



SYSTEMIC THERAPY, FAMILY SYSTEMS AND FAMILY THERAPY

This course is given online. It includes 45 hours of course content.

Instructor: Dr. Jack DeStefano, psychologist (jack.destefano@mcgill.ca)

Pre-requisites: In order to register for and complete this course, participants need to be a licensed professional, or need to have completed or be in the process of completing a bachelor's degree in human relations (for example, psychology, counselling, nursing, occupational therapy, social work/MFT, guidance counselling, psychoeducation, or related disciplines).

DESCRIPTION OF CONTENT

This course introduces the major models and the essential concepts of systemic psychology and psychotherapy, including family therapy, and demonstrates the application of family systems concepts to a variety of counselling situations. This course contains six modules in total. The first module focuses on the history and foundations of systems theory, including family therapy. The second provides an outline of systemic properties and features and differentiates systemic therapies from more traditional therapeutic approaches. The third module outlines early models of family therapy, developed in the era of modern epistemology. The fourth module goes on to describe several post-modern/constructivist models of marriage and family therapy developed in the last three or four decades. The fifth module outlines common factors and essential concepts of family therapy, models of family functioning, and recent research developments in marriage and family therapy. Finally, the sixth module discusses optimal practices in family therapy, research into the effectiveness of couples and family therapy, ethical and legal issues in family therapy, and clinical applications of systems thinking when working with individuals, couples, and families. This course is organized into a series of structured lessons, which cover the topics described below:

Course content	List of references proposed in complementary readings, readings to complete the material covered in class. Participants may expect to spend approximately 50 hours to complete these readings.
1. Historical & Conceptual Foundations of Family Therapy <i>(5.5 hours total of lesson material to complete. Content: readings, videos and reflection questions);</i>	Bond, S. (2009). Couple and family therapy: The evolution of the profession with social work at its core. <i>Intervention, la revue de l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec</i> , 131, 128-138. Compton, M. T., & Shim, R. S. (2015). The social determinants of mental health. <i>Focus</i> , 13(4), 419-425. Forsyth, D. R. (2010). Group processes and group psychotherapy: Social psychological foundations of change in therapeutic groups. In J. E.

