

# Counseling Couples and Families

CNL-521

3 Credits

Apr 3 - May 28

## Course Description

This course provides a broad understanding of the structure and dynamics of couples and families, which includes theory, assessment, and application of couples and family intervention and counseling.

## Instructor Contact Information

**Liesl Hecht**

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## Class Resources

### Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation (REQUIRED)

Gehart, D. R. (2024). *Mastering competencies in family therapy: A practical approach to theories and clinical case documentation* (4th ed.). Cengage Learning. ISBN-13: 9780357764565

### CHSS Statement (REQUIRED)

Grand Canyon University is a Christian institution committed to service and engagement in the way of Jesus through intentional Christian community. The College of Humanities and Social Sciences focuses on developing purposeful, globally minded individuals who exemplify Christ's love and compassion. Through our rigorous academic programs, we equip our students with the necessary tools to engage in meaningful dialogue with all humanity and make a positive impact on the world. "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." (1 Samuel 16:7 NIV)

### Additional Counseling Requirements (REQUIRED)

**Diagnostic and Statistical Manual of Mental Disorders (DSM)** Students of GCU's Counseling programs are required to possess a copy of the current version of the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (DSM)*. The manual will be used throughout your program. The *DSM* will be used from course to course, so students who already own the current edition of the manual need not purchase another. Once purchased, students should keep the manual for all subsequent classes while attending GCU and for reference after graduation. **Syllabus and Textbook Access** Many states require syllabi for licensure. If you are required to provide syllabi, contact your Student Service Counselor (SSC) to request official copies. Textbooks delivered via BibliU are accessible through the BibliU library upon first access to the digital classroom. It is recommended you download the BibliU app to access your textbooks. If a textbook is not delivered through BibliU, make sure to save the e-book to your computer as a PDF file. If you have trouble saving the e-book, contact GCU Technical Support. **Recommended Program Materials: Publication Manual of the American Psychological Association** GCU has made APA templates and other resources available within the Student Success Center. However, be aware that a more complete APA manual can be purchased at your own expense. To order the APA manual, please visit the American Psychological Association. **International Classification of Disease** Students are encouraged (not required) to familiarize themselves with the current version of the *International Classification of Disease (ICD)* reference.

<https://www.apa.org/>

### GCU Writing Center (REQUIRED)

Refer to the Writing Resources located on GCU's Student Success Center website for additional guidance on completing assignments in the appropriate style and academic level.

<https://www.gcumedia.com/lms-resources/student-success-center/v3.1/#/tools/writing-center>

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### **GCU Library's Academic Writing** (REQUIRED)

Refer to the GCU Library's Academic Writing resources on the Academic Writing & Study Skills website to find writing resources and tutorials.

<https://libguides.gcu.edu/writing/WritingTutorials>

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### **GCU Library Evaluating Sources: Scholarly Sources** (REQUIRED)

Review the GCU Library Evaluating Sources: Scholarly Sources and read "Defining Scholarly Resources." You are required to support information provided in your assignments using scholarly resources.

<https://libguides.gcu.edu/EvaluatingSources>

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### **APA Formatting Tutorial** (REQUIRED)

Review the APA Formatting Tutorial for formatting assistance.

<https://ssc.gcu.edu/#/media-element/1FF26538-38D0-EA11-910D-005056BDE9D6>

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### **Disability Accommodation Policy and Procedures Statement** (REQUIRED)

Grand Canyon University (GCU) seeks to serve all students equally. This plan is established to provide all students with equal access to GCU's programs, systems, and facilities. To receive accommodations through the University, students are required to complete the Accommodation Request Form and provide supporting documentation to Student Disability Services. Note: GCU cannot provide accommodations that are not requested. Review the Student Disability Services section of the University Policy Handbook, located on the GCU website for specific information regarding the policy and procedures.

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### **Methods of Instruction** (REQUIRED)

The methods of instruction for this course may include but are not limited to: lectures, small and large group discussion, guest speakers, individual assignments, group assignments, discussion questions, readings, videos, and online instruction.

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### **Student Performance Evaluation Criteria and Procedures** (REQUIRED)

For specific information on the grading policies and procedures, please see the most current University Policy Handbook (UPH) located on the Academic Catalog and Policies page.

<https://www.gcu.edu/academics/academic-policies.php>

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### **CMHC Counselor Dispositions** (REQUIRED)

Review the "CMHC and SC Counselor in Training Handbook" on the CMHC and SC Forms, Handbook, and Resources tab located on the Student Success Center for the College of Humanities and Social Sciences. Become acquainted with the expectations and program requirements to complete a successful program of study.

<https://ssc.gcu.edu/#/page/chss/>

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### **LopesWrite** (REQUIRED)

Refer to the LopesWrite webpage for guidance regarding assignments requiring submission to LopesWrite.

<https://support.gcu.edu/hc/en-us/articles/201277380-LopesWrite>

### **Zoom Access (REQUIRED)**

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As directed by your instructor, access Zoom to complete your course assignments. For licensed accounts, Zoom can be accessed by clicking on the link below. When initially setting up your Zoom account, be sure to use your GCU email address.

<https://my-gcu-edu.zoom.us>

### **GCU Zoom Resources - Counseling and Social Work (REQUIRED)**

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To set up a licensed Zoom account to use during your counseling or social work courses while you are a GCU student, review the "GCU Zoom Resources-Counseling and Social Work" document found on the "Additional College Resources" tab on the GCU College of Humanities and Social Sciences website. Note: Use your GCU student email when accessing your licensed Zoom account.

<https://ssc.gcu.edu/#/page/chss/>

### **CACREP Standards Mapping of Learning Outcomes (REQUIRED)**

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The course objectives were informed by the identified 2016 CACREP standards. Where applicable, objectives clearly identify the standards addressed. Review the "CNL-521 CACREP Standards Mapping" document to see which specific CACREP standards are mapped to the course.

CNL-521-RS-CACREPStandardsMapping.docx

### **CMHC and SC Counselor in Training Handbook (REQUIRED)**

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Review the "CMHC and SC Counselor in Training Handbook" on the CMHC and SC Forms, Handbook, and Resources tab located on the Student Success Center for the College of Humanities and Social Sciences. Become acquainted with the expectations and program requirements to complete a successful program of study.

<https://ssc.gcu.edu/#/page/chss/>

### **Clinical Mental Health Counseling e-Portfolio Requirements (REQUIRED)**

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At the end of this program, you will be required to submit an e-Portfolio. The e-Portfolio will highlight your progress and accomplishments as a developing clinical mental health counselor both academically and professionally. We recommend that you use Weebly or Google sites to create your portfolio. The portfolio requirements are located on the Counseling Community Connections (CCC) website. Please make sure you have at least one artifact for each required section below. Please note, a few sections are optional. From the Home Page, click on the Counseling programs drop down menu and click on the Clinical Mental Health Counseling tab. Sign into the Clinical Mental Health Counseling page and you will click on the e-Portfolio tab at the top of the page to find the related e-Portfolio documents.

