

COU568 CFT Supervision for Practice

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

The supervision practicum in couple and family therapy aims to expand individual style with the purpose of helping trainee therapists become more versatile, and able to adapt into working with diverse family systems/ subsystems from different social status and service settings. It is also designed to create a greater awareness of the person within one's family-of-origin, as well as explore the development of the person-of-the-therapist. The course will also examine how systemic therapy is used to work with individual(s).

Topics:

- What is Responsible for Therapeutic Change?
- Common Factors Unique to Couple and Family Therapy
- The Big-Picture View of Common Change
- Getting Clients Fired Up for a Change
- A Strong Therapeutic Alliance
- A Meta-Model of Change in Couple Therapy
- The Person-of-the-Therapist Model: The training philosophy
- The POTT Program: Step-by-Step
- Journaling in POTT
- Looking at the POTT Process
- Ethical and Moral Issues in Couple and Family Therapy
- Relationship between Supervisor and Supervisees

Textbooks:

Douglas H. Sprenkle and Sean D. Davis: *Common Factors in Couple and Family Therapy: The Overlooked Foundation for Effective Practice* Guildford
ISBN-13: 9781606233603

Harry J. Aponte and Karni Kissi: *The Person of the Therapist Training Model: Mastering the Use of Self* (2016) 2016 Version Taylor & Francis (Routledge)
ISBN-13: 9781317514770

Learning Outcome:

- Construct the theoretical and conceptual framework underlying the various couple and family therapy skills
- Appraise the common factors of change in couple and family therapy
- Organise the concept of the “Person-of-the-Therapist” within one’s clinical setting
- Demonstrate the clinical skills needed to assess the presenting couple/ family issues from a systemic perspective
- Develop CFT strategies and skills in the clinical work with couples and families
- Apply the appropriate couple and family therapy strategies/ techniques to a given clinical case

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	30
	GROUP BASED ASSIGNMENT 1	20
Overall Examinable Components	ECA	50
Total		100

*The information listed is subject to review and change.