

WESTERN PIEDMONT COMMUNITY COLLEGE

COURSE DOCUMENT
SAB 230
FAMILY THERAPY

Prerequisites: Successful completion of 12 SHC in SAB concentration

Weekly Hours: Lecture 2, Lab 2, Credit 3

Course Description: This course covers the theories and models of family systems therapy as designed for families affected by substance abuse and addiction. Emphasis is placed on structures and procedures necessary for successful family therapy, including the needs, types of resistance, and individual family dynamics. Upon completion, students should be able to understand and identify dynamics and patterns unique to families affected by substance abuse and the appropriate model of treatment. Upon completion students should also have a working knowledge of theory and dynamics affecting the adult child of an alcoholic and the co-dependent person, along with an appropriate treatment model.

Course Objectives/Curriculum competencies: This course is designed to meet the performance domains for family therapy as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Identify family systems theories that are effective for families with substance abuse issues.
2. Understand dynamics and patterns unique to families that adapt to the alcoholic and drug dependencies.
3. Developed initial skills in observing and responding to family interaction.
4. Managed and block destructive conflict during family therapy.
5. Understand diagnostics and dynamics and treatment modality for the adult child of an alcoholic.

Required Text:

Friel, John & Linda. *Adult Children The Secrets of Dysfunctional Families*. Deerfield Beach, Fl: Health Communications. 1988.

Lawson, Ann & Gary. *Alcoholism and the Family. A Guide to Treatment and Prevention. 2nd Ed.* Gaithersburg, Maryland: Aspen Publication. 1998.

Materials Required: Loose-leaf notebook for course journal

Prepared by:
Division of Humanities and Social Sciences
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SUGGESTIONS FOR GETTING THE MOST FROM THE COURSE.

1. Read the contents in the course outline. Please have the instructor clarify any questions you may have in the first week.
2. Decide at the outset if you have the time and are willing to devote the time and effort needed to do a quality job for this course
3. Don't allow yourself to get behind in your reading.
4. Be prepared for Lab which meets two hours weekly.
5. Plan your time wisely. This course will be eight (8) weeks.

CONFIDENTIALITY AND ETHICS INFORMATION

THIS IS A PROFESSIONAL COURSE. As such, we are working with practical material. I seek to regard you as developing professionals.

This course involves a fair amount of role-playing and self-disclosure. Naturally in the course of discussion it is possible for a student colleague to say something personally important and confidential. It is your duty to maintain confidence and trust. These same principles hold when talking to your clients. At the same time keep in mind the legal limits of confidentiality. You have no legal right to maintain confidence if you are to be questioned by an attorney in court. Study the ethics code, particularly paying attention to issues of confidentiality and client's rights.

ADDITIONAL INFORMATION:

In this type of demanding course a student can sometimes find him or herself overwhelmed by classes or other issues. If you find yourself having difficulty in this class please contact the instructor immediately. Assistance can be found through my office or Student Services.

This class may be videotaped or audio taped by the instructor at any time.

OUTLINE

- Week 1 - Read Chapters 3 -5 and discussion
- Week 2 - Questions & Discussion
- Week 3 - Read The Friel's Book and Journal (directions in class)
- Week 4 - Discussion
- Week 5 - Journal due first class this week. Read Chapter 6; begin Genogram.
- Week 6 - Read Chapter 7
- Week 7 - Read Chapter 8 & 9
- Week 8 - Read Chapter 10 & 11
- Week 9 - Read Chapter 12
- Week 10 - Wrap Up

GRADING

Genogram 15%
Journal 15%
Test 60%
Counseling 10%

SCALE: A = 91-100
B = 81-90
C = 71-80
D = 61-70
F = 60 or less

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