need to be included in the title or reference slides.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standards:

2.F.5.a. Theories and models of counseling.
5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

Discussion Questions:

Topic 4 DQ 1 (Obj. 4.2)

Identify a presenting problem within a family that would be best suited for structural family theory. Select and describe a structural family theory intervention that would be helpful for the identified problem. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.
This discussion question is informed by the following CACREP Standard:
2.F.5.a. Theories and models of counseling.

Topic 4 DQ 2 (Obj. 4.1)

Describe two ways a counselor builds the therapeutic relationship within the structural family theory perspective. Be sure to use structural family theory terminology. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

Participation:

Topic 4 Participation : 20.0 points

Topic 5: Strategic Family Therapy

Objectives:

5.1: Describe the components of strategic family therapy including counselor behavior. [CACREP 2.F.5.f.]

5.2: Describe how strategic family counselors analyze a problem and choose appropriate counseling interventions.

Topic Materials

Textbooks

Electronic Resources

Applying Brief Strategic Family Therapy to Different Circumstances

Read “Applying Brief Strategic Family Therapy to Different Circumstances,” by Szapocznik and Hervis, from *Brief Strategic Family Therapy* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-00002-009&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-00002-009&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Basic Concepts of Brief Strategic Family Therapy

Read "Basic Concepts of Brief Strategic Family Therapy," by Szapocznik and Hervis, from *Brief Strategic Family Therapy* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-00002-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-00002-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Review Chapter 6 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional - Strategic Family Therapy

For additional information, the following is recommended:
"Strategic Family Therapy," by Wilson, from *Salem Press Encyclopedia of Health* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ers&AN=93872290&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ers&AN=93872290&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Assignments:

Discussion Questions:

Topic 5 DQ 2 (Obj. 5.2)

Compare one of the strategic family therapy models (MRI, Milan, Strategic-Haley, or Strategic-Madanes) to the brief strategic family therapy model. Within your comparison describe how a counselor would view the problem and identify

an intervention from each of the models you chose. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

Topic 5 DQ 1 (Obj. 5.1)

Discuss the role of a strategic family counselor. Identify and describe two of the main components within the strategic family theories. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

This discussion question is informed by the following CACREP Standard:

2.F.5.f. Counselor characteristics and behaviors that influence the counseling process.

Participation:

Topic 5 Participation : 20.0 points

Topic 6: Experiential Couples and Family Therapy

Objectives:

6.1: Identify the theoretical components of experiential family counseling. [CACREP 5.C.1.b]

6.2: Explain how couples counselors apply emotionally focused therapy to analyze a problem and choose appropriate interventions. [CACREP 5.C.3.b]

Topic Materials

Textbooks

Electronic Resources

"Your Exile is Showing": Integrating Sandtray With Internal Family Systems Therapy

Read "'Your Exile is Showing': Integrating Sandtray With Internal Family Systems Therapy," by Turns, Springer, Eddy, and Sibley, from *American Journal of Family Therapy* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=148277543&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost

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Experiential Family Therapy Interventions Delivered via Telemental Health: A Qualitative Implementation Study

Read "Experiential Family Therapy Interventions Delivered via Telemental Health: A Qualitative Implementation Study," by Taylor, Springer, Bischoff, and Smith, from *Journal of Marital and Family Therapy* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2021-36499-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2021-36499-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Frequently Asked Questions and Future Directions

Read "Frequently Asked Questions and Future Directions," by Lafrance, Henderson, and Mayman, from Emotion-Focused Family Therapy: A Transdiagnostic Model for Caregiver-Focused Interventions. (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-73162-009&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-73162-009&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Read Chapter 8 in Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation.

Optional: Read Chapter 12.

Neuroscience and Symbolic-Experiential Family Therapy: Roots of [Contemporary] Psychotherapy

Read "Neuroscience and Symbolic-Experiential Family Therapy: Roots of [Contemporary] Psychotherapy," by Roberts and Chafin, from *The Family Journal* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-27277-004&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-27277-004&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Optional - An Integrative Approach to Couples Therapy for Depression and Infidelity With an African American Ma

For additional information, the following is recommended:
"An Integrative Approach to Couples Therapy for Depression and Infidelity With an African American Ma" located on American Psychological Association (2020).

https://psyctherapy-apa-org.lopes.idm.oclc.org/Title/777700697-001 (https://psyctherapy-apa-org.lopes.idm.oclc.org/Title/777700697-001)

Optional - Explaining Emotional & Attachment Needs in EFT Featuring EFT Trainer Kenny Sanderfer

For additional information, the following is recommended:
"Explaining Emotional & Attachment Needs in EFT Featuring EFT Trainer Kenny Sanderfer" located on YouTube (2019).

https://youtu.be/JhF-bpa2VZQ (https://youtu.be/JhF-bpa2VZQ)

