HR 5513-101: Marriage and Family Therapy

Course Description:
This course begins with a brief history of the field of marriage and family therapy, which is among the youngest of the specialties in the mental health field. This history will highlight founders of family systems theory and recognize centers of development in the field of marriage and family therapy. Several major theories in marriage and family therapy are reviewed, including structural family therapy, strategic family therapy, transgenerational therapy, and communication theories for working with families. Other approaches are highlighted, which may influence therapeutic work with couples. Basic terms, concepts, and theoretical viewpoints of marriage and family therapy area explored, including systems theory, which uniquely views the family, rather than an individual, as the “client.” Other concepts such as homeostasis, family roles, and patterns of interaction within families are explored. Ethics in marriage and family therapy are discussed. Additional concepts of marriage and family therapy will be presented as time allows. This course will apply concepts to individual cases and emphasize translating theory into practice.

Class Dates, Location and Hours:
Dates: August 9 – 11 & 16 - 18, 2019
Location: 3281 NW Koehler Loop, Fort Sill, Oklahoma.
Hours: Friday 5:30-9:00 p.m., Saturday 9:00 a.m.-5:00 p.m.; Sunday 12:00-4:00 p.m.
Last day to enroll or drop without penalty: July 11, 2019

Site Director:
Email: apftsill@ou.edu. Phone: (580) 355-1974.

Professor Contact Information:
Course Professor: Judith K. Adams, Ph.D., LMFT, LADC
Mailing Address: 9726 East 42nd Street South
#106; Tulsa, OK  74146-3673
Telephone No: 918-712-7711
Fax: 918-712-8865
Mobile: 918-638-7494
E-mail Address: jkadams1@mindspring.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 Bookstore Website at https://ou.textbookx.com/institutional/index.php. There is no longer a physical bookstore, the store will remain, but textbooks will not be stocked. The website has book selling, renting, buying, returning, and order tracking capabilities. If you need help with an order, or if you have any questions contact the toll-free phone at 1-(855)-790-6637, agents are available from 9a – 5p (EST) Monday – Friday. For more information or questions about textbooks, feel free to contact apsyllabi@ou.edu. Text prices are available online.

This book will not be available directly through the OU bookstore. However, students may use outside sources to purchase the book such as Amazon.com or other book vendors.

2. Materials posted on the OU Canvas learning management system: Access Canvas at https://canvas.ou.edu, enter your OU NetID and password, and select course to access material. If you require assistance with Canvas, please click on the Help icon. You can search the Canvas guides, chat with Canvas support, or contact OU IT.

Course Objectives:

- To assist students in understanding the unique history of marriage and family therapy.
- To assist students in understanding the leading school of theory of marriage and family therapy.
- To develop knowledge of theories, viewpoints, and concepts of marriage and family therapy.
- To acquire fundamental counseling techniques for marriage and family therapy practice.
- To understand ethical issues and guidelines in marriage and family therapy practice.
- To understand unique methods and models of supervision for marriage and family therapy.

Course Outline:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Textbook Reference</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Saturday p.m.</td>
<td>Strategic Family Therapy: goals and techniques. Systemic therapy</td>
<td>Chap. 4 &amp; 5. Pp. 95-142. Techniques &amp; goals</td>
<td>Role play.</td>
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<tr>
<td>Saturday a.m.</td>
<td>Student Presentations</td>
<td>None</td>
<td>Present</td>
</tr>
<tr>
<td>Saturday p.m.</td>
<td>Student Presentations</td>
<td>None</td>
<td>Present</td>
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Assignments, Grading and Due Dates:

A written review of one theoretical model (2-4 pages)
This will be used in class for discussion. Due the second class meeting.

A library research paper on a specific couples/family issue or therapy.
One of the topics listed below may be selected or another relevant topic at the student’s choice. Inclusion of therapeutic interventions, treatment approach, or therapy goals is encouraged. The paper should be written using APA standards, 10-12 pages in length, using approximately 12 sources. Guidelines for writing the paper will be distributed and discussed in class.
A class presentation and a written summary (1-3 pages)

For distribution to the other class members. The presentation should be on an issue that couples/families face today and may be the same as the topic of the research paper. Methods for counseling family facing the issue may be included. Summary due the fourth meeting of the class and class presentations are scheduled for the sixth and seventh class periods (Saturday morning and afternoon, second week of the class).

