

Texas A&M University – Central Texas

MFT 5301 Introduction to Marriage and Family Therapy Theory

Fall 2019

Tuesdays

11:00 AM-1:45 PM

Warrior Hall 315

COURSE DATES, MODALITY, AND LOCATION

- The course will meet Tuesday morning from 11:00 am to 1:45 pm beginning August the 27th and the last class will be December the 10th with the Final Quiz due on December the 13th, more on this later in the syllabus.
- This is a web assisted class which means that we will meet in Room 315 in Warrior Hall. Face to face and the online classes will be on different dates during the semester, more on this later as well.
- The online classes will utilize Canvas, the Learning Management System, that A&M uses for online learning. Assignments for the online days are found in the Assignment section in Canvas
- If you have any questions you can contact me via Email, pdouthit@tamuct.edu or through Canvas.

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Paul E Douthit, PhD, LMFT

Email: pdouthit@tamuct.edu

Office Hours: 8:00 to 9:00 AM Mondays and Wednesdays via email

Student-instructor interaction

I will be available to discuss and resolve class-related issues upon notification by email. Officially I will check and reply to emails during the hours of 8:00 to 9:00 AM Monday and Wednesday. I will also check emails on a regular basis as well but please attempt to adhere to the above hours. I would greatly appreciate it if you would remember that there is only 1 of me and many of you, so allow at least 48 hours for a response.

Class Decorum:

It is intended that the class environment will be conducive to gaining knowledge about the different theories of therapy. I encourage self-discovery and personal growth as part of this course. For that to occur, it is expected that every student be respectful of the thoughts, emotions, and behaviors of others in this course.

WARRIOR SHIELD

Emergency Warning System for Texas A&M University-Central Texas

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by [911Cellular](https://portal.publicsafetycloud.net/Account/Login) [https://portal.publicsafetycloud.net/Account/Login] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

COURSE INFORMATION

Course Overview

This is to an introduction to the historical development of as well as the theoretical and empirical foundations of systems theory. It includes a survey of the major models of marriage and family therapy. Learners will demonstrate knowledge of the different theories and how they are applied to individuals, couples, and family systems, as well as practice theoretical concepts and interventions in role-play scenarios.

Course Learning Outcomes – this course targets one of the MFT program’s Student Learning Outcomes

(SLO-1) - *Demonstrate knowledge and appropriate application of classical and postmodern MFT theories.*

1. Describe systems theory and its contribution to the development of marriage and family therapy. (SLO-1)
2. Identify and differentiate foundational theories of marriage and family therapy. (SLO-1)
3. Apply foundation MFT approaches to clinical problems presented in the practice of marriage and family therapy. (SLO-1)

Required Reading

Books

Gehart, D. (2014). *Mastering competencies in family therapy: A practical approach to theories and clinical case documentation* (3rd ed.) ISBN- 978-1-305-94327-8

Smith- Acuña, S. (2011). *Systems theory in action: Applications to individual couples, and family therapy*. Hoboken, NJ: John Wiley & Sons, Inc. ISBN-978-0-47047582-9

Journal Articles – these can be accessed through the TAMUCT library at the following site https://tamuct.libguides.com/er.php?course_id=49960

_Carlson, M. W., Oed, M.M., & Burmudez, J. M. (2017). Satir's communication stances and pursue-withdraw cycles: An enhanced emotionally focused therapy framework of couple interaction. *Journal of Couple & Relationship Therapy*, 16(0), 253-270

_Finkelstein, L. (1987). Toward an object-relations approach in psychoanalytic marital therapy. *Journal of Marital and Family Therapy*, 13, 287-298.

Fowers, B. J. & Wenger, A. (1997). Are trustworthiness and fairness enough? Contextual family therapy and the good family. *Journal of Marital and Family Therapy*, 23, 2, 153-69.

Littlewood, P.J. (2009). The Satir model and emotionally focused therapy: A response to Lorrie Brubacher. *The Satir Journal*, 3(1), 26-37

Miller, Anderson, & Keala. (2004). Is Bowen theory valid? A review of basic research. *Journal of Marital and Family Therapy*, 30, 4, 453-66.

Napier, A. (1987). Early stages in experiential marital therapy. *Contemporary Family Therapy*, 9, 23-41.