Optional - Systemic Sex Therapy With a Heterosexual Couple: Enhancing Connection and Communication

For additional information, the following is recommended:

"Systemic Sex Therapy With a Heterosexual Couple: Enhancing Connection and Communication," by Juan Camarena, from SAGE Video in Practice (2015).

https://lopes.idm.oclc.org/login?url=http://sk.sagepub.com/video/systemic-sex-therapy-with-a-heterosexual-couple-enhancing-connection-and-communication (https://lopes.idm.oclc.org/login?url=http://sk.sagepub.com/video/systemic-sex-therapy-with-a-heterosexual-couple-enhancing-connection-and-communication)

SEFT: A Critical Review and Call to Action

Read "SEFT: A Critical Review and Call to Action," by Peters and Das, from *Journal of Professional Counseling: Practice, Theory & Research* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=149070797&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1

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Assignments:

Emotionally Focused Therapy (EFT) (6.2)

In this assignment you will choose and view a couples session video where the counselor is utilizing emotionally focused therapy (EFT).

First, locate a couples session video to identify and explain the major concepts of the EFT model. There are optional videos located in the Topic 6 Resources if you would like to use them. If the video does not address all of the elements listed below, please utilize critical thinking and external resources such as journal articles, the textbook, and other videos to encompass all of the required criteria for the assignment.

Then, write a 750-1,000-word summary that includes the following elements:
• The emotionally focused therapy (EFT) couple's video link.
• Identify the problem the couple is experiencing according to the EFT perspective. Include at least one supportive citation and EFT terminology.
• Provide a description of an EFT intervention that could help the couple develop a supportive relationship and repair attachment injuries. This could be the intervention you witnessed in the video or an EFT intervention you believe would be beneficial for the couple. Include at least one supportive citation.
• Identify the stages and steps according to EFT covered in the video you chose. Include at least one supportive citation and EFT terminology.
• Use at least two scholarly sources (peer-reviewed journal articles, books, etc.)Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Course Resources if you need assistance.

This assignment is informed by the following CACREP Standard:
5.C.1.b. Theories and models related to clinical mental health counseling.

Discussion Questions:

Topic 6 DQ 2 (Obj. 6.1)

Research Whitaker's symbolic experiential therapy. Refer to the textbook and choose one of the therapeutic relationship building processes within this therapy. Discuss how your chosen process could strengthen the therapeutic relationship and how it could potentially create an ethical issue in a family counseling session. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

This discussion question is informed by the following CACREP Standard:

5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

Topic 6 DQ 1 (Obj. 6.1)

Identify one of Satir's interventions you would consider using in a family counseling session. Discuss how this intervention would be implemented in a family counseling session. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

This discussion question is informed by the following CACREP Standard:

5.C.1.b. Theories and models related to clinical mental health counseling.

Participation:

Topic 6 Participation : 20.0 points

Topic 7: Gottman Method Couples Therapy

Objectives:

7.1: Identify the components of the Gottman Method Couples Therapy as applied to couples counseling. [CACREP 5.C.1.b]

7.2: Explain how counselors apply the Gottman Method Couples Therapy to analyze a problem and choose appropriate interventions. [CACREP 5.C.3.b]

Topic Materials

Textbooks

Electronic Resources

Examining the Effectiveness of Gottman Couple Therapy on Improving Marital Adjustment and Couples' Intimacy

Read “Examining the Effectiveness of Gottman Couple Therapy on Improving Marital Adjustment and Couples' Intimacy,” by Davoodvandi, Nejad, and Farzad, from *Iranian Journal of Psychiatry* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.28ad13449bfe4ed38565fa10a030402c&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.28ad13449bfe4ed38565fa10a030402c&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Gay, Lesbian, and Heterosexual Couples About to Begin Couples Therapy: An Online Relationship Assessment of 40,681 Couples

Read “Gay, Lesbian, and Heterosexual Couples About to Begin Couples Therapy: An Online Relationship Assessment of 40,681 Couples,” by Gottman, Gottman, Cole, and Preciado, from *Journal of Marital and Family Therapy* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-45953-001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-45953-001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Here Come the Horsemen

Read “Here Come the Horsemen,” by Gurney, located in Chapter 10 of *Reimagining Your Love Story: Biblical and Psychological Practices for Healthy Relationships* (2019).

https://ebookcentral-proquest-com.lopes.idm.oclc.org/lib/gcu/reader.action?docID=5646151&ppg=97 (https://ebookcentral-proquest-com.lopes.idm.oclc.org/lib/gcu/reader.action?docID=5646151&ppg=97)

Investigating the Effect of Couple-Centered Counseling by Gottman Method on the Intimacy of Infertile Couples Referring to the Infertility Ward of Fatemieh Hospital, Hamadan, Iran in 2020: A Quasi-Experimental Study

Read “Investigating the Effect of Couple-Centered Counseling by Gottman Method on the Intimacy of Infertile Couples Referring to the Infertility Ward of Fatemieh Hospital, Hamadan, Iran in 2020: A Quasi-Experimental Study,” by

Hosseinpoor, Masoumi, Kazemi, Soltani, and Ahmadpanah, from *BMC Psychiatry* (2022).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.80456c745727430b82345c28d3adc18a&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.80456c745727430b82345c28d3adc18a&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Read Chapter 13 and review Chapter 10 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Chapter 3.

