

Course Title : Group & Family Therapy**Course Code : PSY-818****Credit Hours : 3****Pre Requisite: Ethics & Psychotherapy****Course Description:**

This course will provide an overview of the basic principles and issues in the area of family therapy. The emphasis is on family dynamics and cultural factors, and conducting group and family therapy in various contexts.

Objectives:

- Develop an insight into group and family therapy practices, and how these approaches shape the therapeutic relationship with couples and families.
- Enhance their communication skills to work in community settings.

Learning Outcomes:

- A better understanding of group and family therapy practices and approaches.
- To be aware of how communication, listening, questioning, and facilitative skills can be fostered in various group and community settings.

Course Content:**Group and Family Therapy:**

- Basic Principles
- Ethics and Family Therapy

Family Dynamics and Cultural Factors

- Systemic Family Therapy
- Solution Oriented Family Therapy

Family Therapy in various contexts

- Marital counseling
- Parental guidance
- Counseling the victims of domestic violence
- Relationship problems among family members

Group Therapy in various contexts

- Organizational setting/work environment
- Community setting
- Issues of youth
- Current advancement in group and family therapy

Suggested Readings:

- Nichols, N.P. (2009). The essentials of family therapy, 4th Ed. Boston: Pearson/Allyn& Bacon.
- Nichols, M. P. & Schwartz, R. C. (2001). The foundations of family therapy. The Essentials of Family Therapy. Boston: Allyn and Bacon.
- Stroth-Becvar, D. &Becvar, R. J. (2000). Two Different Worlds. Family Therapy: A Systemic Integration 4th Edition. Needham Heights, MA: Allyn and Bacon
- Stroth-Becvar, D. &Becvar, R. J. (2000). The Paradigmatic Shift of Systems Theory.
- Family Therapy: A Systemic Integration 4th Edition (pp. 64-87). Needham Heights, MA: Allynand Bacon.