

# COU304 Family Counselling

**Level:** 3

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

## **Synopsis:**

COU304 Family Counselling is a Level 3 course. The course aims to equip students with the systems perspective, and the essential knowledge and skills of four family counselling approaches, namely multigenerational approach, structural approach, experiential approach and strategic approach.

The course discusses the following: (1) key figures in respective approaches and their theoretical formulations, (2) assessment and therapeutic techniques, and (3) evaluating respective approaches. An integrative model will be presented to help students apply the approaches to family counselling situations.

## **Topics:**

- Course overview
- Historical development of family therapy
- Philosophy of systems and social constructionist perspectives
- Multigenerational approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Structural approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Experiential approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Strategic approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Principles of an integrated model in family counselling

## **Textbooks:**

by Gehart, D.C.: Mastering Competencies in Marriage and Family Therapy: A practical approach to theory and clinical case documentation (3rd Edition) <eBook> 3 Brooks/Cole, Cengage Learning  
ISBN-13: 9789814844819

**Learning Outcome:**

- Apply systems theory for family counselling.
- Analyse cases based on either multigenerational, structural, strategic, humanistic or narrative therapy.
- Evaluate strengths and limitations of either multigenerational, structural, strategic, humanistic or narrative therapy.
- Explain key concepts in relation to either multigenerational, structural, strategic, humanistic or narrative therapy.
- Demonstrate skills in relation to either multigenerational, structural, strategic, humanistic or narrative therapy.
- Demonstrate use of the integrative model for family counselling cases.

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	20
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>