Optional – Comparing the Effectiveness of Gottman and Dattilio Couples Therapy Methods for Mitigating Difficulties in Emotion Regulation

For additional information, the following is recommended:

“Comparing the Effectiveness of Gottman and Dattilio Couples Therapy Methods for Mitigating Difficulties in Emotion Regulation,” by Mahvelati, Sepehrishamloo, and Pourshahriyari, from *The Journal of General Psychology* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000680746700001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000680746700001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Optional - Estimating the Validity and Reliability of Gottman Questionnaires of 'Couple Trust Measurement'

For additional information, the following is recommended:
“Estimating the Validity and Reliability of Gottman Questionnaires of 'Couple Trust Measurement',” by Shirdel, Hosseinian, Kimiaei, and Safarian, from *Contemporary Family Therapy* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsgao&AN=edsgcl.572954328&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1

(https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsgao&AN=edsgcl.572954328&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Optional - John Gottman & Julie Gottman on the New Science of Couples and Family Therapy

For additional information, the following is recommended:
"John Gottman & Julie Gottman on the New Science of Couples and Family Therapy," by PESI, Inc., located in Films on Demand (2018).

https://lopes.idm.oclc.org/login?qurl=https%3a%2f%2ffod.infobase.com%2fPortalPlaylists.aspx%3fwID%3d96349%26xtid%3d183967 (https://lopes.idm.oclc.org/login?qurl=https%3a%2f%2ffod.infobase.com%2fPortalPlaylists.aspx%3fwID%3d96349%26xtid%3d183967)

The Gottman Method Approach to Better Couples Therapy

Watch "The Gottman Method Approach to Better Couples Therapy," by PESI, Inc., located in Films on Demand (2018).

https://lopes.idm.oclc.org/login?qurl=https%3a%2f%2ffod.infobase.com%2fPortalPlaylists.aspx%3fwID%3d96349%26xtid%3d183980 (https://lopes.idm.oclc.org/login?qurl=https%3a%2f%2ffod.infobase.com%2fPortalPlaylists.aspx%3fwID%3d96349%26xtid%3d183980)

Assignments:

Presenting Gottman Methods Couples Therapy (Obj. Topic)

Prepare a poster presentation as if you were going to present at a professional counseling conference. The goal of the presentation is to provide psychoeducation to other counseling professionals.

Be sure to include the following elements within your poster presentation:

- A title that accurately describes your poster presentation. Also, include the university you are attending, your name, and the course in which you are enrolled.
- Identify and discuss a common problem within couples according to Gottman Method Couples Therapy. Include scholarly citations to support your claims and write at least 150 words.
- Provide an explanation about statistical data related to dissatisfied relationships within the United States. Include scholarly citations to support your claims and write at least 150 words.

- Provide a description of an appropriate intervention according to Gottman Methods Couples Therapy. Include scholarly citations to support your claims and write at least 150 words.
- Provide an explanation about multicultural diversity, spirituality, or LGBTQIA+ couple considerations. Include scholarly citations to support your claims and write at least 150 words.
- Include at least two scholarly references and a professional design, layout, and graphic images.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:
5.C.1.b. Theories and models related to clinical mental health counseling.

Discussion Questions:

Topic 7 DQ 1

Review the Grand Canyon University counselor dispositions for your counseling track (CMHC or SC) located in the Class Resources. Develop a couple's case scenario where the counselor violates two of the dispositions and provide a description of the IAMFC ethical code violation(s). Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

Topic 7 DQ 2 (Obj. Topic)

Provide a discussion about one of Gottman's "Four Horsemen of the Apocalypse," which includes criticism, contempt, defensiveness, and stonewalling. Explain how counselors can help couples learn to counteract the chosen horseman.
This discussion question is informed by the following CACREP Standard:
5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

Participation:

Topic 7 Participation : 20.0 points

Topic 8: Current Issues in Couples and Family Counseling

Objectives:

8.1: Describe an approach to counseling as it relates to couples or family relationships.