<https://cce.gcu.edu>

### **Statement on the Integration of Faith and Work (REQUIRED)**

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This course requires the use of the "Statement on the Integration of Faith and Work" from Grand Canyon University's One Foundation (2015).

<https://www.gcu.edu/sites/default/files/media/Documents/Statement-IFLW.pdf>

### **GCU Christian Counseling Research Guide (REQUIRED)**

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This guide will show you some of the excellent resources that the GCU library has to assist you in your Christian Counseling and Psychology research. On the following pages you'll find information on journal

articles, useful eBooks, streaming video and media, as well as some websites where you can find relevant information to help you complete your research and assignments.

<https://libguides.gcu.edu/ChristianCounseling>

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## **International Association of Marriage and Family Counselors (IAMFC) Code of Ethics** (REQUIRED)

Review the IAMFC Code of Ethics.

<https://www.iamfconline.org/public/IAMFC-Ethical-Code-Final.pdf>

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## **Topic 1: History, Evolution, Techniques, and Ethics of Couples and Family Counseling**

Apr 3, 2025 - Apr 9, 2025    Max Points: 130

Objectives:

1. Describe the history and evolution of family counseling theories. [CACREP 2.F.1.a]
2. Apply counseling skills to the beginning and middle stages of couples counseling. [CACREP 5.C.3.b]
3. Discuss confidentiality when working with couples and families within counseling. [CACREP 2.F.5.e, 5.C.2.l]

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## **Resources**

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### **Expanding Intake Assessment to Incorporate Spirituality Using Five Functional Tasks** (REQUIRED)

Read "Expanding Intake Assessment to Incorporate Spirituality Using Five Functional Tasks," by Butts and Gutierrez, from *Counseling & Values* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edb&AN=132211699&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

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### **Optional - Body and Movement in Couple Therapy: The Intake Phase** (OPTIONAL)

For additional information, the following is recommended:

"Body and Movement in Couple Therapy: The Intake Phase," by Vulcan and Engelhard, from *The Arts in Psychotherapy* (2019).

<https://www.sciencedirect-com.lopes.idm.oclc.org/science/article/pii/S0197455618302090>

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### **Optional - Brief History of Couple and Family Therapy** (OPTIONAL)

For additional information, the following is recommended:

"Brief History of Couple and Family Therapy," by Lebow and Diamond, from *APA Handbook of Contemporary Family Psychology: Family Therapy and Training* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2018-59954-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation** (REQUIRED)

Read Chapters 1, 2, and 5 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and*

### **Optional - Enhancing Client Return After the First Session, and Alternatively Dealing With Early Termination** (OPTIONAL)

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For additional information, the following is recommended:

"Enhancing Client Return After the First Session, and Alternatively Dealing With Early Termination," by Marini, from *The Professional Counselor's Desk Reference* (2019).

[https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/sppcd/enhancing\\_client\\_return\\_after\\_the\\_first\\_session\\_and\\_alternatively\\_dealing\\_with\\_early\\_termination/0?institutionId=5865](https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/sppcd/enhancing_client_return_after_the_first_session_and_alternatively_dealing_with_early_termination/0?institutionId=5865)

### **Family Therapy Through the Decades** (REQUIRED)

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Review the "Family Therapy Through the Decades" to complete the Topic 1 DQ 1.

<https://lc.gcumedia.com/mediaElements/gcu-sequence-application/v3.1/#/showcase/sequence/93/view>

### **Ethical Standards for a Post-COVID-19 World** (REQUIRED)

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Read "Ethical Standards for a Post-COVID-19 World," by Mifsud and Herlihy, from *Journal of Mental Health Counseling* (2022).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=154622128&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **The History of Couples and Family Therapy** (REQUIRED)

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Watch "The History of Couples and Family Therapy," from Films Media Group (2018).

<https://lopes.idm.oclc.org/login?url=https://fod.infobase.com/PortalPlaylists.aspx?wID=96349&xtid=183967&loid=553099>

### **Clinical and Ethical Considerations for Delivering Couple and Family Therapy via Telehealth** (REQUIRED)

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Read "Clinical and Ethical Considerations for Delivering Couple and Family Therapy via Telehealth," by Wrape and McGinn, from *Journal of Marital and Family Therapy* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-03364-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Optional - Four Session Evaluation: First Session With Couple Married 20 Years** (OPTIONAL)

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For additional information, the following is recommended:

"Four Session Evaluation: First Session With Couple Married 20 Years," by the American Psychological Association, located on the PsycTHERAPY database (2022).

<https://psyctherapy-apa-org.lopes.idm.oclc.org/Title/777700732-001>

## **Assessments**

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## Summary of Current Course Content Knowledge

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Start Date & Time	Due Date & Time	Points
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Apr 3, 2025, 12:00 AM	Apr 3, 2025, 11:59 PM	0
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### Assessment Description

Academic engagement through active participation in instructional activities related to the course objectives is paramount to your success in this course and future courses. Through interaction with your instructor and classmates, you will explore the course material and be provided with the best opportunity for objective and competency mastery. To begin this class, review the course objectives for each Topic, and then answer the following questions as this will help guide your instructor for course instruction.

1. Which weekly objectives do you have prior knowledge of and to what extent?
2. Which weekly objectives do you have no prior knowledge of?
3. What course-related topics would you like to discuss with your instructor and classmates? What questions or concerns do you have about this course?

## Class Introductions

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Start Date & Time	Due Date & Time	Points
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Apr 3, 2025, 12:00 AM	Apr 5, 2025, 11:59 PM	0
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### Assessment Description

Take a moment to explore your new classroom and introduce yourself to your fellow classmates. What are you excited about learning? What do you think will be most challenging?

