

I. COURSE DESCRIPTION:

- A. Department Information:
Division: Social Science
Department: Human Services
Course ID: HUMSV 172
Title: Group and Family Dynamics
Units: 3
Lecture: 3 Hours
Laboratory: None
Prerequisite: None
- B. Catalog Description: A study of the dynamics operating in groups and families including the identification of healthy versus dysfunctional groups/families; methods of intervention in dysfunctional groups/families; and the techniques of facilitating treatment groups. Qualifies for continuing education credit for nurses. Provider approved by the California Board of Registered Nursing, provider number 01480, for 45 contact hours.
- C. Schedule Description: A study of the dynamics operating in groups and families including the identification of healthy versus dysfunctional groups/families; methods of intervention, and techniques of facilitation treatment groups. Approved for continuing education credit for nurses. Provider approved by California Board of Registered Nursing. Provider #01480 for 45 contact hours.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS:

Upon successful completion of the course the student should be able to:

- A. Identify of major concepts of family dynamics;
- B. Explain the concepts of the movement to systems in individual versus systems dynamics
- C. Demonstrate the process of goal setting in family counseling
- D. Describe the steps of individual intake process
- E. Establish therapeutic boundaries in-group processes;
- F. Identify dysfunctional family/group patterns
- G. Explain the process of change in family/group counseling
- H. Demonstrate techniques of family counseling.

IV. COURSE CONTENT:

- A. Counseling Today's Changing Families
 1. Demographics
 2. Family resiliency
 3. Counseling sampler
- B. The Family as a Social Unit: Systems and Theories
 1. Family systems
 2. Behavior in family context
 3. Cybernetics, feedback, and homeostasis
 4. Subsystems
 5. Systems theory
- C. Appraising Couple and Family Functioning
 1. Process and evaluation
 2. Assessment phase
 3. Self-report measures
 4. Observational measures
- D. Multiple Views of Family Counseling: A Case Study

San Bernardino Valley College
Curriculum Approved: February 2, 2004
Last Updated: January 2004

1. Intervention models
 - a) Experiential
 - b) Tran generational
 - c) Structural
 - d) Strategic
 - e) Milan
 - f) Social constructionist
- E. Intervening in Troubled Couple and Family Relationships
 1. Evidence-supported guidelines
 2. Tailoring of techniques
 3. Marriage and divorce counseling
 4. Divorce mediation
- F. Counseling the Single-Parent-Led Family
 1. Changing times
 2. Divorce
 3. Single-parent households
 4. Problems and assessment
 5. Child custody
 6. Counseling guidelines
- G. Counseling the Remarried Family
 1. Stepfamilies
 2. Developmental stages of remarriage
 3. Counseling guidelines
 4. Phychoeducational programs
- H. Counseling Cohabiting Heterosexual Adults
 1. Mores and myths
 2. Types of cohabitation
 3. Assessment and counseling
- I. Counseling Gay Male and Lesbian couples
 1. Concepts and terminology
 2. Gays and lesbians: similarities and differences
 3. Assessment
 4. Gay identity
 5. Sexuality and AIDS
 6. Gay Parenting
 7. Counseling
- J. Counseling the Dual-Career Family
 1. Conceptualizing the lifestyle
 2. Domestic role patterns
 3. Adaptation strategies
 4. Counseling guidelines
- K. Counseling Ethnically Diverse Minority Families
 1. African-American families
 2. Hispanic Families
 3. Asian/Pacific American Families
 4. Summary

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Class discussion
- C. Role playing
- D. Facility visits
- E. Audio-visual
- F. Guest speakers

VI. TYPICAL ASSIGNMENTS:

- A. Develop a journal (out of class) consisting of interviews: Your journal will consist of a combination of interviews and personal observations to various subjects and topics.
- B. Critique two books applicable to course content, discussing the author's philosophy, your impressions, etc.
- C. Write a short report on a guest speaker, analyzing and evaluating the information presented.

VII. EVALUATION(S):

- A. Methods of Evaluation
 1. Objective or essay examinations for lecture or regarding assignments
 2. Evaluation of essays
 3. Presentations
 4. Skill exercises
 5. Term paper
- B. Frequency of Evaluation
 1. Project papers due on set date
 2. Weekly written assignments
 3. Book report due on set date
 4. Oral reports as assigned
 5. Final Exam
 6. Term paper due on set date
- C. Typical Exam Questions:
 1. _____ are parts of an overall family system in which units are formed by family as a whole.
 - a) Subsystems
 - b) Components
 - c) Suprasystems
 - d) Ecosystems
 2. Invisible lines of demarcation that separate the family from the outside non-family environment are:
 - a) Social system
 - b) Boundaries
 - c) Triangulations
 - d) Dysfunctional
 3. The satisfactory ongoing functioning of a couple or family requires a suitable balance between maintaining stability and accommodating:
 - a) Enmeshment
 - b) Disengagement
 - c) Change
 - d) Intrusive boundaries
 4. The family therapist who concentrates on the interactive process within the family as the primary shapers of transactional patterns is operating out of a:
 - a) Communication view
 - b) Family-based view
 - c) Cross-sectional view
 - d) Development view

VIII. TYPICAL TEXT(S):

Goldenberg, Herbert and Irene. Counseling Today's Families. 4th edition. Pacific Grove CA: Brooks/Cole, 2002
Goldenberg, Herbert and Irene. Family Therapy: An Overview, 5th edition, Pacific Grove, CA: Brooks/Cole, 2000
Nichols and Schwartz. The Essentials of Family Therapy. Boston, MA: Allyn & Bacon, 2002

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Nichols and Schwartz. Family Therapy: Concepts and Methods. Boston, MA: Allyn & Bacon, 2001

Carlson and Kjos. Theories and Strategies of Family Therapy. Boston, MA: Allyn & Bacon, 2002

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None