A few possible topics they may be considered:

- Death of a family member
- Traumatic experience and/or recovery
- Chronic illness of a family member
- Job loss or career transition
- Suicide or threatened suicide of a member
- Infidelity or other boundary violations
- Addiction to alcohol or drugs
- Addiction to pornography
- Sexual addiction; gambling addiction
- Multi-cultural issues
- Military issues
- Disability of a child; autism
- Financial irresponsibility
- Deficient family role functioning
- Domestic violence
- Criminal or illegal behavior by a member
- Family business and multiple roles
- Weak interpersonal boundaries
- Failure to individuate from parents
- Enmeshed family relationships
- Parenting failures and deficits
- Severe injury of a family member

Two quizzes.

Quizzes with be about 2/3 objective with 1-2 short essay.

A take-home final exam

Attempting to integrate knowledge and assess application of concepts. Case study or case example may be used.

Class participation.

Role plays may be used to simulate problems within families. No personal disclosure will be required. Use of cell phones or computers for non-class interests is discouraged. Communication for essential duties and responsibilities is understood.

Grading:

This is a letter-graded course: A, B, C, D, or F. Total of 150 points

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<tr>
<th>Assignment</th>
<th>Due Date</th>
<th>Points/Percentage</th>
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<tr>
<td>Written Review of One Theoretical Model (2-4 pp.)</td>
<td>2nd class period</td>
<td>15 points: 10%</td>
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<tr>
<td>Research Paper on a specific couples/family issue or therapy</td>
<td>End of class</td>
<td>50 points: 30%</td>
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<tr>
<td>Written Summary (1-3 pp.) of one family or couples issue</td>
<td>4th class period</td>
<td>15 points: 10%</td>
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<tr>
<td>Brief class presentation on family issue-same topic as above</td>
<td>6th &amp; 7th class</td>
<td>15 points: 10%</td>
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<tr>
<td>Two Quizzes</td>
<td>1st &amp; 5th class</td>
<td>15 points each: 20%</td>
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<tr>
<td>Final Exam</td>
<td>8th class period</td>
<td>15 points: 10%</td>
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<tr>
<td>Class participation</td>
<td>Continuous</td>
<td>10 points: 10%</td>
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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

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 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
Judith K. Adams, Ph.D., LMFT, LADC

Education
- 1968 BA, Psychology, English, Concordia College, Moorhead, MN
- 1976 MA, Clinical Psychology, University of Nevada, Las Vegas, NV
- 1982 Ph.D., Clinical Psychology, University of Nebraska, Lincoln, NE

Current Positions
- Clinical Psychologist, Marital and Family Therapist Solo Practice, Tulsa, OK
- Adjunct Professor, Univ. of Oklahoma, Human Relations-Advanced Programs Norman, OK-1983
- Licensed Psychologist-Oklahoma
- Licensed Marital and Family Therapist-Oklahoma
- Licensed Certified Alcohol and Drug Counselor-Oklahoma- Certified Trauma Specialist
- Diplomate Board Certified Forensic Examiner: interest in child custody and child abuse issues
- Board Member- Oklahoma Alcohol and Drug Counselor Association- Certification Board
- Board Member- Oklahoma Licensed Alcohol and Drug Counselor Board: Term 2012-2022

Frequently Taught Advanced Programs Courses
- HR 5100 Ethical Issues in Counseling
- HR 5100 Basic Counseling Skills in Human Relations
- HR 5113 Child Abuse and Neglect
- HR 5113 Ethical Issues in Human Relations
- HR 5413 Chemical Dependency
- HR 5083 Seminar in Group Dynamics

Major Areas of Teaching and Research Interest
- Psychotherapy and psychological Assessment: Marriage and Family Therapy
- Critical Incident Debriefing- Psychological First Aid
- Post-Traumatic Stress Disorder: Psychological, Neuropsychological, Spiritual Aspects of PTSD
- Forensic Psychology, Expert Testimony, and Psychology Interface with the Legal System
- Child Abuse Investigations: Methodological Errors and Protocols for Proper Investigation
- Allegations of Child Abuse in Divorce & Custody Disputes- Parental Alienation in Divorce
- Addictions Counseling, including Substance Abuse, Eating Disorders, Addictive Behaviors
- Recoverability and Reversibility of Neurocognitive Deficits among Abstinent Alcoholics

Representative Publications and Presentations
- Ethical and legal issues in suspected sexual abuse cases, TAMFT, Dallas, TX: Jan. 30, 1998.
- Interviewing children in suspected sexual abuse cases. NASVOCAL Org. Tucson, AZ Sep 97
- Methodological errors in child abuse investigations, NASVOCAL Org. Tucson, AZ. Sep. 97

Major Professional Affiliations
- Oklahoma Drug and Alcohol Professional Counselor Association
- National Association of Alcoholism and Drug Abuse Counselors
- American College of Forensic Examiners
- International Association of Trauma Counselors