<p>a. The influence of social work (1 hour to complete. Content: readings and reflection question);</p> <ul style="list-style-type: none"> i. A Brief History of Social Work in Canada ii. Social Work and Family Therapy <p>b. Group therapy and group dynamics (1.25 hours to complete. Content: readings, videos and reflection question);</p> <ul style="list-style-type: none"> i. Group Dynamics ii. The Emergence of Group Therapy <p>c. Cybernetics and ecology (1.5 hours to complete. Content: readings, video, podcast episode and reflection question);</p> <ul style="list-style-type: none"> i. Cybernetics: The work of Norbert Wiener and W. Ross Ashby ii. Population Ecology Model and Ecological/Selective Perspective <p>d. Social Psychiatry (1.75 hours to complete. Content: readings, videos, and reflection question);</p> <ul style="list-style-type: none"> i. Adler and the Child Guidance Movement 	<p>Maddux & J. P. Tangney (Eds.), <i>Social psychological foundations of clinical psychology</i> (pp. 497–513). The Guilford Press.</p> <p>Funk, R. (1996). Erich Fromm's concept of social character and its relevance to clinical practice. In M. Cortina and M. Maccoby (Eds.), <i>A prophetic analyst: Erich Fromm's contribution to psychoanalysis</i> (pp. 341-360). Northvale and London: Jason Aronson Inc.</p> <p>Gençer, H. (2019). Group Dynamics and Behaviour. <i>Universal Journal of Educational Research</i>, 7(1), 223 - 229. DOI: 10.13189/ujer.2019.070128.</p> <p>Geroulanos, S., & Weatherby, L. (2020). Cybernetics and the human sciences. <i>History of the Human Sciences</i>, 33(1), 3–11. https://doi.org/10.1177/0952695119887098</p> <p>Guntrip, H. (2018). H.S. Sullivan's interpersonal theory of psychiatry. In <i>Personality structure and human interaction: The developing synthesis of psychodynamic theory</i> (First) (pp. 174-191). Taylor and Francis.</p> <p>Guttman, H.A. (2014). Systems theory, cybernetics, and epistemology. In A.S. Gurman & D.P. Kniskern (Eds.), <i>Handbook of family therapy</i> (pp. 41-62). Taylor and Francis.</p> <p>Jennissen, T., & Lundy, C. (2011). One Hundred Years of Social Work: Looking Back and Moving Forward into the Twenty-First Century. In <i>One Hundred Years of Social Work: A history of the profession in English Canada, 1900-2000</i> (pp. 287–302). Wilfred Laurier University Press.</p> <p>Meadows, D. H. (2008). <i>Thinking in systems</i> (pp. 11-34). White River Junction, VT: Chelsea Green Publishing.</p> <p>Overholser, J. C. (2005). Group Psychotherapy and Existential Concerns: An Interview with Irvin Yalom. <i>Journal of Contemporary Psychotherapy</i>, 35(2), 185-197. DOI: 10.1007/s10879-005-2699-7</p> <p>Parker, I., & Hook, D. (2008). Psychoanalysis and social psychology: Historical connections and contemporary applications. <i>Journal of Community & Applied Social Psychology</i>, 18(2), 91-95.</p> <p>Scott, B. (2011). Toward a cybernetic psychology. <i>Kybernetes</i>, 40(9/10), 1247-1257. https://doi.org/10.1108/03684921111169369</p> <p>Sheppard, P., & Snopkowski, K. (2021). Behavioral Ecology of the Family: Harnessing Theory to Better Understand Variation in Human Families. <i>Social Sciences</i>, 10(7), 275. https://doi.org/10.3390/socsci10070275</p> <p>Toseland, R. W., Jones, L. V., & Gellis, Z. D. (2004). Group Dynamics. In C. D. Garvin, L. M. Gutiérrez, & M. J. Galinsky (Eds.), <i>Handbook of Social Work With Groups</i> (pp. 13–31). The Guilford Press.</p> <p>Umpleby, S.A. (2005). A history of the cybernetics movement in the United States. <i>Journal of the Washington Academy of Sciences</i>, 91, 54-66.</p> <p>Watts, R. E. (2015). Adler's Individual Psychology: The Original Positive Psychology. <i>Revista de Psicoterapia</i>, 26(102), 81-89</p>
<p>2. An Introduction to Systems (7 hours total of lesson material to complete. Content: readings, videos and reflection questions);</p> <p>a. What do we mean by "systems"? (1.75 hours to complete. Content: readings, videos and reflection question)</p> <ul style="list-style-type: none"> ▪ General Systems Theory 	<p>Braverman, S. (1995). The integration of individual and family therapy. <i>Contemporary Family Therapy</i>, 17, 291-305.</p> <p>Cecchin, G. (1987). Hypothesizing, circularity, and neutrality revisited: An invitation to curiosity. <i>Family Process</i>, 26, 405–413.</p> <p>Connors, J.V., & Caple, R.B. (2005). A Review of Group Systems Theory. <i>The Journal for Specialists in Group Work</i>, 30, 93 - 110.</p> <p>Emery, R. E. (2014). Families as systems: Some thoughts on methods and theory. In S. M. McHale, P. Amato, & A. Booth (Eds.), <i>Emerging methods in family research</i> (pp. 109–124). Springer International</p>

- Systems Thinking

b. Groups as systems

(1.75 hours to complete. Content: readings, videos and reflection question)

- Interconnectedness of Parts
- Synergy
- Dynamic Equilibrium
- Organizations: Groups of Groups

c. Why did family therapy use systems as its organizing framework?

(1.25 hours to complete. Content: readings, videos and reflection question)

- System Elements of the Family

d. Why was communication theory so central to systems?

(1.25 hours to complete. Content: readings, videos and reflection question)

- Exploring Family Dynamics and Family Communication Processes
- Identifying Family Communication Styles and Patterns

e. What differentiates systems from more traditional models (e.g., psychodynamic, CBT?)

(1 hour to complete. Content: readings, videos and reflection question);

- Common Characteristics of Traditional Talk Therapies
- Common Characteristics of Family Therapies (Systemic Therapies)

Publishing. https://doi.org/10.1007/978-3-319-01562-0_7

Galvin, K., Dickson, F. C., & Marrow, S. R. (2006). Systems theory: Patterns and (w)holes in family communication. In *Engaging Theories in Family Communication: Multiple Perspectives* (pp. 309-324). SAGE Publications Inc.

<https://doi.org/10.4135/9781452204420.n20>

Gold, J. (2001). Psyche and system: On progress in the integration of individual psychotherapy and family psychotherapy. *Journal of Psychotherapy Integration, 11*, 285-288.

