

## COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Family Therapy
<b>COURSE NUMBER</b>	ADCN 0204
<b>DIVISION</b>	Social and Behavioral Sciences & Public Services
<b>DEPARTMENT</b>	Addictions Counseling
<b>CIP CODE</b>	51.1501
<b>CREDIT HOURS</b>	3
<b>CONTACT HOURS/WEEK</b>	Class: 3
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	Students must meet the correct placement measure for this course. Information may be found at: <a href="https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html">https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html</a>

### COURSE DESCRIPTION

This course is designed to explore the impact of addiction on the family. This is a culturally informed study of family, social and community systems and the impact of addiction on the family and society. Students are exposed to current theories and skills regarding family counseling and advocacy.

### PROGRAM LEARNING OUTCOMES

Students will be able to:

1. Define the theories, skills, and attitudes associated with the core functions of a substance use disorder counselor (addiction counselor).
2. Describe the transdisciplinary foundations and competencies required of the addiction counselor.
3. Define professional and ethical behaviors necessary to work with clients, colleagues, the public, as well as other community and healthcare professionals.
4. Define appropriate professional and ethical behavior for substance abuse counselors.
5. Summarize the basic substance use disorder (addiction) counseling skills.
6. Analyze the skills and attitudes needed to be a professional addiction counselor.

### General Education Learning Outcome

- Basic Skills for Communication
- Mathematics
- Humanities
- Natural and Physical Sciences
- Social and Behavioral Sciences

### Institutional Learning Outcomes

- Communication
- Computation and Financial Literacy
- Critical Reasoning
- Technology and Information Literacy
- Community and Civic Responsibility
- Personal and Interpersonal Skills

### TEXTBOOKS

<http://kckccbookstore.com/>

## **METHODS OF INSTRUCTION**

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## **COURSE OUTLINE:**

- I. Effects of addiction on family system
  - A. Rigid family roles
  - B. Boundary problems
  - C. Denial, projection and minimizing
  - D. Tension and isolation
  - E. Frustration and disorganization
  - F. Maintaining homeostasis
  
- II. The family as a psychosocial system
  - A. Characteristics of a family system
    1. family rules
    2. family homeostasis
    3. feedback, information and control
    4. subsystems and boundaries
    5. open and closed systems
  
- III. Substance Use Disorder: individuals and family systems
  - A. Overview of family systems and substance use disorder research
  - B. Family systems and substance use disorder
  - C. Early development: a potential base for addiction
  - D. Dynamics of the individual contributing to substance use disorders
  
- IV. Understanding Families and Family Dynamics
  - A. Individual and Family Life Cycles
  - B. Healthy and Dysfunctional Families
  - C. Working with Culturally Diverse Families
  
- V. Therapeutic Approaches to Working with Families
  - A. History of Family Therapy
  - B. The Process of Family Therapy
  - C. Psychodynamic and Bowen Family Therapies Bowen's eight interlocking theoretical concepts
    1. differentiation of self
    2. triangles
    3. nuclear family emotional system
    4. family projection process
    5. emotional cutoff
    6. multigenerational transmission process
    7. sibling position
    8. societal regression
  - D. Experiential Family Therapy
  - E. Behavioral and Cognitive-Behavioral Family Therapies
  - F. Structural Family Therapy
  - G. Strategic Family Therapies

## H. Solution-focused and Narrative Family Therapies

### **COURSE LEARNING OUTCOMES AND COMPETENCIES**

Upon successful completion of this course, the student will:

- A. CLO #1 The student will be able to review the salient features of the addiction process
1. The student will be able to define the effects of addiction on the family system and society.
  2. The student will be able to describe the rigid family roles identified in an alcoholic family.
  3. The student will be able to identify the significant issues within families relating to culture, gender preferences, and mental illness.
  4. The student will be able to describe the individual dynamics that contribute to Substance Use Disorders.
- B. CLO #2 The student will be able to examine the features of the Psychodynamic, Bowen's Systems Theory, Experiential, Behavioral and Cognitive-Behavioral, Structural, Strategic, and Solution-Focused and Narrative Family Therapy approaches to family therapy.
5. The student will be able to label the characteristics of a natural system
  6. The student will be able to apply the characteristics of natural systems theory to family systems.
  7. The student will be able to analyze the family systems/substance use disorder research.
  8. The student will be able to examine the evolution of family systems theory.
  9. The student will be able to evaluate the psychodynamic approach in terms of usefulness for chemical dependency counseling.
  10. The student will be able to define the salient features of the Psychodynamic model.
  11. The student will be able to describe the Object relations model of family therapy.
  12. The student will be able to select the applicable features of the Object Relations model for chemical dependency counseling.
  13. The student will be able to describe the Experiential models of family therapy
  14. The student will be able to select the applicable features of the Experiential models for substance use disorder counseling.
  15. The student will be able to describe the Structural Family Theory.
- C. CLO #3 The student will be able to integrate features of each theory into a framework for workplace application.
16. The student will be able to select the applicable features of the Structural Family theory for ~~Substance-use disorder~~substance use disorder counseling.
  17. The student will be able to describe the Strategic approach.
  18. The student will be able to identify the application of a family systems approach to substance use disorder.
  19. The student will be able to identify, appropriate referrals, ~~resources~~resources, and community supports for families.
  20. The student will be able to identify the applicable features of the Behavioral and Cognitive- Behavioral approach for substance use disorder counseling.
  21. The student will be able to outline the Solution-Focused and Narrative Family Therapies approaches.
  22. The Student will be able to identify the applicable features of the Solution-Focused and Narrative Family Therapies approaches for chemical dependency counseling.
  23. The student will be able to integrate the applicable features of the different family systems theories.

24. The student will be able to develop a working model for application in substance use disorder treatment.
25. The student will be able to apply culturally informed skills that are effective in treatment and recovery.
26. The student will be able to select the applicable features of Bowen's theory for substance use disorder counseling.

D. CLO #4 The student will be able to develop a personal theoretical framework of a family systems perspective that is applicable to chemically dependent families.

27. The student will be able to select the applicable features of the Strategic approach for Substance use disorder counseling.

E. CLO #5 The student will be able to demonstrate an understanding of culturally informed counseling and unique issues when applying a family systems model.

28. The student will become familiar with their personal culture and the implications for counseling.
29. The student will gain an understanding and sensitivity to cultural issues of other groups.

F. CLO #6 The student will be able to demonstrate an understanding of how one's family-of-origin-issues may affect the treatment outcome.

30. The student will be able to identify the boundary problems found in a chemically addicted family.
31. The student will be able to illustrate the frequently used defense mechanisms found in addicted families.
32. The student will be able to identify the specific issues related to families with substance-related disorders, domestic violence and child abuse.
33. The student will be able to explain the early developmental issues as a potential base for addiction.

G. CLO #7 The student will be able to outline the dynamics of the family as a social system.

34. The student will be able to describe the dysfunction that occurs as the family attempts to maintain homeostasis.
35. The student will be able to identify the significant stages within the family life cycle model.
36. The student will be able to describe the salient features of Bowen's Family Systems theory.
37. The student will be able to define the eight interlocking theoretical concepts of Bowen's theory.
38. The student will be able to demonstrate an understanding of Bowen's Genogram.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.