

## **HR 5423-101: Family Systems and Family Reconstruction**

### **Course Description:**

Family therapy is based on the belief that the family is a unique social system with its own structure and patterns of communication. These patterns are determined by many things, including the parents' beliefs and values, the personalities of all family members, and the influence of the extended family (grandparents, aunts, and uncles). As a result of these variables, each family develops its own unique personality, which is powerful and affects all of its members.

Family systems therapy is based on the following concepts as well.

- Illness in one family member may be a symptom of a larger family problem. To treat only the member who is identified as ill is like treating the symptom of a disease but not the disease itself. It is possible that if the person with the illness is treated but the family is not, another member of the family will become ill. This cycle will continue until the problems are examined and treated.
- Any change in one member of the family affects both the family structure and each member individually.

Health professionals who use a family systems model in caring for people always consider the whole family. They view any problem in one member as a symptom of change or conflict in the group.

Family systems approaches generally fall under the categories of structural, strategic, solution-focused, experiential, cognitive behavioral, narrative, filial, and intergenerational.

### **Class Dates, Location and Hours:**

Dates: September 22 – 24 & 29 – October 1, 2017

Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building of OCCE, 1704 Asp Avenue.

Hours: Friday 5:30-9:30 p.m.; Saturday 8:30 a.m.-4:30 p.m.; Sunday 1:00-5:00 p.m.

Last day to enroll or drop without penalty: August 24, 2017

### **Site Director:**

Email: [apnorman@ou.edu](mailto:apnorman@ou.edu). Phone: 405-325-3333.

### **Professor Contact Information:**

Course Professor: Deborah A. Spaeth, LMFT, LPC, LADC - Supervisor

Mailing Address: 20526 Antler Farms Drive  
Edmond, Ok 73012

Telephone Number: (405) 401-8234

E-mail Address: [debbiespaeth@gmail.com](mailto:debbiespaeth@gmail.com)

Professor availability: The professor will be available via email to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

## **Textbook(s) and Instructional Materials:**

Student materials are available at the OU Follett Bookstore located at 1185 Asp Avenue; Norman, OK, and can be ordered online, by phone, by email, or by fax. Ordering online at <http://www.bkstr.com/oklahomastore/home> is strongly recommended – students can track the status of their order within 48 hours. If an order has not been shipped within three days, students can contact the Follett textbook manager by phone (405) 325-3511, (800) 522-0772 (toll-free) or email [0831mgr@fhg.follett.com](mailto:0831mgr@fhg.follett.com). Phone orders (ask for the textbook manager and identify yourself as an Advanced Programs student) can be placed 8 a.m. to 6 p.m. Monday through Thursday; 8 a.m. to 5 p.m. on Friday; 10 a.m. to 4p.m. on Saturday (CST). Summer hours: 9 a.m. to 5 p.m. Monday through Friday (CST). Fax orders can be placed 24 hours a day at (405) 325-7770. Text prices are available online.

1. Nichols, M. P. & Davis, S. (2016). *Family therapy: Concepts and methods* (11<sup>th</sup> ed.). Old Tappan, NJ: Pearson Education. ISBN 9780134300740.
2. Bratton, S., Landreth, G., Kellam, T., & Blackard, S. (2006). *Child parent relationship therapy (CPRT) treatment manual: A 10-session filial therapy model for training parents*. New York: Routledge, Taylor & Francis. ISBN 9780415952125.

Note: Follett is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through Follett.

## **Course Objectives:**

This course will explore these various methods of treating the family system and provide a good foundation for future clinicians. Upon completion, the student will:

- understand the history and evolution of family systems therapy
- understand the differences between family systems theories and techniques
- understand how family systems function
- understand how the therapeutic relationship can guide and support change
- understand how the family of origin impacts one's behaviors and choices
- understand how one's own family of origin can affect you in your clinical work

## **Course Outline:**

### **Weekend One:**

- History and Evolution of Family Systems Theory
- Family Systems Approaches and Techniques
  - Bowen
  - Strategic
  - Structural
  - Experiential
  - Cognitive-Behavioral
  - Solution-Focused
  - Narrative
  - Filial
  - Integrating Expressive Therapies
  - Family Reconstruction

### **Weekend Two:**

- Theory and Technique Class Presentations
- Genogram Discussion
- Report

- Theory Tests

**Assignments, Grading and Due Dates:**

**Attendance and Participation:**

Full attendance and participation is a requirement of this course for a grade.

There will be **no** allowances for missing class time, unless it is a personal or family medical emergency. For every hour you miss of class, you are deducted that percentage of your attendance and participation grade.

