

Minnesota State University Moorhead

COUN 671: Family and Couples Counseling

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides students with a presentation of family systems theory in education, consultation, and counseling with families in both school and agency settings. The course explores the theoretical and historical foundations of family systems theory and the family life cycle, and examines the predominant systems approaches for promoting change. Students will develop a personal family counseling style to facilitate systemic change through application of systems theories.

B. COURSE EFFECTIVE DATES: 11/19/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to Systems Theory
2. History of Family Counseling
3. Family Assessment, Genograms, Family Life Cycle, Experiential and Strategic Theory
4. Natural Family Systems
5. Structural Family Counseling
6. Post Modern Theories, Solution Focused and Narrative Approaches
7. Current Trends and Issues in Family Counseling
8. Specialty and Addiction Specific Approaches

D. LEARNING OUTCOMES (General)

1. Students will understand a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions (CACREP 2009, I.G.5.e).
2. Students will understand counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling (CACREP 2009, I.G.5.d).
3. Students will understand history and philosophy of the counseling profession (CACREP 2009, I.G.1.a).
4. Students will understand individual, couple, family, group, and community strategies for working with and advocating for diverse populations, including multicultural competencies (CACREP 2009, I.G.2.d).
5. Students will understand theories and models of individual, cultural, couple, family, and community resilience (CACREP 2009, I.G.3.d).
6. Students will understand theories of individual and family development and transitions across the life span (CACREP 2009, I.G.3.a).

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted