SYLLABUS

DATE OF LAST REVIEW: 02/2014
CIP CODE: 51.1501
SEMESTER: DEPARTMENTAL SYLLABUS
COURSE TITLE: Family Therapy
COURSE NUMBER: ADCN0204
CREDIT HOURS: 3
INSTRUCTOR: DEPARTMENTAL SYLLABUS
OFFICE LOCATION: DEPARTMENTAL SYLLABUS
OFFICE HOURS: DEPARTMENTAL SYLLABUS
TELEPHONE: DEPARTMENTAL SYLLABUS
EMAIL: DEPARTMENTAL SYLLABUS

KCKCC- “issued email accounts are the official means for electronically communicating with our students.”

PREREQUISITES: Introduction to Addictions ADCN0101 and Counseling the Alcoholic and Drug Abuser I ADCN0105 or consent of the instructor.

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:
This course is designed to explore the impact of addiction on the family. This is a culturally informed study of family, social and community systems and the impact of addiction on the family and society. Students are exposed to current theories and skills regarding family counseling and advocacy.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning
experiences outside the classroom and full contact thinking. Methodology will be selected to best meet student needs.

**COURSE OUTLINE:**

I. Effects of addiction on family system  
   A. Rigid family roles  
   B. Boundary problems  
   C. Denial, projection and minimizing  
   D. Tension and isolation  
   E. Frustration and disorganization  
   F. Maintaining homeostasis

II. The family as a psychosocial system  
   A. Characteristics of a family system  
      1. family rules  
      2. family homeostasis  
      3. feedback, information and control  
      4. subsystems and boundaries  
      5. open and closed systems

III. Chemical Addiction: individuals and family systems  
   A. Overview of family systems and chemical addiction research  
   B. Family systems and chemical addiction  
   C. Early development: a potential base for addiction  
   D. Dynamics of the individual contributing to chemical dependency

IV. Understanding Families and Family Dynamics  
   A. Individual and Family Life Cycles  
   B. Healthy and Dysfunctional Families  
   C. Working with Culturally Diverse Families

V. Therapeutic Approaches to Working with Families  
   A. History of Family Therapy  
   B. The Process of Family Therapy  
   C. Psychodynamic and Bowen Family Therapies  
      Bowen’s eight interlocking theoretical concepts  
      1. differentiation of self  
      2. triangles  
      3. nuclear family emotional system  
      4. family projection process  
      5. emotional cutoff  
      6. multigenerational transmission process  
      7. sibling position  
      8. societal regression  
   D. Experiential Family Therapy  
   E. Behavioral and Cognitive-Behavioral Family Therapies
F. Structural Family Therapy
G. Strategic Family Therapies
H. Solution-focused and Narrative Family Therapies

EXPECTED LEARNER OUTCOMES:

1. The student will review the salient features of the addiction process.
2. The student will be able to examine the features of the Psychodynamic, Bowen’s Systems Theory, Experiential, Behavioral and Cognitive-Behavioral, Structural, Strategic, and Solution-Focused and Narrative Family Therapy approaches to family therapy.
3. The student will integrate features of each theory into a framework for workplace application.
4. The student will develop a personal theoretical framework of a family systems perspective that is applicable to chemically dependent families.
5. The student will demonstrate an understanding of multicultural differences and issues when applying a family systems model.
6. The student will demonstrate an understanding of how one’s family-of-origin-issues may affect the treatment outcome.
7. The student will describe the dynamics of the family as a social system.

COURSE COMPETENCIES:

The student will be able to review the salient features of the addiction process
1. The student will be able to define the effects of addiction on the family system and society.
2. The student will be able to describe the rigid family roles identified in an alcoholic family.
3. The student will be able to identify the significant issues within families relating to culture, gender preferences, and mental illness.
4. The student will be able to describe the individual dynamics that contribute to chemical dependency.

The student will be able to examine the features of the Psychodynamic, Bowen’s Systems Theory, Experiential, Behavioral and Cognitive-Behavioral, Structural, Strategic, and Solution-Focused and Narrative Family Therapy approaches to family therapy.
5. The student will be able to label the characteristics of a natural system
6. The student will be able to apply the characteristics of natural systems theory to family systems.
7. The student will be able to analyze the family systems/chemical addiction research.
8. The student will be able to examine the evolution of family systems theory.
9. The student will be able to evaluate the psychodynamic approach in terms of usefulness for chemical dependency counseling.
10. The student will be able to define the salient features of the Psychodynamic model.
11. The student will be able to describe the Object relations model of family therapy.
12. The student will be able to select the applicable features of the Object Relations model for chemical dependency counseling.
13. The student will be able to describe the Experiential models of family therapy.
14. The student will be able to select the applicable features of the Experiential models for chemical dependency counseling.
15. The student will be able to describe the Structural Family Theory.

**The student will be able to integrate features of each theory into a framework for workplace application.**
16. The student will be able to select the applicable features of the Structural Family theory for chemical dependency counseling.
17. The student will be able to describe the Strategic approach.
18. The student will be able to identify the application of a family systems approach to chemical dependency.
19. The student will be able to identity, appropriate referrals, resources and community supports for families.
20. The student will be able to identify the applicable features of the Behavioral and Cognitive-Behavioral approach for chemical dependency counseling.
21. The student will be able to outline the Solution-Focused and Narrative Family Therapies approaches.
22. The Student will be able to identify the applicable features of the Solution-Focused and Narrative Family Therapies approaches for chemical dependency counseling.
23. The student will be able to integrate the applicable features of the different family systems theories.
24. The student will be able to develop a working model for application in chemical dependency treatment.
25. The student will be able to apply culturally informed skills that are effective in treatment and recovery.
26. The student will be able to select the applicable features of Bowen’s theory for chemical dependency counseling.

**The student will be able to develop a personal theoretical framework of a family systems perspective that is applicable to chemically dependent families.**
27. The student will be able to select the applicable features of the Strategic approach for chemical dependency counseling.

**The student will be able to demonstrate an understanding of culturally informed counseling and unique issues when applying a family systems model.**
28. The student will become familiar with their personal culture and the implications for counseling.
29. The student will gain an understanding and sensitivity to cultural issues of other groups.

**The student will be able to demonstrate an understanding of how one’s family-of-origin-issues may affect the treatment outcome.**
30. The student will be able to identify the boundary problems found in a chemically addicted family.
31. The student will be able to illustrate the frequently used defense mechanisms found in addicted families.
32. The student will be able to identify the specific issues related to families with substance-
related disorders, domestic violence and child abuse.
33. The student will be able to explain the early developmental issues as a potential base for addiction.

The student will be able to outline the dynamics of the family as a social system.
34. The student will be able to describe the dysfunction that occurs as the family attempts to maintain homeostasis.
35. The student will be able to identify the significant stages within the family life cycle model.
36. The student will be able to describe the salient features of Bowen’s Family Systems theory.
37. The student will be able to define the eight interlocking theoretical concepts of Bowen’s theory.
38. The student will be able to demonstrate an understanding of Bowen’s Genogram.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Academic Resource Center, in Rm. 3354 or call at: 288-7670 V/TDD.