Nielsen, A. (2017). Psychodynamic couple therapy: A practical synthesis. *Journal of Marital and Family Therapy*. doi: 10.1111/jmft.12236

Soto-Fulp, S.& DelCampo, R. L. (1994). Structural family therapy with Mexican American family systems. *Contemporary Family Therapy*, 16, 349-362.

Wilner, S. R., Breit, M., & Im, W. G. (1988). In defense of strategic therapy. *Contemporary Family Therapy*, 10, 169-182.

Course Requirement's:

1. **Critical Analysis Paper** -Students will develop an 6-8-page paper critiquing one of the theories discussed in this course. Choose one of the family therapy theories. Provide a thorough summary of the theory. Critique the theory (assumptions of the theory, philosophy, role of the therapist, interventions, goals of treatment, etc.) in general. Also discuss how the theory assists those underserved clients (e.g. racial ethnic minorities, LGBT population, low-income families, etc.) as well. The critique of the theory should include your opinion, along with information from scholarly articles. Also, create a summary sheet of the key components of the theory in an outline format. Upload both documents to Canvas and turn in a hard copy of the critical analysis paper by the due date. Instructions and Grading will be posted on Canvas

2. **Discussion Boards** – 5 DB Forums. Your initial post should be at least 250 words. You are required to respond to at least two other initial posts. The responses to your fellow learners should be at least 100 words each. The initial posts are due by 10:30 am on the Thursday of that week and responses to your fellow learners are due by 11:59 pm on that same Thursday. Points will be deducted for late post.

Discussion Board Rules

This is a space for us to share our idea, engage in dialogues, and learn from each other. Below are criteria for the discussion post, criteria for content of the discussion post, and rules about etiquette.

Criteria for discussion post

The initial post should be at least 250 words. You are required to respond to at least two other initial posts. The responses should be at least 100 words each. The initial posts are due by 8:00am on the designated date. Points will be deducted for late post. The content of the discussion board should be your own ideas supported by information from the text, assigned readings, PowerPoints, or other scholarly references you find. Your post should not **entirely** consist of quotes from an outside source, regurgitation of someone else's ideas, or personal stories.

For example:

Big Bird (2012) stated that sexual violence was not an issue in developed countries. I disagree with that statement. I intern at a domestic violence shelter for my practicum and hear about the violence that occurs in this area. Even though Elmo (2013) stated that violence against women is lower in countries that have more liberties for women, violence against women in developed countries is still an epidemic. Since most victims of sexual violence know their perpetrator (Kermit, 2007) and most perpetrator are male (Dora 2013), I believe that we should develop preventative programs in middle and high school about sexual violence.

Discussion Board Etiquette

- Refrain from inappropriate language and personal attacks.
- Review your comments before you post for spelling and grammatical errors and to make sure it's what you really want to say.
- Do not make sexist, racist, homophobic, or victim-blaming comments at all.
- Disagree with ideas, but do not make personal attacks.
- Be open to be challenged or confronted on your ideas or prejudices.
- Challenge others with the intent of facilitating growth. Do not demean or embarrass others.
- Much of your reply should not be quotes from the initial post.

3.Final Quiz- The final quiz will consist of 50 multiple-choice questions covering material from the entire semester. I view this as an opportunity for you to determine how

much you understand the different family therapy theories we have studied and that are foundational to Systemic family therapy in general.

Critical Analysis Paper 275 points	100 points	A 250-
Discussion Board 224-249 points	75points	B
Final Exam 198-223points	100 points	C
D 172-197points		
F < 171 points		
Total 275 points		

Posting of Grades - Grades will be posted in Canvas

COURSE OUTLINE AND CALENDAR - Week of Monday August the 26th, First Class on Tuesday the 27th at 11:00 am

DATE	TOPIC	ASSIGNED READINGS	ASSIGNMENT DUE
Week 1: Tuesday (8/27)	Introduction to Course & Systemic Theory of Therapy		See announcement entitled “Day One”
Week 2: Tuesday (9/3)	Systemic Theory of Therapy	SSA – Chapters 1, 2, 3, & 4	
Week 3: Tuesday (9/10) <i>Online</i>	Systemic Theory of Therapy	SSA – Chapters 5, 6, & 7	Discussion Board
Week 4: Tuesday (9/17) <i>Online</i>	Psychoanalytic Family Theory	Nielsen (2017)	Discussion Board