Hammond, D. (2005). Philosophical and ethical foundations of systems thinking. *tripleC: Communication, Capitalism & Critique. Open Access Journal for a Global Sustainable Information Society, 3*(2), 20-27.

Heatherington, L., Friedlander, M. L., Diamond, G. M., Escudero, V., & Pinsof, W. M. (2015). 25 Years of systemic therapies research: Progress and promise. *Psychotherapy Research, 25*(3), 348-364. <https://doi.org/10.1080/10503307.2014.983208>

Jackson, D. (1957). The question of family homeostasis. *Psychiatric Quarterly, 3*, 79-90.

Johnson, B. E., & Ray, W. A. (2016). Family Systems Theory. In C. L. Shehan (Ed.), *The Wiley Blackwell Encyclopedia of Family Studies* (pp. 782-787). Vol. 2, New York, NY: Wiley-Blackwell Publishing. <https://doi.org/10.1002/9781119085621.wbefs130>

Lai, C. & Lin, S.H. (2017). Systems theory. In C.R. Scott, L.K. Lewis, J.R. Barker, J. Keyton, T. Kuhn, & P.K. Turner (Eds.), *The international encyclopedia of organizational communication* (pp. 1-18). John Wiley & Sons.

McGrath, J. E., Arrow, H., & Berdahl, J. L. (2000). The study of groups: Past, present, and future. *Personality and social psychology review, 4*(1), 95-105.

Meadows, D. H. (2008). *Thinking in systems* (pp. 11-34). White River Junction, VT: Chelsea Green Publishing.

Miller, C. (2020). Group Member Roles. *Exploring Communication in the Real World*.

Monge, P. R. (1977). The systems perspective as a theoretical basis for the study of human communication, *Communication Quarterly, 25*(1), 19-29, DOI:10.1080/01463377709369244

Papero, D., Frost, R., Havstad, L., & Noone, R. (2018). Natural systems thinking and the human family. *Systems, 6*(2), 19.

Rothwell, J. D. (2011). Chapter Two: Groups as Systems. In *In Mixed Company : Communicating in Small Groups and Teams*. 8th Edition (pp. 42-72). Cengage Learning.

Ruesch, J., & Bateson, G. (Eds.). (2017). Individual, group, and culture: A review of the theory of human communication. In *Communication: The social matrix of psychiatry* (pp. 273-289) Routledge.

3. Early (Modernist) Models of Family Therapy

(9 hours total of lesson material to complete. Content: readings, videos and reflection questions);

a. Communications approaches

(2 hours to complete. Content: readings, videos and reflection question);

- i. Bateson's *Double-Bind Hypothesis* & Communications Theory
- ii. Mental Research Institute's (MRI) Interactional Method of Family Therapy
- iii. The Milan Approach

b. Strategic approach

(1.5 hours to complete. Content: readings, video and reflection question);

- i. Jay Haley's Strategic Family Therapy

c. Structural approach

(2.25 hours to complete. Content: readings, videos and reflection questions);

- i. Salvador Minuchin's Structural-Strategic Family Therapy
- ii. Conversations with Minuchin & Haley

d. Psychodynamic approaches

(1.5 hours to complete. Content: readings, videos and reflection question);

- i. Bowenian Family Therapy
- ii. David & Jill Scharff: *Object Relations Family Therapy*

e. Experiential approaches

(1.75 hours to complete. Content: readings, videos and reflection question);

- i. Carl Whitaker's Symbolic-Experiential Family Therapy
- ii. Virginia Satir's Human Validation Process Model

Aponte, H. J. (2009). Structural family interventions. In A. C. Kilpatrick & T. P. Holland (Eds.), *Working with Families: An Integrative Model by Level of Need* (5th ed., pp. 116-129). Boston: Allyn and Bacon.

Banmen, J. (2002). The Satir model: Yesterday and today. *Contemporary Family Therapy*, 24(1), 7-22.

Bateson, G., Jackson, D. D., Haley, J., & Weakland, J. (1956). Toward a theory of schizophrenia. *Behavioral Science*, 1(4), 251-264. <https://doi.org/10.1002/bs.3830010402>

Barbetta, P. (2017). Milan Systemic Family Therapy. In: Lebow, J., Chambers, A., Breunlin, D. (eds) *Encyclopedia of Couple and Family Therapy*. Springer, Cham. https://doi.org/10.1007/978-3-319-15877-8_240-1

Bowen, M. (1974). Alcoholism as viewed through family systems theory and family psychotherapy. *Annals of the New York Academy of Sciences*, 233, 115-22.