**Genogram:**

Each student is expected to develop a Family Genogram during the course. This method reinforces important aspects of the material learned throughout the course. There will be class discussion on the experience of developing the genogram, and how a genogram is helpful to a clinician’s growth, as well as for the client’s growth. The genogram is for your personal benefit and will not be handed in, but will be checked for completion during the last weekend of class.

**Model Report and Presentation:**

Theory and Technique Reports and Power Point/Keynote Presentations. Each student will be assigned a Family Therapy Model (before or during the first weekend of the course) to research thoroughly, write a report on (5 pages typed following APA format, must be original composition, not cut and pasted), and develop a 15-20 min. power point/keynote presentation to be given the second weekend of the course. Some students who are prepared may be able to present the first weekend of class. Must be submitted to the instructor in both hard copy and electronically by email.

**Final Test:**

Theory Tests. Test exam covering each of the family systems therapy models presented in the two required books/texts.

**Grading:**

This is a letter-graded course: A, B, C, D, or F.

<b>Assignment</b>	<b>Due Date</b>	<b>Percent of Grade</b>
Attendance & Participation	During Class Sessions	25
Genogram	Last Day of Class	10
Model Report	Second Weekend	30
Model Class Presentation	Second Weekend	25
Final Test	Second Weekend	10

**Notice:** Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.

## **POLICIES AND NOTICES**

### **Attendance/Grade Policy**

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution's policy regarding "I" (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy. Students who receive Financial Aid must resolve/complete any "I" (Incomplete) grades by the end of the term or he/she may be placed on "financial aid probation." If the "I" grade is not resolved/completed by the end of the following term, the student's Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

### **Academic Integrity and Student Conduct**

Academic integrity means honesty and responsibility in scholarship. Academic assignments exist to help students learn; grades exist to show how fully this goal is attained. Therefore all work and all grades should result from the student's own understanding and effort.

Academic misconduct is any act which improperly affects the evaluation of a student's academic performance or achievement. Misconduct occurs when the student either knows or reasonably should know that the act constitutes misconduct. Academic misconduct includes: cheating and using unauthorized materials on examinations and other assignments; improper collaboration, submitting the same assignment for different classes (self-plagiarism); fabrication, forgery, alteration of documents, lying, etc...in order to obtain an academic advantage; assisting others in academic misconduct; attempting to commit academic misconduct; destruction of property, hacking, etc...; intimidation and interference with integrity process; and plagiarism. All students should review the Student's Guide to Academic Integrity at [http://integrity.ou.edu/students\\_guide.html](http://integrity.ou.edu/students_guide.html)

Students and faculty each have responsibility for maintaining an appropriate learning environment. All students should review policies regarding student conduct at <http://studentconduct.ou.edu/>

### **Accommodation Statement**

The University of Oklahoma is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your local OU Site Director.

### **Adjustment for Pregnancy/Childbirth-Related Issues**

Should you need modifications or adjustments to your course requirements because of documented pregnancy-related or childbirth-related issues, please contact me as soon as possible to discuss. Generally, modifications will be made where medically necessary and similar in scope to accommodations based on temporary disability. Please see <http://www.ou.edu/content/eoo/faqs/pregnancy-faqs.html>.

## **Title IX Resources**

For any concerns regarding gender-based discrimination, sexual harassment, sexual misconduct, stalking, or intimate partner violence, the University offers a variety of resources, including advocates on-call 24/7, counseling services, mutual no-contact orders, scheduling adjustments, and disciplinary sanctions against the perpetrator. Please contact the Sexual Misconduct Office at [smo@ou.edu](mailto:smo@ou.edu) or (405) 325-2215 (8-5), or the Sexual Assault Response Team at (405) 615 -0013 (24/7) to report an incident. To learn more about Title IX, please visit the Institutional Equity Office's website at <http://www.ou.edu/content/eoo.html>

## **Course Policies**

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: <http://www.goou.ou.edu/>

## **INSTRUCTOR VITA**

**Deborah A. Spaeth, LMFT, LPC, LADC - Supervisor**

### **Education**

- Masters of Arts in Psychology w/Emphasis on Marriage and Family Therapy, Texas Woman's University (1987)
- Bachelors of Science in Psychology, Oklahoma State University (1983)

### **Current Positions**

- Licensed Marital & Family Therapist -Supervisor
- Licensed Professional Counselor - Supervisor
- Licensed Alcohol & Drug Counselor -Supervisor
- Certified Family Mediator
- Behavioral Health Utilization and Case Management Manager – GlobalHealth Holdings
- Independent Contractor – Licensure Supervision
- Adjunct Professor

