

COU304 Family Counselling

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

COU304 Family Counselling is a Level 3 course. The course aims to equip students with the systems perspective, and the essential knowledge and skills of four family counselling approaches, namely multigenerational approach, structural approach, experiential approach and strategic approach.

The course discusses the following: (1) key figures in respective approaches and their theoretical formulations, (2) assessment and therapeutic techniques, and (3) evaluating respective approaches. An integrative model will be presented to help students apply the approaches to family counselling situations.

Topics:

- Course overview
- Historical development of family therapy
- Philosophy of systems and social constructionist perspectives
- Multigenerational approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Structural approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Experiential approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Strategic approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Principles of an integrated model in family counselling

Textbooks:

by Gehart, D.C.: Mastering Competencies in Marriage and Family Therapy: A practical approach to theory and clinical case documentation (3rd Edition) <eBook> 3 Brooks/Cole, Cengage Learning
ISBN-13: 9789814844819

Learning Outcome:

- Understand what makes competent family counselling
- Explore foundations of systems and social constructionist concepts
- Discuss the connecting, understanding, intervention and evaluation of multigenerational therapy
- Discuss the connecting, understanding, intervention and evaluation of structural therapy
- Discuss the connecting, understanding, intervention and evaluation of strategic therapy
- Discuss the connecting, understanding, intervention and evaluation of humanistic therapy
- Discuss the connecting, understanding, intervention and evaluation of narrative therapy
- Appraise how an integrative model can be applied to family cases
- Develop hypotheses through systems perspective case formulation
- Demonstrate skills in engagement, assessment, intervention and evaluation of cases through different therapy approaches

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	20
TUTOR-MARKED ASSIGNMENT	30
Sub-Total	50

Examinable Component	Weightage (%)
Written Exam	50
Sub-Total	50

Weightage Total **100**