## Topic 1 DQ 1 (Obj. 1.1)

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Start Date & Time	Due Date & Time	Points
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Apr 3, 2025, 12:00 AM	Apr 5, 2025, 11:59 PM	5
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### Assessment Description

Review the "Family Therapy Through the Decades" timeline located in the Topic 1 Resources. Discuss the history and evolution of family counseling theories. What is one event you thought was pivotal for current family counseling and why? Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list. *This discussion question is informed by the following CACREP Standard: 2.F.1.a. History and philosophy of the counseling profession and its specialty areas.*

## Topic 1 DQ 2 (Obj. 1.3)

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Start Date & Time	Due Date & Time	Points
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Apr 3, 2025, 12:00 AM	Apr 7, 2025, 11:59 PM	5
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### Assessment Description

- Review the IAMF Code of Ethics located in the Class Resources. What are some of the ethical dilemmas or

factors to consider regarding confidentiality of family and couples within counseling? How would the ethical factors you considered differ if you are doing a telehealth appointment? Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list. *This discussion question is informed by the following CACREP Standards: 2.F.5.e. The impact of technology on the counseling process. 5.C.2.I. Legal and ethical considerations specific to clinical mental health counseling.*

## Couples Case Scenario Application (Obj. 1.2)

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Start Date & Time	Due Date & Time	Points
Apr 3, 2025, 12:00 AM	Apr 9, 2025, 11:59 PM	100

Assessment Traits

 Requires LopesWrite

### Assessment Description

For this assignment you will read a case scenario and create a counseling script that demonstrates building therapeutic alliance and gathering information about the problem. You will apply counseling skills such as identifying interactional patterns and interventions that could be beneficial to the couple. After reading "Couple Case Scenario and Directions," fill out the accompanying document, "Couple Case Scenario Template." Include at least one scholarly resource (peer-reviewed journal articles, books, etc.). Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center. This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion. You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Course Resources if you need assistance. *This assignment is informed by the following CACREP Standard: 5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.*

### Attachments

CNL-521-RS-T1-CoupleCaseScenarioDirections.docx  
CNL-521-RS-T1-CouplesCaseScenarioTemplate.docx

## Topic 1 Participation

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Start Date & Time	Due Date & Time	Points
Apr 3, 2025, 12:00 AM	Apr 9, 2025, 11:59 PM	20

## Topic 2: Fundamental Concepts, Psychoanalytic, and Cognitive-Behavioral Therapy in Couples and Family Counseling

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Apr 10, 2025 - Apr 16, 2025    Max Points: 130

Objectives:

1. Demonstrate how counselors apply psychoanalytic and cognitive-behavioral therapies to conceptualize a couples or family issue and choose appropriate interventions. [CACREP 2.F.5.a, 2.F.5.j, 5.C.3.b]

## Resources

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## **Self-Psychology–Informed Family Therapy: Increasing Selfobject Experience Between Family Members—an Important Component of Psychoanalytic Treatment of Children and Adolescents** (REQUIRED)

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Read “Self-Psychology–Informed Family Therapy: Increasing Selfobject Experience Between Family Members—an Important Component of Psychoanalytic Treatment of Children and Adolescents,” by Leone, from *Psychoanalysis, Self and Context* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-31647-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## **Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation** (REQUIRED)

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Read Chapters 9 and 10 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Read Chapter 11.

## **Contemporary Family Psychotherapy: Behavioral and Cognitive-Behavioral Theories** (REQUIRED)

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Read “Contemporary Family Psychotherapy: Behavioral and Cognitive-Behavioral Theories,” by Mack, Lebowitz, and Silverman, from *APA Handbook of Contemporary Family Psychology: Foundations, Methods, and Contemporary Issues Across the Lifespan* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2018-59956-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## **Optional: Relational Spirituality as Scaffolding for Cognitive-Behavioral Therapy** (REQUIRED)

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For additional information, the following is recommended:

“Relational Spirituality as Scaffolding for Cognitive-Behavioral Therapy,” by Correa and Sandage, from *Spirituality in Clinical Practice* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2018-12033-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## **Optional - Stepfamily Therapy With Stepgrandparents and Their Adult Children** (OPTIONAL)

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For additional information, the following is recommended:

“Stepfamily Therapy With Stepgrandparents and Their Adult Children,” by Browning and van Eeden-Moorefield, from *Integrative Couple and Family Therapies: Treatment Models for Complex Clinical Issues* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-36371-011&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## **Cognitive Behavioral Couple and Family Therapy** (REQUIRED)

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Read “Cognitive Behavioral Couple and Family Therapy,” by Dattilio and Epstein, from *Handbook of Cognitive Behavioral Therapy: Applications* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23706-016&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Digging Deeper: An Object Relations Couple Therapy Update** (REQUIRED)

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Read "Digging Deeper: An Object Relations Couple Therapy Update," by Siegel, from *Family Process* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=cul&AN=142020934&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Optional - Crossing Guardians: Signaling and Safety in Queer and Trans Therapist/Patient Dyads** (OPTIONAL)

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For additional information the following is recommended:

"Crossing Guardians: Signaling and Safety in Queer and Trans Therapist/Patient Dyads," by Bennett and Clark, from *Psychoanalytic Psychology* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2021-71752-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Optional - Mexican/Mexican-American Siblings: The Impact of Undocumented Status on the Family, the Sibling Relationship, and the Self** (OPTIONAL)

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For additional information, the following is recommended:

"Mexican/Mexican-American Siblings: The Impact of Undocumented Status on the Family, the Sibling Relationship, and the Self," by Romero Morales, and Consoli, from *Journal of Latinx Psychology* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2019-21158-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## **Assessments**

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### **Topic 2 DQ 1 (Obj. 2.1)**

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Start Date & Time	Due Date & Time	Points
Apr 10, 2025, 12:00 AM	Apr 12, 2025, 11:59 PM	5

#### Assessment Description

- Choose at least one stage of family development across the lifespan and discuss two to three considerations within the chosen couple or family stage when counseling from a cognitive behavioral family perspective. Stages of development include the transition to parenthood, adolescence, leaving home, and retirement. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

*This discussion question is informed by the following CACREP Standards:*

*2.F.5.a. Theories and models of counseling.*

## Topic 2 DQ 2 (Obj. 2.1)

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Start Date & Time	Due Date & Time	Points
Apr 10, 2025, 12:00 AM	Apr 14, 2025, 11:59 PM	5

### Assessment Description

- Choose at least one family system and discuss two to three cultural considerations when counseling from a psychoanalytic family perspective. Examples include heterosexual, couples with different ethnic backgrounds, gay, and lesbian couples, or single parent, remarried, stepparent, and blended families. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

*This discussion question is informed by the following CACREP Standards:*

*2.F.5.a. Theories and models of counseling.*

## Relationship Enhancement Program Flyer (Obj. 2.1)

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Start Date & Time	Due Date & Time	Points
Apr 10, 2025, 12:00 AM	Apr 16, 2025, 11:59 PM	100

### Assessment Description

Imagine you are a counselor leading a relationship enhancement program in your community. To gain the attention of the population you would like to work with you will make a flyer for your program to distribute in the community. Review Chapter 10 in your course textbook, which includes various cognitive behavioral and mindfulness couples and family counseling models. Choose one model you would like the relationship enhancement program to focus on. Choose a common issue couples tend to struggle with. Some ideas include conflict, infidelity, finances, communication, or lack of intimacy. Develop a one-two page flyer with the following elements:

1. Provide a creative title for your relationship enhancement program.
2. Provide a statistical overview of how many individuals are struggling with the issue you chose. Be sure to cite the appropriate reference. (125-150 words)
3. Look at how your chosen model views the problem. Provide a few common examples of what couples with your issue may see within their relationship. These could be thoughts, statements, feelings, or behaviors. Be sure to cite the appropriate reference. (125-150 words)
4. List how the relationship enhancement program could help couples work through your selected issue. Then include a specific intervention example from your chosen model. Be sure to cite the appropriate reference. (125-150 words)
5. Include at least two scholarly sources to support your statements.

