

MFT 5313-110, 10822, Person of the Therapist



**Texas A&M University-Central Texas
MFT 5313-110 Person of the Therapist
Spring 2021
(1/19/2021-5/14/2021)
Tuesdays, 3:00pm-5:45pm
Virtual Class**

This is a 100% online course, and uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Instructor: Liang-Ying Chou, PhD.

Office: Virtual space via Canvas

Email: lychou@tamuct.edu

Office Hours: Mondays 3pm-5pm & Tuesdays 12pm-2pm. Accessible via Canvas inbox and email. Virtual meetings are available by appointment only, and should be scheduled via email.

Method of Instruction and Course Access

This is a 100% online course, and uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.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, participating in class exercises and discussions in Canvas.

Student-Instructor Interaction

I will be available to meet to discuss and resolve class-related issues during my office hours. If you cannot communicate with me during 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's active participation is essential to 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 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.

COVID-19 SAFETY MEASURES

To promote public safety and protect students, faculty, and staff during the coronavirus pandemic, Texas A&M University-Central Texas has adopted policies and practices to minimize virus transmission. All members of the university community are expected to adhere to these measures to ensure their own safety and the safety of others. Students must observe the following practices while participating in face-to-face courses, course-related activities (office hours, help sessions, transitioning to and between classes, study spaces, academic services, etc.) and co-curricular programs:

- **Self-monitoring**—Students should follow CDC recommendations for self-monitoring. Students who have a fever or exhibit symptoms of COVID-19 should participate in class remotely and should not participate in face-to-face instruction. Students required to quarantine must participate in courses and course-related activities remotely and must not attend face-to-face course activities. Students should notify their instructors of the quarantine requirement. Students under quarantine are expected to participate in courses and complete graded work unless they have symptoms that are too severe to participate in course activities.
- **Face Coverings**—Face coverings must be worn inside of buildings and within 50 feet of building entrances on the A&M-Central Texas Campus. This includes lobbies, restrooms, hallways, elevators, classrooms, laboratories, conference rooms, break rooms, non-private office spaces, and other shared spaces. Face coverings are also required in outdoor spaces where physical distancing is not maintained. The university will evaluate

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exceptions to this requirement on a case by case basis. Students can request an exception through the Office of Access and Inclusion in Student Affairs.

- o If a student refuses to wear a face covering, the instructor should ask the student to leave and join the class remotely. If the student does not leave the class, the faculty member should report that student to the Office of Student Conduct. Additionally, the faculty member may choose to teach that day's class remotely for all students.
- Physical Distancing—Physical distancing must be maintained between students, instructors, and others in the course and course-related activities.
- Classroom Ingress/Egress—Students must follow marked pathways for entering and exiting classrooms and other teaching spaces. Leave classrooms promptly after course activities have concluded. Do not congregate in hallways and maintain 6-foot physical distancing when waiting to enter classrooms and other instructional spaces.
- The university will notify students in the event that the COVID-19 situation necessitates changes to the course schedule or modality.

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 class materials, experiential exercises, and discussions. 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, classroom conversations, and discussions in Canvas.

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.

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(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)
- Brown, L. S. (2009). Cultural competence: A new way of thinking about integration in therapy. *Journal of Psychotherapy Integration*, 19(4), 340-353.
- Dyche, L., & Zayas, L. H. (1995). The value of curiosity and naivete for the cross-cultural psychotherapist. *Family Process*, 34(4), 389-399.
- Fife, S. T., Whiting, B. J., Bradford, K., & Davis, S. (2014). The therapeutic pyramid: A common factors synthesis of techniques, alliance, and way of being. *Journal of Marital and Family Therapy*, 40, 20-33.
- Hardy, K. V. (2009). When they become us: Crossing the great divide of otherness. *Psychotherapy Networker Magazine* (January/February), 47-51.
- Hastings, C. (2002, March/April). So, How do You Become Culturally Competent? *Family Therapy Magazine*, 1(2), 18-24.
- 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. Reflection papers will be graded according to APA style. Students are encouraged to allow ample time for writing, and keep 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 Canvas for more details. (Addresses Student Outcome 2.1 & 2.2)

