

# Texas A&M University Central Texas

## MFT 5301-410 Marriage and Family Therapy I

### Introduction to MFT

### Summer 2021

## COURSE DATES, MODALITY, AND LOCATION

This course will meet on Mondays, Tuesdays, Wednesdays, and Thursdays from 8:00 am to 10:30 am.

We will begin on July 12<sup>th</sup> and the last class will be August 13<sup>th</sup>. This class is strictly virtual and 100 % online. We will use WebEx as the platform for meeting. Unless there is a change, we will meet every class period for at least part of the time. Any supplemental materials used will be made available online *through the* A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>]. All information, assignments such as Discussion questions, etc. in regard to the course will be found on Canvas.

## INSTRUCTOR AND CONTACT INFORMATION

**Instructor:** Paul E. Douthit PhD, LMFT

**Phone:** #254-718-9810 (Business cell phone)

**Email:** [pdouthit@tamuct.edu](mailto:pdouthit@tamuct.edu)

**Office Hours:** Contact me to set up a time to meet virtually.

### 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.

## 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://www.tamuct.edu/police/911cellular.html) [<https://www.tamuct.edu/police/911cellular.html>] 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 and Description

This is an introduction to the historical development 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 marriage and family therapy theories and how they are applied to individuals, couples, and family systems.

### Course Objective or Goal-the course targets one of the Marriage and Family Therapy program's Student Learning Outcome

(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 foundational MFT approaches to clinical problems presented in the practice of marriage and family therapy. (SLO-1)

### Student Learning Outcomes

The learner will be able to demonstrate knowledge in the fundamental theories and practices within the field of Marriage and Family therapy. The goal of this course is to further the learner's foundational knowledge of what it means to provide psychotherapy from a Marriage and Family perspective.

### Required Reading

Text 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. **Referred to as Gerhart in the Course Outline**

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. **Referred to as SSA in Course Outline**

Journal Articles-you will be able to access these through the TAMUCT Library at the following link...

[https://tamuct.libguides.com/er.php?course\\_id=49960](https://tamuct.libguides.com/er.php?course_id=49960).

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.

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.

Woods, M. D. & Martin, S. (2007). The work of Virginia Satir: Understanding her theory and technique. *The American Journal of Family Therapy*, 12, 3-11

## COURSE REQUIREMENTS

### *\*Critical Analysis Paper:*

This paper is to be a critical analysis of one of the theories of therapy we have either discussed or will discuss in this course—it is your choice. The paper is to be 8 to 10 pages in length. This means that you will need to be concise and to the point. Choose one of the theories of therapy in the Marriage and Family field that we have explored during the course and provide a thorough summary of it along with what you feel are potential strengths and weaknesses of the theory. Critique the theory e.g.: assumptions of the theory, role of the therapist, interventions, goals of treatment, etc. Consider how the theory might be used with different people, especially those who often are underserved e.g.: racial ethnic minorities, low-income families, LGBT population, etc.

The critique should include your opinion and supporting information from scholarly articles. Include a brief summary sheet of the key components of the theory; this can be in an outline format.

This paper is to be written in APA style and it is important to pay attention to grammar, spelling, and overall writing skills. The content is to be graduate level in breadth and depth.

The Critical Analysis Paper will be due the last week in this course.

### *\*Discussion Questions:*

There will be 7 of these Discussion Questions to be answered over this 5-week course. Your initial response to the question is to be at least 250 words. You are required to respond to at least one of your classmate's initial posts. These responses should be at least 100 words each. The content of the discussion question should be your own ideas supported by information from the text, assigned readings, PowerPoint, 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.

Rules and proper etiquette for these Discussion Questions:

Posting your thoughts and discussing thoughts with your fellow learners is intended to be a space for us to share our ideas, engage in dialogue, and learn from each other. Below are criteria when considering your discussion post and responses to others, criteria for content of the discussion post, and rules about etiquette:

- Refrain from inappropriate language and personal attacks.
- Review your comments before you post for spelling and grammatical errors and to make sure it is 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.
- A majority of your reply should not be quotes from the initial post

The student's initial post is due by 12:00 pm on the day **after it is assigned**, and responses to other learners are due by 11:59pm on the day **after it is assigned**.