Be sure to include graphics and a layout that are visually appealing to potential clients, you may utilize the provided "Relationship Enhancement Program Flyer Template" if you wish. You can use an Infographic website like Canva or Piktochart, PowerPoint, Word, or similar software to develop your flyer. Be sure to submit either a .doc, .pdf, or .ppt file to the assignment dropbox. While APA style is not required for the body of this assignment, solid academic writing is expected, and documentation of sources should be presented using APA formatting guidelines, which can be found in the APA Style Guide, located in the Student Success Center. This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion. You are not required to submit this assignment to LopesWrite. *This assignment is informed by the following CACREP Standards: □ 2.F.5.a. Theories and models of counseling. 2.F.5.j.*

Evidence-based counseling strategies and techniques for prevention and intervention. 5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

#### Attachments

CNL-521-RS-T2RelationshipEnhancementProgramFlyerTemplate.docx

## Topic 2 Participation

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Start Date & Time	Due Date & Time	Points
Apr 10, 2025, 12:00 AM	Apr 16, 2025, 11:59 PM	20

## Topic 3: Bowen Family Systems Theory and Counseling

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Apr 17, 2025 - Apr 23, 2025 Max Points: 190

#### Objectives:

1. Identify components of Bowen family systems theory in family counseling. [CACREP 2.F.3.a, 2.F.5.a]
2. Demonstrate how Bowen family counselors analyze a problem and choose appropriate interventions. [CACREP 2.F.5.b]

## Resources

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### **Bowen Family Systems Therapy With Transgender Minors: A Case Study** (REQUIRED)

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Read "Bowen Family Systems Therapy With Transgender Minors: A Case Study," by Healy and Allen, from *Clinical Social Work Journal* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ofs&AN=146432065&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **The Moderating Effect of Differentiation: Education and Health in Married Couples** (REQUIRED)

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Read "The Moderating Effect of Differentiation: Education and Health in Married Couples," by Bartle, Ferriby, and Bean, from *Personal Relationships* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsgao&AN=edsgcl.589944182&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

### **Optional - Genogram Examples** (OPTIONAL)

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For additional information, the following is recommended: "Genogram Examples" located on the GenoPro website.

<https://genopro.com/genogram/rules/>

### **Genogram Guide** (REQUIRED)

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Review the Genogram Guide resource for information regarding creating a Genogram.

Genogram Guide.pdf

### **Optional – Basic Genogram Symbols** (OPTIONAL)

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For additional information, the following is recommended: "Basic Genogram Symbols" located on the "Rules to Build Genograms" webpage on the GenoPro website.

<https://genopro.com/genogram/examples/>

### **The Use of Family Genogram in Psychiatric Social Work Practice** (REQUIRED)

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Read "The Use of Family Genogram in Psychiatric Social Work Practice," by Majhi, Reddy, and Muralidhar, from *Open Journal of Psychiatry & Allied Sciences* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=136376037&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation** (REQUIRED)

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Review Chapter 9 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

### **Was Bowen Correct? The Relationship Between Differentiation and Triangulation** (REQUIRED)

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Read "Was Bowen Correct? The Relationship Between Differentiation and Triangulation," by Willis, Miller, Yorgason, and Dyer, from *Contemporary Family Therapy: An International Journal* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=148753489&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Exploring Similarity and Stability of Differentiation in Relationships: A Dyadic Study of Bowen's Theory** (REQUIRED)

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Read "Exploring Similarity and Stability of Differentiation in Relationships: A Dyadic Study of Bowen's Theory," by Handley, Bradshaw, Milstead, and Bean, from *Journal of Marital and Family Therapy* (2019).

<https://lopes.idm.oclc.org/login?url=https://www-proquest-com.lopes.idm.oclc.org/docview/2371573764?accountid=7374>

### **Optional – Family Relationships in Genograms** (OPTIONAL)

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For additional information, the following is recommended: "Family Relationships in Genograms" located on the GenoPro website.

<https://genopro.com/genogram/family-relationships/>

### **Using Spiritual Genograms in Family Therapies** (REQUIRED)

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Read "Using Spiritual Genograms in Family Therapies," by Şahin, from *Spiritual Psychology and Counseling* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.602363559b1d40249cbd0181868f02ac&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

## Assessments

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### Topic 3 DQ 1 (Obj. 3.2)

Start Date & Time	Due Date & Time	Points
Apr 17, 2025, 12:00 AM	Apr 19, 2025, 11:59 PM	5

#### Assessment Description

Provide examples of how you would use a genogram with a client. Next, identify how spirituality and/or religion has influenced their family system. Prior to responding, please refer to the GCU Statement on the Integration of Faith and Work and the GCU Christian Counseling Research Guide in the Class Resources. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

### Topic 3 DQ 2 (Obj. 3.1)

Start Date & Time	Due Date & Time	Points
Apr 17, 2025, 12:00 AM	Apr 21, 2025, 11:59 PM	5

#### Assessment Description

What patterns of family interactions within Bowen's theory would you find most challenging and how would you appropriately manage these biases? Which culture(s) may believe emotional fusion to be a functional and healthy way of interacting with family members? Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list. *This discussion question is informed by the following CACREP Standards: 2.F.3.a. Theories of individual and family development across the lifespan. 2.F.5.a. Theories and models of counseling.*

### Family Interview With Bowen Concepts and Genogram (Obj. Topic)

Start Date & Time	Due Date & Time	Points
Apr 17, 2025, 12:00 AM	Apr 23, 2025, 11:59 PM	160

#### Assessment Traits

 Requires LopesWrite

#### Assessment Description

Conduct an interview with one or both of your parents about your family history. If this is not possible, consider interviewing your spouse's parents or another older family member such as grandparents, uncles, aunts, etc. If family is not available to interview, or if this assignment is too emotionally challenging, please speak to your instructor for suggestions. APA is required for the written portions of this assignment, not the genogram. **Note:** The American Counseling Association (ACA, 2014) Code of Ethics indicates that:

- Limits to confidentiality must be discussed. Interviewees may ensure confidentiality of information being shared through changing the interviewee's identifying information (e.g. their name, age).
- Interviewees have the right to privacy and can refuse to answer any question posed to them by an interviewer. Please ensure that your interviewees are aware of this, and do not force them to answer where the opportunity to reply has been refused.