Calatrava, M., Martins, M. V., Schweer-Collins, M., Duch-Ceballos, C., & Rodríguez-González, M. (2022). *Differentiation of self: A scoping review of Bowen Family Systems Theory's core construct*. *Clinical Psychology Review*, 91. <https://doi.org/10.1016/j.cpr.2021.102101>

Connell, C. (2010). Multicultural perspectives and considerations within structural family therapy: The premises of structure, subsystems and boundaries. *Rivier Academic Journal*, 6 (2), 1-6.

Erker, J. (2017). A summary of a qualitative study of Satir family therapy: Theoretical and practical developments over the past 30 years. *Satir International Journal*, 5(1), 76-81.

Flaskas, C. (2005). Psychoanalytic ideas and systemic family therapy: Revisiting the question 'Why bother?'. *Australian and New Zealand Journal of Family Therapy*, 26(3), 125-134.

Haley, J. (1973). Strategic therapy when a child is presented as the problem. *Journal of the American Academy of Child Psychiatry*, 12(4), 641-59.

Klever, P. (2015). Multigenerational Relationships and Nuclear Family Functioning. *The American Journal of Family Therapy*, 43(4), 339-351, DOI: [10.1080/01926187.2015.1051898](https://doi.org/10.1080/01926187.2015.1051898)

Mackinnon, L. (1983). Contrasting strategic and Milan therapies. *Family Process*, 22(4), 425-438.

Minuchin, S. (1974). Therapeutic implications of a structural approach. In *Families and family therapy* (pp. 89-109). Harvard University Press. <https://doi.org/10.4159/9780674041127>

Minuchin, S. (1974). Structural family therapy. In *Families and family therapy* (pp. 1-15). Harvard University Press. <https://doi.org/10.4159/9780674041127>

Palazzoli, S., Boscolo, L., Cecchin, G., & Prata, G. (1980). Hypothesizing, circularity and neutrality: Three guidelines for the conductor of the session. *Family Process*, 19, 3-12.

Ray, W. (2018). The Palo Alto Group. In *Encyclopedia of couple and family therapy*. Springer International Publishing. https://doi.org/10.1007/978-3-319-15877-8_596-1.

Ricci, C., & Selvini-Palazzoli, M. (1984). Interactional complexity and communication. *Family Process*, 23(2), 169-76.

Scharff, J. S., & Scharff, D. E. (1997). Object relations couple therapy. *American Journal of Psychotherapy*, 51(2), 141-173.

Simon, G. (1995). A revisionist rendering of structural family therapy. *Journal of Marital and Family Therapy*, 21, 17-26.

Smith, G. L. (1998). The present state and future of symbolic-experiential family therapy: A post-modern analysis. *Contemporary Family Therapy*, 20(2), 147-161.

Stanton, M.D. (1981). Strategic approaches to family therapy. In A.S. Gurman & D.P. Kniskern (Eds.), *Handbook of family therapy* (pp. 361-402). Brunner/Mazel.

Tomm, K. (1988). Interventive interviewing: Part III. Intending to ask lineal,

	<p>circular, strategic, or reflexive questions?. <i>Family process</i>, 27(1), 1-15.</p> <p>Vetere, A. (2001). Structural Family Therapy. <i>Child Psychology and Psychiatry Review</i>, 6(3), 133–139. https://doi.org/10.1017/S1360641701002672</p> <p>Watzlawick, P., & Jackson, D. (1964/2009). On human communication. In W. Ray & G. Nardone (Eds.), <i>Paul Watzlawick – Insight may cause blindness & other essays</i>. Phoenix: Zeig, Tucker, Theisan, Ltd.</p> <p>White, M. (1986). Negative explanation, restraint, and double description: A template for family therapy. <i>Family Process</i>, 25(2), 169–184. https://doi.org/10.1111/j.1545-5300.1986.00169.x</p>
--	--

First exam (30 multiple choice and true/false questions, 50%)

