

THEORY AND TECHNIQUE OF FAMILY THERAPY

Instructor: Daniel Hettleman, Ph.D.

2016-2017 Academic Year

Fridays 8:15-10:05am

Room 354

COURSE GOALS

1. To facilitate understanding and gain practice with techniques unique to working with families.
2. To learn historical and theoretical approaches to family therapy.
3. To provide exposure to the unique aspects of systemic approaches to psychotherapy.

COURSE REQUIREMENTS

First Quarter:

- Do all of the reading (approximately 100 pages per week)
- Come to class prepared to discuss readings
- Prepare a 5-7 page description about a child client you are seeing. Tell about his/her background, presenting problems, what you know about the family system, what you've been doing so far, what have been some frustrations, and what you'd like to learn more about the family system. You will send this description to the rest of us 2 days before a particular assigned class period (we'll discuss how to divvy up the dates). During your assigned class period, we will connect what we've been learning with the client you've been seeing.

Second Quarter:

- Do all of the reading (approximately 50-100 pages per week for 6 weeks; then 20-30 pages per week)
- Write an approximately 15 page paper applying theories and techniques you have learned in this class to a case you are working on. **DUE ONE WEEK BEFORE GRADES ARE DUE.** Include systemic hypotheses, and possible interventions. Do not include all the background information you prepared in your first quarter paper.
- Optional at end of second quarter: we can try to see the family of a client you've been seeing, live, in the clinic, for a 90 minute consultation session. We would need your supervisor's consent to do this, and of course, the family's interest and consent. We can also do this in the Spring, if we can all agree on the timing.

PRIMARY TEXTBOOK:

1. **Nichols, Michael P., and Davis, Sean. (2016) Family Therapy: Concepts and Methods (11th Edition), Boston: Pearson Education, Inc. **THERE ARE MANY EDITIONS OF THIS BOOK. I AM HAPPY TO WORK WITH YOU TO FIND AN AFFORDABLE EDITION, AS LONG AS IT IS AT LEAST THE 8TH EDITION.****
2. **Taibbi, R. (2015). Doing Family Therapy, 3rd Edition: Craft and Creativity in Clinical Practice, New York: The Guilford Press.**

FALL QUARTER

Week 1 (September 16): Introduction: What Makes Family Therapy Different

- Introductions
- Review syllabus
- Introduction to Systems Theory

Week 2 (September 23): Historical Context of Family Therapy

- Readings #1 Due:
1. Nichols, chapters 1 (only pp. 13-28), and 3
 2. Diamond, G.S. (2005). "Attachment-Based Family Therapy for Depressed and Anxious Adolescents," in J.L. Lebow (Ed.) Handbook of Clinical Family Therapy, New Jersey: Wiley, pp. 17-41
 3. Leupnitz, D.A. (2002). "Christmas in July" in Schopenhauer's Porcupines: Intimacy and its Dilemmas, New York: Basic Books, pp. 66-102.
 4. Author/year unknown. "Mom Hogging Family Therapy Session", The Onion.
 5. Feiler, B. (2013, March 15). "The Stories that Bind us", New York Times, Retrieved from <http://www.nytimes.com>

Week 3 (September 30): Historical Context Continued

- Readings #2 Due:
1. Simon, R. (1983). "Erickson's Way: A profile of Milton Erickson", Family Therapy Networker, September/October 1983, pp. 35-43.
 2. Simon, R. (1989). "Remembering Virginia," Family therapy Networker, January/February 1989, pp. 27-43.
 3. Napier, A.Y. and Whitaker, C. (1978). The Family Crucible: The intense experience of family therapy, New York: Harper Perennial, excerpts from page 23, 32, 181-190.
 4. Wylie, M.S. (1991). "Family Therapy's Neglected Prophet: A profile of Murray Bowen," Family Therapy Networker, March/April 1991, pp. 211-229.

VIDEO: "AN INTIMATE VIEW OF A FAMILY CRISIS" (Satir)

Week 4 (October 7): Structural and Strategic

- Readings #3 Due:
1. Nichols, chapters 5, 6
 2. Minuchin, Salvador P., and Nichols, Michael P. (1993) Family Healing: Strategies for Hope and Understanding, New York: The Free Press, chapters 1, 2, 3, and 7 (pp. 3-48; 115-144)
 3. Madanes (2014). "Soft Shock Therapy", Psychotherapy Networker March/April 2014, 38 (2), pp. 39-45.

VIDEO: "A FAMILY WITH A LITTLE FIRE" (Montalvo)

Week 5 (October 14): Review

Catch up on Readings from past 3 weeks

First case presentation. 5-7 page paper describing client/family due ***October 12th at 8pm.***

Week 6 (October 21): Systemic Family Therapy

- Readings #4 Due:
1. Boscolo, L., Cecchin, G., Hoffman, L., and Penn, P. (1987). "From Psychoanalysis to Systems", in Milan Systemic Family Therapy: Conversations in Theory and Practice, USA: Basic Books, 3-28.
 2. Selvini, M.P., Boscolo, L., Cecchin, G., and Prata, G. (1980). "Hypothesizing – Circularity – Neutrality: three Guidelines for the Conductor of the Session," Family Process, 10 (1), pp. 3-12.