**Part One: Interview Findings and Insights** Write a 500-750-word summary that includes the following elements:

- An overview of your findings within your family interview. Some potential interview questions include (a) What is/was your relationship like with your parents? (b) What was your parents' relationship like growing up? How about now? (c) What was your relationship like with your siblings growing up? How about now? (d) What was your siblings' relationships like with your parents?
- Provide at least two insightful connections of how Bowen's family dynamics are demonstrated within your family. Bowenian family dynamics, include but are not limited to relationship triangles, instances of emotional fusion and/or emotional cutoff, as well as a description of the levels of differentiation.
- Use at least two scholarly sources (peer-reviewed journal articles, books, etc.)

*APA is required for the written portion of Part One.*

**Part Two: Genogram** Create a genogram of your family for the past three generations then provide a reflection of your findings. The genogram can be created using software, handwritten and scanned, submitted as a PDF, or completed using Word tools to ensure it can be uploaded. Include the following in your genogram:

- Your family members' first names, ages, and professions.
- Key relationship dynamics such as emotional cutoff, triangles, and emotional fusion need to be included.
- Include instances of health, mental health, and substance abuse issues.
- A key to provide an explanation of symbols and relationship dynamics used within your genogram.

Provide a brief reflection of your findings within the genogram (150-250 words). *APA is required for the written portion of Part Two.* To receive full points for this assignment, be sure to submit the interview reflection paper, genogram, and genogram reflection. The genogram and key do **not** need to be in APA format. These elements can be included within the paper portion of the assignment or uploaded as a separate document. Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center. This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion. You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance. *This assignment is informed by the following CACREP Standards: 2.F.3.a. Theories of individual and family development across the lifespan. 2.F.5.a. Theories and models of counseling. 2.F.5.b. A systems approach to conceptualizing clients.*

### Topic 3 Participation

Start Date & Time	Due Date & Time	Points
Apr 17, 2025, 12:00 AM	Apr 23, 2025, 11:59 PM	20

### Topic 4: Structural Family Theory and Counseling

Apr 24, 2025 - Apr 30, 2025 Max Points: 130

Objectives:

1. Identify the components of structural family theory. [CACREP 2.F.5.a]
2. Demonstrate how counselors apply structural theory to analyze a problem and choose appropriate interventions. [CACREP 5.C.3.b]
3. Conceptualize diversity factors within families.

### Resources

## Optional - Structural Family Therapy (OPTIONAL)

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For additional information, the following is recommended:

"Structural Family Therapy," by Colapinto, from *APA Handbook of Contemporary Family Psychology: Family Therapy and Training* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-59954-007&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation (REQUIRED)

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Read Chapter 7 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Chapter 3.

## Our Family Is a Team: A Structural Family Therapy Tool for Counselors (REQUIRED)

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Read "Our Family Is a Team: A Structural Family Therapy Tool for Counselors," by Eddy, Clayton, and Hertlein, from *Journal of Creativity in Mental Health* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-23271-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## 'Not Just One, It's Both of Us': Low-Income Mothers' Perceptions of Structural Family Therapy Delivered in a Semi-Rural Community Mental Health Center (REQUIRED)

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Read "'Not Just One, It's Both of Us': Low-Income Mothers' Perceptions of Structural Family Therapy Delivered in a Semi-Rural Community Mental Health Center," by Weaver, Greeno, Fusco, Zimmerman, and Anderson, from *Community Mental Health Journal* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-42498-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## Assessments

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### Topic 4 DQ 1 (Obj. 4.2)

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Start Date & Time	Due Date & Time	Points
Apr 24, 2025, 12:00 AM	Apr 26, 2025, 11:59 PM	5

#### Assessment Description

Identify a presenting problem within a family that would be best suited for structural family theory. Select and describe a structural family theory intervention that would be helpful for the identified problem. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list. *This discussion question is informed by the following CACREP Standard: 2.F.5.a. Theories and models of counseling.*

## Topic 4 DQ 2 (Obj. 4.1)

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Start Date & Time	Due Date & Time	Points
Apr 24, 2025, 12:00 AM	Apr 28, 2025, 11:59 PM	5

### Assessment Description

Describe two ways a counselor builds the therapeutic relationship within the structural family theory perspective. Be sure to use structural family theory terminology. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

## Structural Family Theory Project (Obj. 4.1 and 4.3)

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Start Date & Time	Due Date & Time	Points
Apr 24, 2025, 12:00 AM	Apr 30, 2025, 11:59 PM	100

### Assessment Traits

 Requires LopesWrite

### Assessment Description

In this **two-part** assignment, you will conceptualize a family portrayed in a movie of your choosing through the lens of the structural family theory. **Part One:** Watch a movie that portrays a family unit showing structural dynamics to assess the characters in the movie. Focus on three of the following dynamics in addition to diversity and spirituality:

- Role of the symptom in the family
- Subsystems
- Cross-generational coalitions
- Boundaries
- Hierarchy
- Complementarity
- Family development
- Strengths

**Part Two:** Complete a five-to-seven-slide PowerPoint presentation summarizing your findings in Part One. Title slide and reference slide are not included in the slide count. Include speaker notes below each content-related slide that represent what would be said if giving the presentation in person. Expand upon the information included in the slide and do not simply restate it.

- Provide the name of the movie. Write a summary of the main characters and plot within the movie. Use 100-150 words in the speaker notes and an APA citation. (one to two slides)
- Discuss diversity and spirituality factors that impact the family system. Use 100-150 words in the speaker notes and an APA citation. (one to two slides)
- Provide a 100-150-word description of your three chosen main assessment concepts within Minuchin's structural family counseling theory. Include an APA citation for each main assessment. Use 100-150 words in the speaker notes and an APA citation for each of the three slides. (three slides)
- Include two to three scholarly references and an aesthetically pleasing design, layout, and pictures within each slide. Pictures do not need to be included in the title or reference slides.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center. This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion. You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance. *This assignment is informed by the following CACREP Standards: 2.F.5.a. Theories and models of*

counseling.5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.

