

COU507 Couple and Family Therapy

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

This course provides an overview of a systemic theoretical framework in couple and family therapy (CFT). It seeks to address contemporary couple and family relationships/issues from the different approaches in couple and family therapy. It also focuses on the “Person-of-the-Therapist” in relation to CFT, as well as an experiential learning module with hands-on training in class.

Topics:

- Understanding of Couple and Family Relationship
- Introduction to Systemic Family Therapy
- Person-of-the-Therapist (POTT)
- The Craft of Family Therapy
- The Four-Step Model of Couple and Family Assessment/Therapy
- Gottman Couples Therapy

Textbooks:

Nichols, M.P and Schwartz, R.C.: The Essentials of Family Therapy, (6th edition) 6th, 2013 Pearson
ISBN-13: 9780205249008-AA

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Learning Outcome:

- Appraise the understanding of couple and family relationship/issues within the local context.
- Discuss the systemic theoretical framework as it pertains and applies to couple and family therapy.
- Compare and contrast the different approaches in couple and family therapy in terms of their underlying philosophies, case formulation and intervention techniques.
- Demonstrate the use of the Person-of-the-Therapist Model in relation to couple and family therapy.
- Evaluate the skills for couple/family assessment and intervention that are suitable for the local context.
- Examine the values and ethical practices in couple and family therapy

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	25
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Sub-Total	50

Examinable Component	Weightage (%)
ECA	50
Sub-Total	50

Weightage Total **100**