Week 5: Tuesday (9/24)	Psychoanalytic Family Theory	Gehart pgs. 239-252	
Week 6: Tuesday (10/1)	Object Relations Family Theory	Gehart pgs. 233-253	
Week 7: Tuesday (10/8) <i>Online</i>	Object Relations Family Theory	Finklestein (1987)	Discussion Board
Week 8: Tuesday (10/15)	Bowen Family Theory	Gehart pgs. 229-238 & Miller et al (200)	
Week 9: Tuesday (10/22)	Contextual Family Theory	Gehart pgs. 229-238 &	
Week 10: Tuesday (10/29) <i>Online</i>	Contextual Family Theory	Fowers and Wenger (1997)	Discussion Board
Week 11: Tuesday (11/5)	Structural Family Theory	Gehart Chapter 5	
Week 12: Tuesday (11/12)	Structural Family Theory	Soto-Fulp & DelCampos (1994)	
Week 13: Tuesday (11/19)	Strategic Family Theory	Gehart Chapter 4 & Wilner, Breit & Im (1988)	
Week 14: Tuesday (11/26) <i>Online</i>	Experiential Family Theory	Carlson et al (1987) & Littlewood (2009)	Discussion Board
Week 15: Tuesday (12/3)	Experiential Family Theory	Gehart Chapter 6	Critical Analysis is due 12/6 (Friday) at 11:59 pm
Week 16: Tuesday (12/10)	Wrap Up Review for Final Quiz Bring Master List		Final Quiz is due by 12/13 at 11:59 PM

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system.

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Other Technology Support

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy

If you discover that you need to drop this class, you must complete a [Drop Request Form](#)

[https://www.tamuct.edu/registrar/docs/Drop_Request_Form.pdf].

Professors cannot drop students; this is always the responsibility of the student. The Registrar’s Office will provide a deadline on the Academic Calendar for which the form must be completed, signed and returned. Once you return the signed form to the Registrar’s Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled,

FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be reported to the university's Office of Student Conduct. Ignorance of the university's standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](https://www.tamuct.edu/student-affairs/student-conduct.html), [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may [submit a report](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0), [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our [Access & Inclusion](https://tamuct.instructure.com/courses/717) Canvas page (log-in required) [<https://tamuct.instructure.com/courses/717>]

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who

are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/index.html) [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas can provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, both on-campus and online. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors are available at the Tutoring Center in Warrior Hall, Suite 111. Tutor.com tutoring **will not** offer writing support beginning August 1, 2019.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, or have any other question, contact Academic Support Programs at (254) 519-5796, or by emailing Dr. DeEadra Albert-Green at deeadra.albertgreen@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas. Access Tutor.com through Canvas.

University Writing Center

Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free workspace open to all TAMUCT students from 10:00 a.m.- 5:00 p.m. Monday thru Thursday with satellite hours in the University Library Monday thru Thursday from 6:00-9:00 p.m. This semester, the UWC is also offering online only hours from 12:00-3:00 p.m. on Saturdays.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all the relevant style

guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by visiting the UWC during normal operating hours (both half-hour and hour sessions are available) or by making an appointment via [WCOonline](https://tamuct.mywconline.com/) [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC and/or need any assistance with scheduling.

University Library

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group workspaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

OPTIONAL POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create

environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/departments/compliance/titleix.php) [https://www.tamuct.edu/departments/compliance/titleix.php].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, who are exhibiting behaviors that pose a threat to safety, or individuals causing a significant disruption to our community, please make a referral to the Behavioral Intervention Team. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/student-affairs/bat.html) website for more information [https://www.tamuct.edu/student-affairs/bat.html]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

Absences and Grading

We are all adults and I fully appreciate that situations arise that are beyond our control; however, I expect you to attend and participate in the classroom experience if at all possible as I trust that it will enhance your overall learning experience in this course.

It is also important that you understand that 5 points will be deducted for all assignments submitted after the deadline.

INSTRUCTOR POLICIES.

See above

Copyright Notice

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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