## Topic 4 Participation

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Start Date & Time	Due Date & Time	Points
Apr 24, 2025, 12:00 AM	Apr 30, 2025, 11:59 PM	20

## Topic 5: Strategic Family Therapy

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May 1, 2025 - May 7, 2025 Max Points: 30

Objectives:

1. Describe the components of strategic family therapy including counselor behavior. [CACREP 2.F.5.f.]
2. Describe how strategic family counselors analyze a problem and choose appropriate counseling interventions.

## Resources

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### Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation (REQUIRED)

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Review Chapter 6 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

### Basic Concepts of Brief Strategic Family Therapy (REQUIRED)

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Read "Basic Concepts of Brief Strategic Family Therapy," by Szapocznik and Hervis, from *Brief Strategic Family Therapy* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-00002-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### Applying Brief Strategic Family Therapy to Different Circumstances (REQUIRED)

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Read "Applying Brief Strategic Family Therapy to Different Circumstances," by Szapocznik and Hervis, from *Brief Strategic Family Therapy* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-00002-009&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### Optional - Strategic Family Therapy (OPTIONAL)

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For additional information, the following is recommended: "Strategic Family Therapy," by Wilson, from *Salem Press Encyclopedia of Health* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ers&AN=93872290&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1>

## Assessments

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### Topic 5 DQ 1 (Obj. 5.1)

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Start Date & Time	Due Date & Time	Points
May 1, 2025, 12:00 AM	May 3, 2025, 11:59 PM	5

#### Assessment Description

Discuss the role of a strategic family counselor. Identify and describe two of the main components within the strategic family theories. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

*This discussion question is informed by the following CACREP Standard:*

*2.F.5.f. Counselor characteristics and behaviors that influence the counseling process.*

### Topic 5 DQ 2 (Obj. 5.2)

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Start Date & Time	Due Date & Time	Points
May 1, 2025, 12:00 AM	May 5, 2025, 11:59 PM	5

#### Assessment Description

Compare one of the strategic family therapy models (MRI, Milan, Strategic-Haley, or Strategic-Madanes) to the brief strategic family therapy model. Within your comparison describe how a counselor would view the problem and identify an intervention from each of the models you chose. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

### Topic 5 Participation

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Start Date & Time	Due Date & Time	Points
May 1, 2025, 12:00 AM	May 7, 2025, 11:59 PM	20

## Topic 6: Experiential Couples and Family Therapy

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May 8, 2025 - May 14, 2025    Max Points: 130

#### Objectives:

1. Identify the theoretical components of experiential family counseling. [CACREP 5.C.1.b]
2. Explain how couples counselors apply emotionally focused therapy to analyze a problem and choose appropriate interventions. [CACREP 5.C.3.b]

## Resources

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### **SEFT: A Critical Review and Call to Action** (REQUIRED)

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Read "SEFT: A Critical Review and Call to Action," by Peters and Das, from *Journal of Professional Counseling: Practice, Theory & Research* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=149070797&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation** (REQUIRED)

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Read Chapter 8 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Read Chapter 12.

### **Frequently Asked Questions and Future Directions** (REQUIRED)

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Read "Frequently Asked Questions and Future Directions," by Lafrance, Henderson, and Mayman, from *Emotion-Focused Family Therapy: A Transdiagnostic Model for Caregiver-Focused Interventions*. (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-73162-009&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Optional - Explaining Emotional & Attachment Needs in EFT Featuring EFT Trainer Kenny Sanderfer** (OPTIONAL)

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For additional information, the following is recommended: "Explaining Emotional & Attachment Needs in EFT Featuring EFT Trainer Kenny Sanderfer" located on YouTube (2019).

<https://youtu.be/JhF-bpa2VZQ>

### **Neuroscience and Symbolic-Experiential Family Therapy: Roots of [Contemporary] Psychotherapy** (REQUIRED)

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Read "Neuroscience and Symbolic-Experiential Family Therapy: Roots of [Contemporary] Psychotherapy," by Roberts and Chafin, from *The Family Journal* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-27277-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **"Your Exile is Showing": Integrating Sandtray With Internal Family Systems Therapy** (REQUIRED)

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Read "'Your Exile is Showing': Integrating Sandtray With Internal Family Systems Therapy," by Turns, Springer, Eddy, and Sibley, from *American Journal of Family Therapy* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=148277543&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

### **Optional - An Integrative Approach to Couples Therapy for Depression and Infidelity With an**

## African American Ma (OPTIONAL)

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For additional information, the following is recommended: "An Integrative Approach to Couples Therapy for Depression and Infidelity With an African American Ma" located on American Psychological Association (2020).

<https://psychotherapy-apa-org.lopes.idm.oclc.org/Title/777700697-001>

## Experiential Family Therapy Interventions Delivered via Telemental Health: A Qualitative Implementation Study (REQUIRED)

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Read "Experiential Family Therapy Interventions Delivered via Telemental Health: A Qualitative Implementation Study," by Taylor, Springer, Bischoff, and Smith, from *Journal of Marital and Family Therapy* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2021-36499-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

## Optional - Systemic Sex Therapy With a Heterosexual Couple: Enhancing Connection and Communication (OPTIONAL)

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For additional information, the following is recommended:

"Systemic Sex Therapy With a Heterosexual Couple: Enhancing Connection and Communication," by Juan Camarena, from SAGE Video in Practice (2015).

<https://lopes.idm.oclc.org/login?url=http://sk.sagepub.com/video/systemic-sex-therapy-with-a-heterosexual-couple-enhancing-connection-and-communication>

## Assessments

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### Topic 6 DQ 1 (Obj. 6.1)

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Start Date & Time	Due Date & Time	Points
May 8, 2025, 12:00 AM	May 10, 2025, 11:59 PM	5

#### Assessment Description

Identify one of Satir's interventions you would consider using in a family counseling session. Discuss how this intervention would be implemented in a family counseling session. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

*This discussion question is informed by the following CACREP Standard:*

*5.C.1.b. Theories and models related to clinical mental health counseling.*

### Topic 6 DQ 2 (Obj. 6.1)

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Start Date & Time	Due Date & Time	Points
May 8, 2025, 12:00 AM	May 12, 2025, 11:59 PM	5

#### Assessment Description

Research Whitaker's symbolic experiential therapy. Refer to the textbook and choose one of the therapeutic relationship building processes within this therapy. Discuss how your chosen process could strengthen the

therapeutic relationship and how it could potentially create an ethical issue in a family counseling session. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

*This discussion question is informed by the following CACREP Standard:*

*5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.*

## **Emotionally Focused Therapy (EFT) (6.2)**

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Start Date & Time	Due Date & Time	Points
May 8, 2025, 12:00 AM	May 14, 2025, 11:59 PM	100

Assessment Traits

 Requires LopesWrite

### Assessment Description

In this assignment you will choose and view a couples session video where the counselor is utilizing emotionally focused therapy (EFT).