3. Penn, P. (1985). "Feed-Forward: Future Questions, Future Maps," Family Process, 24 (3), pp. 299-312.
4. Cecchin, G. (1987). "Hypothesizing, Circularity, and Neutrality Revisited: An invitation to curiosity," Family Process, 26 (4), pp. 405-413.
5. Boscolo, L., Cecchin, G., Hoffman, L., and Penn, P. (1987). "The Crying Boy", in Milan Systemic Family Therapy: Conversations in Theory and Practice, USA: Basic Books, pp. 29-92.

Week 7 (October 28): Narrative and Solution-Focused Family Therapy

- Readings #5 Due:
1. Nichols, chapters 11 and 12
 2. White, M. (1988). "The Process of Questioning: a therapy of literary merit?," Dulwich Centre Newsletter, Winter 1998, pp. 37-46.
 3. White, M., and Epston, D. (1990). "Externalizing of the Problem", in Narrative Means to Therapeutic Ends, New York: W.W. Norton and Company, pp. 38-76.

VIDEO: "ESCAPE FROM BICKERING" (White)

Week 8 (November 4): Putting it all Together with Empirically Validated Treatments

- Readings #6 Due:
1. Nichols, chapter 13
 2. Carr, A. (2014a). The evidence-base for family therapy and systemic interventions for child-focused problems. Journal of Family Therapy, 36, 107–157.
<http://onlinelibrary.wiley.com/doi/10.1111/1467-6427.12032/full>
 3. Alexander, J., Pugh, C., and Parsons, B. (1998). "Functional Family Therapy", in D.S. Elliott (Ed.), Blueprints for Violence Prevention, Venture Publishing: Golden, Colorado. Read pp. 3, 9-41, 51-56.

VIDEO: "FUNCTIONAL FAMILY THERAPY" (Alexander)

Week 9 (November 11): Review

Catch up on last 3 weeks' readings.

Second case presentation. 5-7 page paper describing client/family *due November 9th at 8pm.*

Week 10 (November 18): Review

Catch up on all readings

Third case presentation. 5-7 page paper describing client/family *due November 16th at 8pm.*

WINTER BREAK

Week 11 (January 6) Research and Assessment

- Readings #7 Due:
1. Carr, A. (2016). "How and Why do Family and System Therapies Work?," Australian and New Zealand Journal of Family Therapy, 37 (1), 37-55
<http://onlinelibrary.wiley.com/doi/10.1002/anzf.1135/full>
 2. Yingling, L.C. (2004). "Child and Family Assessment: Strategies and inventories", in Sperry, L. (Ed.) Assessment of Couples and Families: Contemporary and cutting-edge strategies, New York: Brunner-Routledge, pp. 159-181.

Week #12 (January 13): Reflecting Team

- Readings #8 Due:
1. Papp, P. (1982). "The Greek Chorus and other Techniques of Paradoxical Therapy," Family Process, 19, pp.45-57.
 2. Anderson, T. (1987). "The Reflecting Team: Dialogue and Meta-Dialogue in Clinical Work," Family Process, 26, 415-428.
 3. White, M. (1987). "Reflecting Teamwork as Definitional Ceremony," in Re-Authoring Lives, Adelaide, South Australia: Dulwich Centre Publications, pp. 181-197.
 4. Hoffman, L. (2002). Family Therapy: An Intimate History, New York: W.W. Norton and Company, pp. 49-58 and 185-212.

Week #13 (January 20): Underserved Populations

- Readings #9 Due:
1. Aponte, H.J. (1994). "The Negotiation of Values in Therapy," in Bread and Spirit: Therapy with the New Poor, New York: W.W. Norton and Company. Chapter 9, pp. 168-185.
 2. Falicov, C.J. (1998). Latino Families in Therapy: A Guide to Multicultural Practice, New York: The Guilford Press, pp. 67-87 and 105-114.

Week #13 (January 27): Initial Session

1. Taibbi, chapters 1-3, and half of chapter 4 (pp. 1-60)

Week #14 (February 3): Children/adolescents in family therapy

1. Taibbi, finish chapter 4, then read 5 and 6 (pp. 60-124)

Week #15 (February 10): Children/adolescents in family therapy

1. Taibbi, chapters 10, 11 (pp. 181-240)

Week #16 (February 17): Functional Family Therapy in more depth

1. Alexander, J.F., Waldron, H.B., Robbins, M.S., Neeb, A.A. (2013). Functional Family Therapy for Adolescent Behavior Problems, Washington, D.C., American Psychological Association, chapters 6-8, pp. 87-155).

Week #17-20: Integrated models, other readings (WE WILL SELECT AMONG THESE and other readings)

1. Horigian, V.E. et al. (2005). "Brief Strategic Family Therapy for Adolescents with Behavior Problems," in J.L. Lebow (Ed.) Handbook of Clinical Family Therapy, New Jersey: Wiley, pp. 73-102
2. Liddle, H.A. et al. (2005). "Multidimensional Family Therapy: A Science-Based Treatment for Adolescent Drug Abuse," in J.L. Lebow (Ed.) Handbook of Clinical Family Therapy, New Jersey: Wiley, pp. 128-163.
3. Lock, J., LeGrange, D., Agras, W.S., Dare, C. (2001). "Family Treatment for Anorexia Nervosa," in Treatment Manual for Anorexia Nervosa: A Family-Based Approach, New York: The Guilford Press, pp. 13-30.
4. Lebow, J.L. (2005). "Integrative Family Therapy for Families Experiencing High-Risk Divorce," in J.L. Lebow (Ed.) Handbook of Clinical Family Therapy, New Jersey: Wiley, pp. 516-542.