### *\*Class Presentation of your Critical Analysis Paper:*

During the last week of this 5-week course, you are to present your paper to the class and then lead the class in discussing the key points in your paper.

## Grades for the Three Required Items (percentage of total grade)

1. *Critical Analysis Paper*

45%

2. Discussion Questions (each of the 7 will be worth 5 points each) 35%

3. Class Presentation of Critical Analysis paper 20%

### Grade Scheme

100 – 90 A

89 - 80 B

79 – 70 C

69 – 60 D

### Posting of Grades

All assignments will be posted in Canvas Grade book. Students should monitor their grade status through this tool.

## COURSE OUTLINE AND CALENDAR

WEEK ONE – Monday (7/12) Introduction to the course; Required Reading – none

WEEK ONE – Tuesday (7/13) Systemic Theory; Required Reading – SSA 1,2, & 3

WEEK ONE – Wednesday (7/14) Systemic Theory (continued); Required Reading – SSA 4 & 5; Discussion Question #1

WEEK ONE – Thursday (7/15) Systemic Theory(continued); Required Reading – SSA 6 & 7

WEEK TWO – Monday (7/19) Psychoanalytic Theory; Required Reading – Arthur C Nielsen (2017)

WEEK TWO – Tuesday (7/20) Psychoanalytic Theory; Required Reading – Gehart pgs 239-252; Discussion Question #2

WEEK TWO – Wednesday (7/21) Object Relations Theory; Required Reading – Gehart pgs 239 – 252

WEEK TWO – Thursday (7/22) Object Relations Theory; Required Reading – Finkelstein (1987); Discussion Question #3

WEEK THREE – Monday (7/26) Bowenian Theory; Required Reading – Gerhart pgs 229-238

WEEK THREE – Tuesday (7/27) Bowenian Theory; Required Reading – Miller, Anderson, & Keala (2004)

WEEK THREE – Wednesday (7/28) Contextual Theory; Required Reading – Gehart pgs 229-238; Discussion Question #4

WEEK THREE – Thursday (7/29) Contextual Theory; Required Reading – Fowers & Wenger (1997)

WEEK FOUR – Monday (8/2) Structural Theory; Required Reading – Gerhart Ch. 5; Discussion Question #5

WEEK FOUR – Tuesday (8/3) Structural Theory; Required Reading – Soto-Fulp & DelCampo (1994)

WEEK FOUR – Wednesday (8/4) Strategic Theory; Required Reading – Gerhart Ch. 4 and Wilner, Breit, & Im (1988)

WEEK FOUR – Thursday (8/5) Strategic Theory; Required Reading – Gerhart Ch. 4 and Wilner, Breit, & Im (1988); Discussion Question #6

WEEK FIVE – Monday (8/9) Experiential Theory; Required Reading – Gerhart Ch. 6; Discussion Question #7

Week FIVE – Tuesday (8/10) Experiential Theory; Required Reading – Napier (1987) and Woods & Martin (2007)

WEEK FIVE – Wednesday (8/11) Presentation of your Critical Analysis Paper

WEEK FIVE – Thursday (8/12) Questions and Wrap up of the course; the Critical Analysis paper is due at the end of the course-submit it in hard copy form and then submit to Canvas by 11:59 pm

### **Important University Dates**

Please go to this link to view important dates for the current Academic Calendar:

<https://www.tamuct.edu/registrar/academic-calendar.html>

### **TECHNOLOGY REQUIREMENTS AND SUPPORT**

#### **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.

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](mailto: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. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. 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>].

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](#) 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/pregnant-and-parenting-students.html>]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](#) 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](mailto: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

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 Summer 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.-4:00 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!

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](mailto: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 400,000 eBooks and 82,000 journals, in addition to the 96,000 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 virtually through WebEx, Microsoft Teams 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)

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## 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 Wellness and 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/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.