IPA 7104 Theories of Couple Therapy

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Course Description

This course will introduce students to the major schools of couple therapy including systemic, psychodynamic, cognitive behavioral and humanistic. A historical overview of the field will be presented and common factors underlying couple therapy approaches will be discussed such as communication skills, therapeutic alliance and the client-therapist relationship. Couple therapy approaches within each school will be covered and major concepts and techniques from each therapeutic approach will be discussed. Consideration to diversity including culture and spirituality will be given. Students will acquire theoretical knowledge and therapeutic competencies necessary to work with couples.

Course Objectives

- To provide a substantive understanding of the major schools of couple therapy.
- To introduce major theoretical approaches to couple therapy within each school.
- To develop students’ ability to critique, compare, and contrast the different schools and approaches.
- To develop students’ knowledge of diversity and specifically the role of culture and spirituality in couple therapy.
- To develop students’ knowledge of research on specific topics in the area of couple therapy.
- To develop students’ awareness of self as couple therapist in the context of theoretical approaches.

Student Evaluation

Reflection Paper: Self as Couple Therapist: 40%

Research Paper: 60%
Reflection Paper

A reflection paper discussing what you have learned about yourself as a couple therapist in the context of your coursework. Reflections should include what theoretical orientation speaks to you as a couple therapist. You might discuss how your own history, relationships, or insights have informed your theoretical orientation or potential interest in a particular school/theory. You can discuss what you have learned about yourself as a couple therapist throughout the course. You can discuss areas where you need to continue to develop to work effectively with couples. Papers should be no longer than 8-10 pages in length. All papers must be written in APA style.

Two hardcopies of the paper are due on Tuesday July 15, 2014. No late papers will be accepted.

Research Paper

Students will conduct in-depth research on a topic of their choice relating to couple therapy. A list of suggested topics will be provided. Students will review the theoretical and empirical literature on their respective topic. Theoretical schools’ approach to the topic will be discussed and research findings reported. Papers should be no longer than 10-12 pages in length. All papers must be written using APA style.

Two hard copies of your paper are due on Tuesday, July 22, 2014. No late papers will be accepted.

Course Format

Lectures, video presentations, in-class exercises and class discussions.

Absenteeism Policy

Students are expected to attend all classes. Students cannot miss more than 20% of classes. Failure to meet this requirement will result in a failing grade. Religious holidays are an exception.

Writing Style and Plagiarism

All papers must be original and written using APA style. Please refer to the policy on academic fraud and plagiarism at:

http://www.uottaawa.ca/plagiarism.pdf

Special Needs

Students with special needs are asked to contact with Ms. Francine Quesnel at fquesnel@ustpaul.ca or attend GIG 161 A.

Required Reading


Further references may be provided for each lecture.
Course Outline

May 6  Introduction to Couple Therapy
       Overview of Historical Origins
       Couple Therapy vs. Individual Therapy

May 13 Introduction to the Major Schools of Couple Therapy
       Systemic
       Psychodynamic
       Cognitive Behavioral
       Humanistic/Experiential

May 20 Bowen Systems Theory (Bowen)

May 27 Object Relations Couple Therapy (Scharff & Scharff)

June 3  Imago Couple Therapy (Hendrix)

June 10 Cognitive Behavioral Therapy (Epstein & Baucaum)

June 17 Transformational Systemic Therapy (Satir)

June 24 Emotionally Focused Therapy for Couples (Greenberg)

July 8  Emotionally Focused Therapy (Johnson)

July 15 Working With Diversity in Couple Therapy

July 22 Integrating Spirituality into Couple Therapy
**Suggested References**


