

COU502 Advanced Systemic Family Therapy

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

This advance course covers in greater depth the main theoretical concepts and clinical treatment modalities employed in systemic couple and family therapy. The theoretical concepts will provide a comprehensive framework for assessing and intervention in couple, children and family work. The systemic treatment modalities will equip students with the essential clinical knowledge to work with couples, children and their families. The students will also have a deeper appreciation of the person-of-the-therapist in their clinical work.

Topics:

- Attachment-based family therapy for depressed and anxious adolescents
- Family therapy for ADHD children
- Brief strategic-based family therapy for adolescents with behavioural problems
- Multi-systemic therapy for adolescents with serious externalising problems
- Multi-dimensional family therapy
- Functional family therapy externalising disorder in adolescents
- Psycho-educational multi-family groups for families with individuals with severe mental illnesses
- Optimising couple and parenting interventions to address adult depression
- Client-directed outcome-informed clinical work with problems drinkers
- Working with traumatised families
- The Person-of-the-Therapist (POTT) Model
- The POTT Program: Step-by-Step

Textbooks:

Family Therapy. Concepts, Process and Practice. 3rd Carr, A. John Wiley
ISBN-13: 9781118384275

Learning Outcome:

- Discuss in-depth the key systemic theoretical concepts and application in couple and family therapy (CFT).
- Appraise the strengths and limitations in each of the CFT treatment modalities.
- Organise the different treatment modalities in one's clinical thinking and practice.
- Evaluate how the main theoretical concepts/theories in CFT are integrated within the clinical practice.
- Design strategies in one's assessment and intervention, mindful of the self-of-the-therapist within the clinical work with couples, children and their families.
- Apply the CFT treatment modalities in couple and family interventions.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
Total		100

*The information listed is subject to review and change.