First, locate a couples session video to identify and explain the major concepts of the EFT model. There are optional videos located in the Topic 6 Resources if you would like to use them. If the video does not address all of the elements listed below, please utilize critical thinking and external resources such as journal articles, the textbook, and other videos to encompass all of the required criteria for the assignment.

Then, write a 750-1,000-word summary that includes the following elements:

- The emotionally focused therapy (EFT) couple's video link.
- Identify the problem the couple is experiencing according to the EFT perspective. Include at least one supportive citation and EFT terminology.
- Provide a description of an EFT intervention that could help the couple develop a supportive relationship and repair attachment injuries. This could be the intervention you witnessed in the video or an EFT intervention you believe would be beneficial for the couple. Include at least one supportive citation.
- Identify the stages and steps according to EFT covered in the video you chose. Include at least one supportive citation and EFT terminology.
- Use at least two scholarly sources (peer-reviewed journal articles, books, etc.)

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Course Resources if you need assistance.

*This assignment is informed by the following CACREP Standard: 5.C.1.b. Theories and models related to clinical mental health counseling.*

## **Topic 6 Participation**

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Start Date & Time	Due Date & Time	Points
May 8, 2025, 12:00 AM	May 14, 2025, 11:59 PM	20

## Topic 7: Gottman Method Couples Therapy

May 15, 2025 - May 21, 2025 Max Points: 130

Objectives:

1. Identify the components of the Gottman Method Couples Therapy as applied to couples counseling. [CACREP 5.C.1.b]
2. Explain how counselors apply the Gottman Method Couples Therapy to analyze a problem and choose appropriate interventions. [CACREP 5.C.3.b]

## Resources

### Optional - Estimating the Validity and Reliability of Gottman Questionnaires of 'Couple Trust Measurement' (OPTIONAL)

For additional information, the following is recommended: "Estimating the Validity and Reliability of Gottman Questionnaires of 'Couple Trust Measurement'," by Shirdel, Hosseinian, Kimiaei, and Safarian, from *Contemporary Family Therapy* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=134561961&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1>

### Here Come the Horsemen (REQUIRED)

Read "Here Come the Horsemen," by Gurney, located in Chapter 10 of *Reimagining Your Love Story: Biblical and Psychological Practices for Healthy Relationships* (2019).

<https://ebookcentral-proquest-com.lopes.idm.oclc.org/lib/gcu/reader.action?docID=5646151&ppg=97>

### Optional - Comparing the Effectiveness of Gottman and Dattilio Couples Therapy Methods for Mitigating Difficulties in Emotion Regulation (OPTIONAL)

For additional information, the following is recommended:

"Comparing the Effectiveness of Gottman and Dattilio Couples Therapy Methods for Mitigating Difficulties in Emotion Regulation," by Mahvelati, Sepehrishamloo, and Pourshahriyari, from *The Journal of General Psychology* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000680746700001&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

### Investigating the Effect of Couple-Centered Counseling by Gottman Method on the Intimacy of Infertile Couples Referring to the Infertility Ward of Fatemieh Hospital, Hamadan, Iran in 2020: A Quasi-Experimental Study (REQUIRED)

Read "Investigating the Effect of Couple-Centered Counseling by Gottman Method on the Intimacy of Infertile Couples Referring to the Infertility Ward of Fatemieh Hospital, Hamadan, Iran in 2020: A Quasi-Experimental Study," by Hosseinoor, Masoumi, Kazemi, Soltani, and Ahmadpanah, from *BMC Psychiatry* (2022).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?>

direct=true&db=edsdoj&AN=edsdoj.80456c745727430b82345c28d3adc18a&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1

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### **Gay, Lesbian, and Heterosexual Couples About to Begin Couples Therapy: An Online Relationship Assessment of 40,681 Couples** (REQUIRED)

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Read "Gay, Lesbian, and Heterosexual Couples About to Begin Couples Therapy: An Online Relationship Assessment of 40,681 Couples," by Gottman, Gottman, Cole, and Preciado, from *Journal of Marital and Family Therapy* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-45953-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Optional - John Gottman & Julie Gottman on the New Science of Couples and Family Therapy** (OPTIONAL)

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For additional information, the following is recommended: "John Gottman & Julie Gottman on the New Science of Couples and Family Therapy," by PESI, Inc., located in Films on Demand (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-45953-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation** (REQUIRED)

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Read Chapter 13 and review Chapter 10 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Chapter 3.

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### **Examining the Effectiveness of Gottman Couple Therapy on Improving Marital Adjustment and Couples' Intimacy** (REQUIRED)

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Read "Examining the Effectiveness of Gottman Couple Therapy on Improving Marital Adjustment and Couples' Intimacy," by Davoodvandi, Nejad, and Farzad, from *Iranian Journal of Psychiatry* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.28ad13449bfe4ed38565fa10a030402c&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

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### **The Gottman Method Approach to Better Couples Therapy** (REQUIRED)

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Watch "The Gottman Method Approach to Better Couples Therapy," by PESI, Inc., located in Films on Demand (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.28ad13449bfe4ed38565fa10a030402c&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

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## **Assessments**

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### **Topic 7 DQ 1**

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Start Date & Time	Due Date & Time	Points
May 15, 2025, 12:00 AM	May 17, 2025, 11:59 PM	5

### Assessment Description

Review the Grand Canyon University counselor dispositions for your counseling track (CMHC or SC) located in the Class Resources. Develop a couple's case scenario where the counselor violates two of the dispositions and provide a description of the IAMFC ethical code violation(s). Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

### Topic 7 DQ 2 (Obj. Topic)

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Start Date & Time	Due Date & Time	Points
May 15, 2025, 12:00 AM	May 19, 2025, 11:59 PM	5

### Assessment Description


Provide a discussion about one of Gottman's "Four Horsemen of the Apocalypse," which includes criticism, contempt, defensiveness, and stonewalling. Explain how counselors can help couples learn to counteract the chosen horseman. *This discussion question is informed by the following CACREP Standard: 5.C.3.b. Techniques and interventions for prevention and treatment of a broad range of mental health issues.*

### Presenting Gottman Methods Couples Therapy (Obj. Topic)

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Start Date & Time	Due Date & Time	Points
May 15, 2025, 12:00 AM	May 21, 2025, 11:59 PM	100

### Assessment Traits

 Requires LopesWrite

### Assessment Description

Prepare a poster presentation as if you were going to present at a professional counseling conference. The goal of the presentation is to provide psychoeducation to other counseling professionals.