8.2: Discuss current issues, trends, and research in couples or family counseling including evidence-based research. [CACREP 2.F.8.b]

Topic Materials

Textbooks

Electronic Resources

Counseling's Evolution Under COVID-19

Read “Counseling's Evolution Under COVID-19,” by Bray, from *Counseling Today* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=143580985&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=143580985&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Exploring the Utilization of Structural and Medical Family Therapy With an Incarcerated Mother Living With HIV

Read “Exploring the Utilization of Structural and Medical Family Therapy With an Incarcerated Mother Living With HIV,” by Tadros and Finney, from *International Journal of Offender Therapy and Comparative Criminology* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000456739300007&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000456739300007&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Interprofessional Collaboration and Telehealth: Useful Strategies for Family Counselors in Rural and Underserved Areas

Read “Interprofessional Collaboration and Telehealth: Useful Strategies for Family Counselors in Rural and Underserved Areas,” by Johnson and Mahan, from *The Family Journal* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-54245-002&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-54245-002&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation

Read Chapters 14 and 15 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Read Chapters 16 and 17.

Optional - Family Counselors Addressing Social Determinants of Mental Health in Underserved Communities

For additional information, the following is recommended:
"Family Counselors Addressing Social Determinants of Mental Health in Underserved Communities," by Robins, Johnson, Duyile, Gantt-Howrey, Dockery, Robins, and Wheeler, from *The Family Journal* (2022).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=159732495&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=159732495&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Optional - Integrated Interventions

For additional information, the following is recommended:
"Integrated Interventions," by Meyers, from *Counseling Today* (2018).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=132541756&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=132541756&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Optional - Parents Matter: Considering Evidence-Based Relationship Variables Within Families When Working With Gender Expansive Youth

For additional information, the following is recommended:
“Parents Matter: Considering Evidence-Based Relationship Variables Within Families When Working With Gender Expansive Youth,” by Olezeski & Kamody, from *Practice Innovations* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2020-69286-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2020-69286-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Optional - Therapist Strategies for Managing Midtreatment Problems in Evidence-Based Interventions in Community Settings

For additional information, the following is recommended:
"Therapist Strategies for Managing Midtreatment Problems in Evidence-Based Interventions in Community Settings,” by Cunningham, Foster, Kawahara, Robbins, and Bryan, from *Family Process* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=152676019&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=152676019&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Theory Use in Counseling Practice: Current Trends

Read “Theory Use in Counseling Practice: Current Trends,” by Barth and Moody, from *International Journal for the Advancement of Counselling* (2019).

https://lopes.idm.oclc.org/login?url=https://www.proquest.com/scholarly-journals/theory-use-counseling-practice-current-trends/docview/2057725975/se-2?accountid=7374 (https://lopes.idm.oclc.org/login?url=https://www.proquest.com/scholarly-journals/theory-use-counseling-practice-current-trends/docview/2057725975/se-2?accountid=7374)

Assignments:

Family or Couples Treatment Plan (Obj. 8.1)

In this final assignment, you will be creating a treatment plan using the template and case study provided. Within the treatment plan, you will be required to provide a description of the case study's couple or family of origin information,

problem, goal statements, objectives, and interventions as this information relates to your chosen evidence-based model.

- Read the case study.
- Review and select one of the evidence-based models of couples or family therapy reviewed in the course.
- Complete the treatment plan in the course materials and be sure to include a description of the family of origin information, problem, goal statements, objectives, and interventions as this information relates to your chosen model.

Include a minimum of two scholarly sources (peer-reviewed journal articles, books, etc.).

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:

2.F.8.b. Identification of evidence-based counseling practices.

Discussion Questions:

Topic 8 DQ 2 (Obj. 8.2)

Based on your research and textbook readings, what three trends do you believe are evolving the practice of couple and family counseling and why? How does culture impact these trends? Address evidence-based counseling practices in your discussion. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.
This discussion question is informed by the following CACREP Standard:
2.F.8.b. Identification of evidence-based counseling practices.

Topic 8 DQ 1 (Obj. 8.1)

Discuss what “family-centered medical care” involves. Be sure to identify and describe how a family counselor would integrate his or her work into the medical care of a family member. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

Participation:

Topic 8 Participation : 20.0 points

Gradebook

Assignment	**Topic Due**	**Non Trad Points**
Couples Case Scenario Application (Obj. 1.2)	Topic 1	100
Relationship Enhancement Program Flyer (Obj. 2.1)	Topic 2	100
Family Interview With Bowen Concepts and Genogram (Obj. Topic)	Topic 3	160
Structural Family Theory Project (Obj. 4.1 and 4.3)	Topic 4	100
Emotionally Focused Therapy (EFT) (6.2)	Topic 6	100
Presenting Gottman Methods Couples Therapy (Obj. Topic)	Topic 7	100
Family or Couples Treatment Plan (Obj. 8.1)	Topic 8	100
Discussion Questions	Topics 1-8	80
Participation	Topics 1-8	160
Total		1000

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