

COU580 Integrative Systemic Therapy

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

Over the last five decades, the field of couple and family therapy (CFT) has moved from specific models to a comprehensive framework. Integrative Systemic Therapy (IST) is a scientific method that provides a set of constructs for assessment, conceptualization, planning and conducting therapy, a structure for containing and organizing the body of knowledge associated with the field of CFT, and a basis for lifelong professional learning and growth.

This module guides students through the core concepts and rationale of IST and navigates the use of IST in clinical work. Particular attention will be paid to the use of hypothesizing and planning meta-frameworks based on the understanding of the blueprint and essence of IST. Students will get the opportunity to integrate their knowledge of specific models and techniques and develop their personal styles in the practice of therapy. Students will also be introduced to the “common factors” and researches of effective therapy.

Topics:

- Overview of Family Therapy and Systems Theory
- Introduction to Integrative Systemic Therapy (IST)
- Hypothesizing Meta-frameworks I: Sequences
- Hypothesising Meta-frameworks II: Organization, Culture, Gender, Spiritual, Biology
- Hypothesising Meta-frameworks III: Development, Mind
- Conducting Therapy Using IST
- Common Factors in Couple and Family Therapy
- Planning Meta-frameworks
- The IST approach in working with individual / couples/ families
- Lifelong learning in IST: Beginning, Practicing, Supervising, and Continuing to Grow
- Summary of the IST Meta-framework
- Conversing and Reading Feedback

Textbooks:

Integrative Systemic Therapy: Metaframeworks for Problem Solving with Individuals, Couples and Families 1st William M. Pinsof PhD, Douglas Breunlin, William Russell, Jay L. Lebow PhD, Anthony L. Chambers, Che American Psychological Association
ISBN-13: 9781433828126

Learning Outcome:

- Examine the core concepts and rationale of Integrative Systemic Therapy (IST).
- Create a deeper appreciation of Couple and Family Therapy (CFT) in relation to IST.
- Appraise the common factors of therapeutic change in relation to IST.
- Develop the use of hypothesising and planning meta-frameworks of IST blueprint and its essence for therapy.
- Assess the ability to integrate concepts, models and techniques of CFT (within IST).
- Formulate ways to enrich the therapeutic conversation with individuals, couples and families.
- Evaluate the IST approach in clinical work with clients and families.

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.