Be sure to include the following elements within your poster presentation:

- A title that accurately describes your poster presentation. Also, include the university you are attending, your name, and the course in which you are enrolled.
- Identify and discuss a common problem within couples according to Gottman Method Couples Therapy. Include scholarly citations to support your claims and write at least 150 words.
- Provide an explanation about statistical data related to dissatisfied relationships within the United States. Include scholarly citations to support your claims and write at least 150 words.
- Provide a description of an appropriate intervention according to Gottman Methods Couples Therapy. Include scholarly citations to support your claims and write at least 150 words.
- Provide an explanation about multicultural diversity, spirituality, or LGBTQIA+ couple considerations. Include scholarly citations to support your claims and write at least 150 words.
- Include at least two scholarly references and a professional design, layout, and graphic images.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is

located in Class Resources if you need assistance.

*This assignment is informed by the following CACREP Standard: 5.C.1.b. Theories and models related to clinical mental health counseling.*

#### Attachments

CNL-521-RS-T7-PosterPresentationTemplate.pptx  
CNL-521-RS-T7-PosterPresentationTemplate.docx

### Topic 7 Participation

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Start Date & Time	Due Date & Time	Points
May 15, 2025, 12:00 AM	May 21, 2025, 11:59 PM	20

### Topic 8: Current Issues in Couples and Family Counseling

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May 22, 2025 - May 28, 2025    Max Points: 130

Objectives:

1. Describe an approach to counseling as it relates to couples or family relationships.
2. Discuss current issues, trends, and research in couples or family counseling including evidence-based research. [CACREP 2.F.8.b]

### Resources

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#### **Optional - Parents Matter: Considering Evidence-Based Relationship Variables Within Families When Working With Gender Expansive Youth** (OPTIONAL)

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For additional information, the following is recommended: "Parents Matter: Considering Evidence-Based Relationship Variables Within Families When Working With Gender Expansive Youth," by Olezeski & Kamody, from *Practice Innovations* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2020-69286-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

#### **Exploring the Utilization of Structural and Medical Family Therapy With an Incarcerated Mother Living With HIV** (REQUIRED)

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Read "Exploring the Utilization of Structural and Medical Family Therapy With an Incarcerated Mother Living With HIV," by Tadros and Finney, from *International Journal of Offender Therapy and Comparative Criminology* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000456739300007&site=edslive&scope=site&custid=s8333196&groupid=main&profile=eds1>

#### **Interprofessional Collaboration and Telehealth: Useful Strategies for Family Counselors in Rural and Underserved Areas** (REQUIRED)

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Read "Interprofessional Collaboration and Telehealth: Useful Strategies for Family Counselors in Rural and

Underserved Areas," by Johnson and Mahan, from *The Family Journal* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-54245-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Optional - Integrated Interventions** (OPTIONAL)

For additional information, the following is recommended: "Integrated Interventions," by Meyers, from *Counseling Today* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=132541756&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Theory Use in Counseling Practice: Current Trends** (REQUIRED)

Read "Theory Use in Counseling Practice: Current Trends," by Barth and Moody, from *International Journal for the Advancement of Counselling* (2019).

<https://lopes.idm.oclc.org/login?url=https://www.proquest.com/scholarly-journals/theory-use-counseling-practice-current-trends/docview/2057725975/se-2?accountid=7374>

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### **Counseling's Evolution Under COVID-19** (REQUIRED)

Read "Counseling's Evolution Under COVID-19," by Bray, from *Counseling Today* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=143580985&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Optional - Family Counselors Addressing Social Determinants of Mental Health in Underserved Communities** (OPTIONAL)

For additional information, the following is recommended: "Family Counselors Addressing Social Determinants of Mental Health in Underserved Communities," by Robins, Johnson, Duyile, Gantt-Howrey, Dockery, Robins, and Wheeler, from *The Family Journal* (2022).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=159732495&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

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### **Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation** (REQUIRED)

Read Chapters 14 and 15 in *Mastering Competencies in Family Therapy: A Practical Approach to Theories and Clinical Case Documentation*.

Optional: Read Chapters 16 and 17.

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### **Optional - Therapist Strategies for Managing Midtreatment Problems in Evidence-Based Interventions in Community Settings** (OPTIONAL)

For additional information, the following is recommended: "Therapist Strategies for Managing Midtreatment Problems in Evidence-Based Interventions in Community Settings," by Cunningham, Foster, Kawahara, Robbins, and Bryan, from *Family Process* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?>

## Assessments

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### Topic 8 DQ 1 (Obj. 8.1)

Start Date & Time	Due Date & Time	Points
May 22, 2025, 12:00 AM	May 24, 2025, 11:59 PM	5

#### Assessment Description

Discuss what “family-centered medical care” involves. Be sure to identify and describe how a family counselor would integrate his or her work into the medical care of a family member. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list.

### Topic 8 DQ 2 (Obj. 8.2)

Start Date & Time	Due Date & Time	Points
May 22, 2025, 12:00 AM	May 26, 2025, 11:59 PM	5

#### Assessment Description

Based on your research and textbook readings, what three trends do you believe are evolving the practice of couple and family counseling and why? How does culture impact these trends? Address evidence-based counseling practices in your discussion. Include at least one scholarly source to support your response. Cite any scholarly references accordingly using in-text citations and a reference list. *This discussion question is informed by the following CACREP Standard: 2.F.8.b. Identification of evidence-based counseling practices.*

### Family or Couples Treatment Plan (Obj. 8.1)

Start Date & Time	Due Date & Time	Points
May 22, 2025, 12:00 AM	May 28, 2025, 11:59 PM	100

#### Assessment Traits

 Requires LopesWrite

#### Assessment Description

In this final assignment, you will be creating a treatment plan using the template and case study provided. Within the treatment plan, you will be required to provide a description of the case study's couple or family of origin information, problem, goal statements and interventions as this information relates to your chosen evidence-based model.

- Read the case study.
- Review and select one of the evidence-based models of couples or family therapy reviewed in the course.
- Complete the treatment plan in the course materials and be sure to include a description of the family of origin information, problem, goal statements, objectives, and interventions as this information relates to your chosen model.

Include a minimum of two scholarly sources (peer-reviewed journal articles, books, etc.).

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

*This assignment is informed by the following CACREP Standard:*

*2.F.8.b. Identification of evidence-based counseling practices.*

#### Attachments

CNL-521-RS-T8-CounselingTreatmentPlanTemplate.docx

CNL-521-T8-RS-CaseStudy.docx

### **Topic 8 Participation**

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Start Date & Time	Due Date & Time	Points
May 22, 2025, 12:00 AM	May 28, 2025, 11:59 PM	20