

CENTER FOR EXTENDED LEARNING
Bemidji State University
Bemidji, Minnesota

Psychology 4469

Family Systems

Prerequisites: Psy1100,2217, 2237,& 3331

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HS 211 - 2803

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Text:

Goldenberg, I. and Goldenberg, H. (2004). Family Therapy: An Overview
6th Edition. Monterey, California: Brooks/Cole Publishing Company.

Content: This course will provide a broad introduction to the family system, offering a balanced presentation of the major theoretical positions and clinical practices as they emerged in the literature.

Course Objectives:

1. Be informed of the variety of family systems theories.
2. Be able to formulate problem/symptoms from a systems perspective.
3. Be informed of the feminist perspective and how it contributes to your understanding of family systems.
3. Be informed of the variety of clinical practices used by the family therapist.
4. Understand that the interventions in family therapy are aimed at pattern breaking rather than individual symptoms.
5. Be able to relate the material from the text to your family of origin to increase your awareness of family systems influences on yourself as a human service professional.

Course Requirements:

1. Essay Exams - 5 exams @ 50 points		250
2. Film Analysis "Ordinary People"		50
3. Family Analysis Paper		50
4. Research Article Critique		25
4. Forming a simulated family	(NOT CEL)	<u>20</u>
	Total	395

Grading scale:

355 - 395 = A	CEL – 337-375 = A
315- 354 = B	299-336 = B
275 - 314 = C	261-298 = C
235 - 274 = D	223-260 = D

Paper Requirements:

1. Film Analysis “Ordinary People”: This assignment requires you to view the film and address the following points.
 - a. family roles
 - b. family rules
 - c. family communication patterns
 - d. power structure
 - e. family secrets
 - f. subsystems: alliances, coalitions,
 - g. healthy family elements/dysfunctional family elements

2. Family Analysis: You may elect to analyze your own family or another family with which you have close experience. Use the family analysis questions in the analysis. Include a genogram of three generations. (grandparents, parents, children). Typed, proofed, spell-checked, with cover sheet.

3. Research Article Critique; Polasky L.J. & Holahan, Carole K. (1998). Maternal self-discrepancies, inter-role conflict and negative affect among married professional women with children. *Journal of Family Psychology*, 12,3, 388-401.
Briefly summarize the article and include your reactions to the research and findings.

Readings:

Topic	Reading
Adopting a family frame of reference Film: “Ordinary People”	Ch. 1 Goldenberg
Family development: continuity and change Form simulated family NOT CEL	Ch. 2 Goldenberg
Gender/Culture/Ethnicity	Ch. 3 Goldenberg
Exam 1 September 29, 2003	
Family as a Psychosocial System Develop family’s roles/history/problems NOT CEL	Ch. 4 Goldenberg
Film Analysis due October 6, 2003	
Growth of Family Therapy: 1950-Present	Ch. 5 Goldenberg

Theoretical perspectives:
Psychodynamic Ch. 6 Goldenberg

Exam 2 October 20, 2003

Experiential Models Ch. 7 Goldenberg

Research Article Critique Due October 27

Transgenerational Models: Bowen Ch. 8 Goldenberg

The Structural model Ch. 9 Goldenberg

Exam 3 November 10, 2003

Strategic Models Ch. 10 Goldenberg
Make family video-tape NOT CEL

The Milan Model Ch. 11 Goldenberg

Cognitive/Behavioral Models Ch. 12 Goldenberg

Exam 4 December 1, 2003

Postmodernism and the Social Constructionist Ch. 13 Goldenberg

Family Analysis Paper Due December 8, 2003

Family Therapy Research Ch. 15 Goldenberg

**Final Exam: Exam 5 Monday, December 15, 2003
7:30-9:30**