

Spring 2022,

MFT 5351-110

DIVERSE COUPLES TREATMENT

COURSE DATES: January 18, 2022 through May 13, 2022, Wednesdays 6:00-8:45

MODALITY This course meets face-to-face. Supplemental materials made available online through the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

LOCATION: Warrior Hall, Room 311

INSTRUCTOR: James Kelly Barnett, Ph.D. (adjunct faculty, no office)

Phone: (512) 948-9898

Email: JKBarnett@tamuct.edu

Student-instructor interaction: Instructor will reply to emails or phone calls within 48 hours during business days, exceptions include holidays, school closures, etc.

COURSE INFORMATION: Course Overview and description: Analyze theoretical models and skills necessary for effective treatment of couple relationship problems. Gottman Method Couples Therapy, and Emotion Focused Couples Therapy.

Prerequisite(s): MFT 5301.

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-4) - Formulate treatment plans based on individual issues, relational dynamics, and contextual issues.

(SLO-6) - Develop collaborative relationships with other mental health professionals and agencies within the local community. It targets these SLO’s through the following

Course Learning Outcomes:

1. Students will be able to demonstrate comprehension of Gottman Method Couples Therapy from a systemic framework. (SLO-3)
2. Students will be able to describe assessment procedures and treatment interventions of Gottman Method Couples Therapy (SLO-3 and SLO-4)
3. Students will be able to compare theoretical and clinical concepts, techniques, and evidence-based outcomes of Gottman Method Couples Therapy and Emotion Focused Couples Therapy, as well as other current models of couples' therapy. (SLO-3 and SLO-6)
4. Students will be able to integrate issues of diversity into a systemic conceptualization of couple problems. (SLO-3) Student learning outcomes should be made explicit at the course level, and by best practice, at the module/unit level, as well.

Required Reading and Textbook(s)

Gurman, (2015). Clinical Handbook of Couple Therapy. 5th Edition Noted as “GLS” in course calendar. ISBN: 9781462513925

Gottman, J. and Gottman, J (2015). 10 Principles for Doing Effective Couples Therapy. ISBN: 978-0393708356 Noted as “GG” in course calendar.

Diversity in Couple and Family Therapy: Ethnicities, Sexualities, and Socioeconomics by [Shalonda Kelly](#) (Editor) ISBN: 9781440833632 Noted as “SK” in course calendar.

COURSE REQUIREMENTS

Couple Analysis Paper – Students will write a 3-page paper using a MFT theory from your textbook to analyze a couple from personal knowledge, a television show, movie, or a book. More details will be available in Canvas. This paper will be graded for applicable content, current APA style, spelling, grammar, writing skills, etc.

Weekly Quizzes- (Canvas) Students will complete weekly quizzes which may consist of multiple choice, true/false, fill in the blank, etc. Questions will come from the text assigned for the day. Quizzes are time limited and individual questions are locked after answering. Students will not be able to take quizzes after the deadline has passed. Quizzes will be completed in class on Canvas.

Application Project– Students will design a couple therapy protocol for use with couples presenting for therapy. The protocol will utilize a preferred MFT couple theory as presented in assigned textbooks. Students will briefly describe the theory, logic for the selection, and how the theory can/will be applicable in their current/future work with couples. This project will be graded for current APA style, spelling, grammar, writing skills, content, etc.

Comprehensive Exam (Canvas) - The final exam may consist of multiple choice, true/false, fill in the blank etc. It will contain information related to course readings, videos, class discussions, quizzes etc. The final exam will be timed, and individual questions are locked after answering. Students will not be able to take the final exam earlier or after the deadline has passed.

Literature Review: Students will conduct a literature review on a topic assigned by the professor, provide a one-page summary/analysis of each article as it pertains to the course objects, and a one-page overall summary/analysis of findings.

Grading Criteria Rubric and Conversion

Couple analysis paper 20%

Quizzes 20%

Application Project 20%

Literature Review 20%

Final Exam 20%

Posting of Grades

A= 90-100

B= 80-89

C= 70-79

F= 0-69

All grades will be posted on the Canvas Grade book where students can monitor their status. All assignment will be graded within 10 business days from the due date of the assignment, including holidays, school closures, etc. Late assignments results in the loss of 5 points. Assignments will not be accepted more than 7 days after the due date.

Important University Dates: See link for current University Calendar

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

Course Calendar

Wk/ Date Reading Assignment DUE

1 Jan 19 GLS ch 1 & 5, GG Intro, Common Factors

- 2 Jan 26 GG ch 1,2
- 3 Feb 2 GG ch 3,4,5
- 4 Feb 9 GG ch 6,7,8 Literature Review
- 5 Feb 16 GG Ch 9,10
- 6 Feb 23 GLS Ch 5
- 7 Mar 2 GLS Ch 14,15,16
- 8 Mar 9 GLS Ch 20,21,22 Couple Analysis
- 9 Mar 16 SPRING BREAK 10 Mar 23
- 11 Mar 30 GLS 4 and Gehart pg 219-237
- 12 Apr 6 TBD (EFT)
- 13 Apr 13 SK ch 1,2
- 14 Apr 20 SK ch 3,5
- 15 Apr 27 SK ch 6,7 Application Project
- 16 May 4 SK ch 8, 10
- 17 May 11 SK ch 16,17 FINAL EXAM

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

SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts.

Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app. You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the SafeZone website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 steps:

1. Download the SafeZone App from your phone store using the link below:

iPhone/iPad: [<https://apps.apple.com/app/safezone/id533054756>]

Android Phone /Tablet [<https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp>]

2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)

3. Complete your profile and accept the terms of service

Technology Requirements: This course will use the A&M-Central Texas Canvas learning management system. TAMUCT strongly recommends 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

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>]

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. 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].

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 Warrior Center for Student Success, Equity 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 is available to all A&M-Central Texas students, both virtually and in-person. Student success coaching is available online upon request. If you have a question, are interested in becoming a tutor, or in need of success coaching contact the Warrior Center for Student Success, Equity and Inclusion at (254) 501-5836, visit the Warrior Center at 212 Warrior Hall, or by emailing WarriorCenter@tamuct.edu. To schedule tutoring sessions and view tutor availability, please visit Tutor Matching Services [<https://tutormatchingservice.com/TAMUCT>] or visit the Tutoring Center in 111 Warrior Hall.

Chat live with a remote 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: Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (A&M–Central Texas) is a free service open to all A&M–Central Texas students. For the Spring 2022 semester, the hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and Saturday 12:00-3:00 p.m. 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-to-one session with a trained and experienced writing tutor by making an appointment via WOnline [<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, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor by making an appointment via

WOnline [<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, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

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. Schedule an appointment here [<https://tamuct.libcal.com/appointments/?g=6956>]. 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>].

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>].

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 online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2]. Anonymous referrals are accepted. Please see the

Behavioral Intervention Team website for more information [<https://www.tamuct.edu/bit>]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.