### **Frequently Taught Advanced Programs Courses**

- Psychopathology
- Family Systems Theory
- Crisis Intervention
- Counseling Diverse Populations

### **Major Areas of Teaching and Research Interest**

- Creative Expressive Therapies (Art, Play, SandPlay, Media, and Music): How to integrate these into a theoretical treatment model.
- BioPsychoSocial Assessment and Diagnosis using DSM-5 and DC:0-3R
- Family System Theory and Application Techniques
- Child Parent Relationship Therapy (CPRT) - Filial Therapy Model
- Suicide Assessment, Safety Planning, and Treatment
- Domestic Violence Victims Assessment, Safety Planning, and Treatment
- Trauma Focused - Cognitive Behavioral Therapy (kids, adolescents, families, and specialty populations)
- Substance Abuse Family Roles, Assessment, and Treatment
- Ages 0-3 Assessment, Diagnosis, and Treatment Models
- Crisis Intervention Theory and Techniques
- Counseling Diverse Populations

### **Representative Publications and Presentations**

- 8/25-26/2011 - Evaluation of the Care Management Oversight Project - OU ETeam, OHCA, DMHSAS presentation to the OHCA Board Retreat
- 2005 study on SFY'04 Children's Inpatient LOS & Risk Factors - OHCA and OFMQ, published in OHCA's Minding our P's and Q's Performance and Quality Report
- 2006 & 2007 OHCA's Minding our P's and Q's Performance and Quality Report - 3 studies: Care Mgmt effect on Children's Inpx LOS, Reducing Use of Out of State Hosp's for Children's Inpatient Services, BH Utilization in Special Medical Conditions
- 2010 - "Innovations in Delivery of BH Services for Juvenile Justice Youth"-National Academy for State Health Policy 23rd Annual Confer, New Orleans
- 1996 - 2011 "SoonerCare BH Provider Manuals" for OHCA
- 2009 & 2010 OHCA BH Report w/APS Healthcare
- 2008 - "Okla's Crosswalk DC: 0-3 to ICD-9-CM & DSM-IV-TR" presented at OIMHA
- 2012 - BH Rehabilitation Specialist Trainings - thru OPBHAC - ODAPCA Fall Confer

- 2013 - “Medicaid 101” trainings for UCO, Cameron, ECU, and OCU
- 2013 - “BioPsychoSocial Assessment” training for Cameron, Trauma Info Care & Ethics
- 2014 - “DSM-5”- CEU trainings - OCA, ODAPCA, and St. John’s Medical
- 2015 - Ethics, Creative Therapies, TF-CBT, SA Family Systems, 0-3 Assessment/Diagnosis/Treatment

### **Representative Honors and Awards Received**

- 2012 Oklahoma Systems of Care - Dedication and Commitment Award
- 2010 Journal Record’s “50 making a Difference”/Woman of the Year Nominee
- 2008 Advocacy for Progress Award - Okla. Assn. for Marriage & Family Therapy
- 2006 Distinguished Administrative Service Award - Okla Psychological Assn.
- Leadership Norman Class 93/94, Norman Chamber of Commerce

### **Major Professional Affiliations**

- American Association for Marriage & Family Therapy – Clinical 1990-present
- Oklahoma Association for Marriage & Family Therapy – Current Secretary, President 96/97, Pres-Elect 2015, 94/95, Treasurer 88/93, member since 90, editor 87
- Oklahoma Drug & Alcohol Professional Counselors Association – 1991-present
- American and Oklahoma Counseling Association - Past State Legislative Liaison
- Oklahoma Infant Mental Health Association - Past Board member
- Oklahoma Academy of Mediators & Arbitrators – Treasurer 93/94
- Professional Academy of Custody Evaluators – Fellow 95/99
- Adjunct Professor, Human Relations Department – University of Oklahoma
- Academy of Family Mediators – 93/94
- Association of Family and Conciliation Courts – 93/94
- American Cancer Society Board Member – Cleveland County Chapter
- ODMHSAS PAC Board Member – Cleveland County
- Norman Regional Hospital Breast Cancer Support Group Speaker/Leader
- Norman Progressive Independence Living Skills Trainer
- Association for Play Therapy
- Park Lane Estates Home Owner’s Association - 2000 - current
- International Transactional Analysis Association – 87/88
- American Association for Counseling and Development - 87/88
- Kappa Alpha Theta Sorority – Advisory Committee – 93/94
- Oklahoma Psychological Association Conference – Paper presenter – 1983
- Oklahoma State University Pom Pon Squad - 80/83, Squad Leader , All-American 1982