



TEXAS A&M
UNIVERSITY
CENTRAL TEXAS

Texas A&M University – Central Texas
MFT 5313- Person of the Therapist
Spring 2019
Tuesdays 6:00pm- 8:45 pm
Warrior Hall 315

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Office Hours: Tuesdays 9am-11am & 2pm-4:30pm & Thursdays 10am-2pm

Method of Instruction and Course Access:

This course meets 68.75% face-to-face and 31.25% online using the TAMUCT Canvas Learning Management System: [<https://tamucte.instructure.com>]

This course will be conducted primarily as a seminar and will include experiential components. For this process to be successful, students are expected to participate fully by reading assigned materials, attending class, and participating in class exercises and discussions in face-to-face class meetings, as well as within the Bb environment.

Student-Instructor Interaction: I will be available to meet to discuss and resolve class-related issues during my office hours. If you cannot come to my office hours, send an email so we can schedule an appointment time. I will also check and reply to emails during all office hours. Remember that there is only 1 of me and many of you, so allow at least 48 hours for a response.

Class Decorum: Student active participation is essential this course. In order for that to occur, it is expected that every student be respectful of the thoughts and feelings of others in this course. It is also expected that students will maintain confidentiality regarding the personal information that is shared during in this course.

911 Cellular: Emergency Warning System for Texas A&M University-Central Texas

911Cellular 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 911Cellular through their myCT email account.

In an effort to enhance personal safety on the Texas A&M University – Central Texas (TAMUCT) campus, the TAMUCT Police Department has introduced Warrior Shield by 911 Cellular. [Warrior Shield](https://www.tamuct.edu/police/911cellular.html) [<https://www.tamuct.edu/police/911cellular.html>] can be downloaded and installed on your mobile device from Google Play or Apple Store.

Connect at [911Cellular](https://portal.publicsafetycloud.net/Texas-AM-Central/alert-management) [<https://portal.publicsafetycloud.net/Texas-AM-Central/alert-management>] to change where you receive your alerts or to opt out. By staying enrolled in 911Cellular, university officials can quickly pass on safety-related information, regardless of your location.

COURSE INFORMATION

1.0 Course Overview

This course explores the identification and the development of the person of the therapist, which serves to hone the students' skills in the use of themselves in their therapy. The result will be to increase self-awareness and therapeutic skill. The philosophy behind the course is that therapists live with unique struggles. As such, biology, family history, race, ethnicity, cultural, and spirituality, along with the effects of previous life choices, shape the person of the therapist and allow us to serve the profession of marriage and family therapy and clients in a unique way.

Special Consideration with Course Format: The course will examine how a professional's personal life influences

their therapeutic work through lectures, experiential exercises, discussions, and role-playing. Neither this course nor the activities in this course are considered therapy. Confidentiality is important to the integrity of this course. Confidentiality **cannot** be guaranteed in any situation but we are collectively accountable to maintain a safe, trusting environment throughout the course including the experiential activities, role-plays and conversations.

2.0 Intended Student Outcomes

Course Learning Outcomes – this course targets three of the MFT program’s **Student Learning Outcomes**:

(SLO-3) Assess how contextual issues affect individual lives and relational dynamics.

(SLO-5) Assess the influence of their social location and personal experiences on the conceptualization and intervention of cases.

It targets these SLOs through the following **Course Learning Outcomes**:

- 2.1 Students will recognize person of the therapist issues and their impact on the professional role as a MFT (SLO-5)
- 2.2 Students will monitor personal reactions to clients and treatment process, especially in terms of therapeutic behavior, relationship with clients, process for explaining procedures, and outcomes. (SLO-5)
- 2.3 Students will gain awareness of their values, attitudes, personal well-being, personal issues, and personal problems and the influence of these concepts on the quality of therapy. (SLO-3 & 5)
- 2.4 Students will consult with supervisor(s) if personal issues, attitudes or beliefs influence quality of therapy. (SLO-3 & 5)

3.0 Required Reading

Aponte, H. J. & Kissil, K. (2014). “ If I can grapple with this I can truly be of use in the therapy room”: Using the therapist’s own emotional struggles to facilitate effective therapy. *Journal of Marital and Family Therapy*, 35, 381-394.

Baldwin, M. (Ed.). (2013). *The use of self in therapy* (3rd ed.). Binghamton, NY: The Haworth Press. ISBN: 978-0-415-89603. (UST)

Lutz, L. & Spell Irizarry, S. (2009). Reflections of two trainees: Person-of-the-therapist training for marriage and family therapists. *Journal of Marital & Family Therapy*, 35, 370-380.

Rober, P. (2008). The therapist’s inner conversation in family therapy practice: Struggling with the complexities of therapeutic encounters with families. *Person-Centered and Experiential Psychotherapies*, 7, 245-261.

COURSE REQUIREMENTS

4.0 Course Requirements

All writing submitted to the professor should be a final draft, free of spelling, grammatical, stylistic, and typographical errors. Students are encouraged to allow ample time for writing, keeping in mind the frequency of computer glitches.