4.2 Culture Experiment - Students will be assigned specific tasks to conduct cultural experiments and present the experience to the class. See Canvas for more details (Assesses Student Outcome 2.2 & 2.3)

4.3 Reflection Paper for Genogram– Students will complete a 2-4 page reflection paper concerning their signature theme, person of the therapist, and response to presentation discussion. See Canvas for more details. (Addresses Student Outcome 2.3)

4.4 Reflection Paper for Cultural Experiment- Students will complete a 2-4 page reflection paper concerning person of the therapist, use of self, relation to others, and response to presentation discussion. See Canvas 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
Cultural Experiment	20 points	B 120-134 points
Reflection Paper for Genogram	25 points	C 105-119 points
Reflection Paper for Cultural Experiment	25 points	D 90-105 point
Discussion Board	45 points	F < 89 points
Total	150 points	

6.0 Posting of Grades

Grades will be posted on the Canvas Grade book. Students should monitor their grade status through this tool. Usual turn-around time for feedback and grades to be posted would be 7 days.

7.0 Grading Policies and Absences

Students are required to attend and actively participate in class meetings. 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.

8.0 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.

COURSE OUTLINE AND CALENDAR

9.0 Complete Course Calendar (Tentative)

Date	Topic	Readings	Due
Week 1 1/19 (Webex)	Introduction; Overview of the syllabus		
Week 2 1/26	Know Thy Self	UST Ch.1 & 2 Aponte & Kissil (2014)	Discussion Board
Week 3 2/2	Know Thy Self	UST Ch. 9 Lutz & Irizarry (2009) Fife, Whiting, Bradford & Davis (2014)	Discussion Board
Week 4 2/9 (Webex)	Know Thy Self	UST Ch.3	Genogram Presentation Carl + Matthew
Week 5 2/16	Know Thy Self	UST Ch.6 Hastings (2002)	Discussion Board
Week 6 2/23 (Webex)	Know Thy Self	Rober (2008) Cultural Experiment description up in Canvas	Genogram Presentation Ed + Iheanyichukwu
Week 7 3/2	Know Thy Self	Dyche & Zayas (1995)	Discussion Board
Week 8 3/9 (Webex)	Know Thy Self	UST Ch.11 Cultural Experiment tasks assignment	Genogram Presentation Jeremiah + Eric

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Week 9 3/16 Spring Break			
Week 10 3/23	Know Thy Self; Clinical Awareness	Brown (2009)	Discussion Board
Week 11 3/30 (Webex)	Know Thy Self; Clinical Awareness	UST Ch.10	Genogram Presentation Miranda Cultural Experiment Jeremiah
Week 12 4/6	Reflection Paper for Genogram Due		Reflection Paper Due April 6th at 11:59pm
Week 13 4/13 (Webex)	Clinical Awareness		Cultural Experiment Carl + Miranda + Ed
Week 14 4/20	Clinical Awareness	Hardy (2009)	Discussion Board
Week 15 4/27 (Webex)	Clinical Awareness		Cultural Experiment Matthew + Iheanyichukwu + Eric
Week 16 5/4 (Webex)	Clinical Awareness; Wrap up	UST Ch.12	
Week 17 5/11	Reflection Paper for Cultural experiment Due		Reflection Paper Due May 11th at 11:59pm

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

10.0 Important University Dates

Important university dates can be found on school website
[<https://www.tamuct.edu/registrar/academic-calendar.html>].

TECHNOLOGY REQUIREMENTS AND SUPPORT

11.0 Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

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.

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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.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

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 the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2FSubmit%2FForm%2FStart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty 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. Once you submit the completed 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, working with others in an unauthorized manner, 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 referred 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,

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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 is able to 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, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@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 except writing support. Access Tutor.com through Canvas.

University Writing Center

The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Spring 2021 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours Monday thru Thursday from 6:00-9:00 p.m. The UWC is also offering 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. 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. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. 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!

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Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via [WOnline](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 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].

For Spring 2021, all reference service will be conducted virtually. Please go to our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index] to access our virtual reference help and our current hours

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

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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/compliance/titleix.html) [<https://www.tamuct.edu/compliance/titleix.html>].

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, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. 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.

OTHER POLICIES

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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