Assignments:

- 4.1 **Personal Genogram** -Students are required to construct their personal genogram and present it to the class. See Bb for more details. (Addresses Student Outcome 2.1 & 2.2)

- 4.2 Clinical Role Play-** Students will engaged in role-plays throughout the semester. Role-plays will be video-recorded for students to view. (Assesses Student Outcome 2.2)
- 4.3 Reflection Paper –** Students will complete a 2-4 page reflection paper concerning their signature theme. See Bb for more details. (Addresses Student Outcome 2.3)
- 4.4 Final Paper-** Students will complete a 5-10 page reflection paper concerning person of the therapist, signature themes, and use of self. See Bb for more details. (Addresses Student Outcome 2.1 2.2, & 2.4)

5.0 Grading Criteria Rubric and Conversion

Personal Genogram	35 points	A 135-150 points
Clinical Role Play	20 points	B 120-134 points
Signature Theme Paper	25 points	C 105-119 points
Discussion Board	20 points	D 90-105 point
Final Paper	50 points	F < 89 points
Total	150 points	

6.0 Posting of Grades

All student grades will be posted on the Canvas Gradebook. Students should monitor their grade status through this tool.

TECHNOLOGY

7.0 Technology Requirements and Support

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.

Technology issues are not an excuse for missing a course requirement – make sure your computer is configured correctly and address issues well in advance of deadlines.

8.0 Tentative Course Calendar

Course Calendar

Week	Date	Topic	Reading	Due
1	January 17 th	Introduction to Course		
	January 22 nd	Deadline to Drop 1 st 8-Week Classes with No Record		
2	January 24 th (online)	Know Thy Self	Aponte & Kissil (2014)	Discussion Board
	January 30 th	Deadline to Drop 16-Week Classes with No Record		
3	January 31 st (online)	Know Thy Self	UST Ch. 1 & 2	Discussion Board
	February 2 nd	Priority Deadline to Submit Graduation Application		
4	February 7 th	Know Thy Self		Genogram
	February 9 th	Last day to drop 1 st 8-week classes with a "Q" or withdraw with a "W"		
5	February 14 th	Know Thy Self		Genogram
6	February 21 st	Know Thy Self		Genogram
	February 22 nd	Deadline to Drop First 8-Week Classes with Quit (Q) or Withdraw (W)		
7	February 28 th (online)	Know Thy Self	Lutz & Irizarry (2009)	Discussion Board Signature Theme Paper
	March 1 st	Deadline to Submit Graduation Application for Ceremony Participation		
8	March 7 th	Know Thy Self		Genogram
9	March 14th	Spring Break	Spring Break	Spring Break
	March 15 th	Deadline for Tuition and fee Payments (Second 8-Week Classes)		
	March 18 th	Add, Drop, and Late Registration Begins for Second 8-Week Classes		
	March 20 th	Deadline for Add, Drop, and Late Registration for Second 8-week classes		
10	March 21 st	Know Thy Self		Genogram
	March 25 th	Last day to drop 2 nd 8-week classes with no record		
11	March 28 th (online)	Clinical Awareness	Rober (2008)	Discussion Board
12	April 4 th	Clinical Awareness	UST Ch. 10 & 11	
	April 5 th	Deadline to Drop 16-Week Classes with a Quit (Q) or Withdraw (W)		
13	April 11 th	Clinical Awareness		Role Play
	April 13 th	Last a "Q" or withdraw with day to drop a 2 nd 8-week class with a "W"		
14	April 18 th	Clinical Awareness		Role Play
15	April 25 th	Awareness in Action	UST Ch. 3 & 6	Role Play

	April 26 th	<i>Deadline to Drop Second 8-Week Classes with Quit (Q) or Withdraw (W)</i>		
16	May 2 nd	Awareness in Action	UST Ch. 12	Role Play
17	May 9 th (online)	Final Paper Due		Final Paper
	May 10 th	<i>Deadline to Withdraw from the University or 16- and Second 8-Week Classes</i> <i>Deadline for Degree Conferral Applications to the Registrar's Office</i>		
	May 11 th	<i>Commencement Ceremony Bell County Expo Center</i>		

**** This is a tentative course schedule and is subject to change.**

COURSE AND UNIVERSITY PROCEDURES AND POLICIES

9.0 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) [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.

10.0 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://tamuct.campuslabs.com/engage/organization/tamuct-student-conduct-panel), [https://tamuct.campuslabs.com/engage/organization/tamuct-student-conduct-panel].

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].

11.0 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://www.tamuct.edu/student-affairs/access-inclusion.html) web page [https://www.tamuct.edu/student-affairs/access-inclusion.html].

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 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. For more information, please visit <https://www.tamuct.departments/index.php>. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines online](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf), 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 is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Division of Student Affairs at 254-501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

12.0 Tutoring

Tutoring is available to all A&M-Central Texas students, both on-campus and online. On-campus subjects tutored include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors are available at the Tutoring Center in Warrior Hall, Suite 111.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, or 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 on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log-in and receive FREE online tutoring and writing support. This tool provides tutoring in over forty subject areas. Access Tutor.com through Canvas

13.0 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 of 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-on-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](#). 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.

14.0 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 work spaces, 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>].

15.0 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>].

16.0 Absences and Grading

Students are required to attend and actively participate in class meeting. An initial 5 points will be deducted for all assignments submitted after the deadline. An additional 5 points will be deducted for every additional day an assignment is late.

17.0 Instructor's Personal Statement

It is intended that the class environment will be conducive to increasing your knowledge about the topic and promoting self-discovery and personal growth. In order for that to occur, it is expected that every student be respectful of the thoughts, emotions, and behaviors of others in this course.