<p>4. Postmodern/Constructivist Models of Family Therapy (10.5 hours total of lesson material to complete. Content: readings, videos and reflection questions);</p> <p>a. Contemporary family therapy: Moving into the twenty-first century (1 hour to complete. Content: readings, videos and reflection questions);</p> <ul style="list-style-type: none"> i. The Postmodern Revolution ii. The Feminist Critique iii. Constructivism and Family Therapy: Milan revisited <p>b. Solution-Focused therapy with families (1.25 hours to complete. Content: readings, video and reflection questions);</p> <ul style="list-style-type: none"> i. Theoretical assumptions of SFT ii. Using SFT models with families iii. Limitations of SFT <p>c. Narrative therapy (1.75 hours to complete. Content: readings, videos and reflection questions);</p> <ul style="list-style-type: none"> i. Theoretical assumptions of Narrative Therapy ii. Interventions in Narrative Therapy 	<p>Anderson, H. (2009). Collaborative practice: Relationships and conversations that make a difference. In J. H. Bray & M. Stanton (Eds.), <i>The Wiley-Blackwell handbook of family psychology</i> (pp. 300–313). Wiley Blackwell. https://doi.org/10.1002/9781444310238.ch20</p> <p>Anderson, H. (2012). Collaborative relationships and dialogic conversations: Ideas for a relationally responsive practice. <i>Family process</i>, 51(1), 8-24.</p> <p>Anderson, H., & Goolishian, H. (1992). The client is the expert: A not-knowing approach to therapy. In S. McNamee & K. J. Gergen (Eds.), <i>Therapy as social construction</i> (pp. 25–39). Sage Publications, Inc.</p> <p>Beels C. C. (2009). Some historical conditions of narrative work. <i>Family process</i>, 48(3), 363–378. https://doi.org/10.1111/j.1545-5300.2009.01288.x</p> <p>Boston, P. (2000). Systemic family therapy and the influence of post-modernism. <i>Advances in Psychiatric Treatment</i>, 6(6), 450-457. doi:10.1192/apt.6.6.450</p> <p>Brubacher L. (2006). Integrating emotion-focused therapy with the Satir model. <i>Journal of marital and family therapy</i>, 32(2), 141–153. https://doi.org/10.1111/j.1752-0606.2006.tb01596.x</p> <p>Byng-Hall, J. (2008). The crucial roles of attachment in family therapy. <i>Journal of Family Therapy</i>, 30(2), 129-146.</p> <p>Crittenden, P. M., & Dallos, R. (2009). All in the family: Integrating attachment and family systems theories. <i>Clinical Child Psychology and Psychiatry</i>, 14(3), 389-409.</p> <p>De Shazer, S., Berg, I. K., Lipchik, E., Nunnally, E., Molnar, A., Gingerich, W., & Weiner-Davis, M. (1986). Brief therapy: focused solution development. <i>Family Process</i>, 25(2), 207–21.</p> <p>Diamond, G., Diamond, G. M., & Levy, S. (2021). Attachment-based family therapy: Theory, clinical model, outcomes, and process research. <i>Journal of affective disorders</i>, 294, 286–295. https://doi.org/10.1016/j.jad.2021.07.005</p> <p>Diamond, G., Russon, J., & Levy, S. (2016). Attachment-based family therapy: A review of the empirical support. <i>Family process</i>, 55(3), 595-610.</p> <p>Eckel, D. (2021). The Inside Story of Attachment: What can Internal Family Systems Therapy offer? <i>Psychotherapy and Counselling Today</i>, 3, 49-63.</p> <p>Etchison, M., & Kleist, D. M. (2000). Review of narrative therapy: Research and utility. <i>The Journal</i>, 8(1), 61-66.</p> <p>Flaskas, C. (2011). Frameworks for practice in the systemic field: Part 2—contemporary frameworks in family therapy. <i>Australian and New Zealand Journal of Family Therapy</i>, 32(2), 87-108.</p> <p>Greenberg, L. S. (2010). Emotion-focused therapy: A clinical synthesis. <i>Focus</i>, 8(1), 32-42.</p> <p>Greenman, P. S., & Johnson, S. M. (2013). Process research on Emotionally Focused Therapy (EFT) for couples: linking theory to practice. <i>Family process</i>, 52(1), 46–61. https://doi.org/10.1111/famp.12015</p> <p>González, M. T., Estrada, B., & O'Hanlon, B. (2011). Possibilities and solutions: The differences that make a difference. <i>International Journal of Hispanic</i></p>
---	--

<p>d. Language-based models (1 hour to complete. Content: readings, videos and reflection questions);</p> <p>i. Collaborative Language Systems Therapy</p> <p>e. Couples therapies (2 hours to complete. Content: readings, videos, podcast episode and reflection questions);</p> <p>i. Cognitive-Behavioural Couples Therapy</p> <p>ii. Emotionally Focused Couples Therapy</p> <p>iii. Gottman Couples Therapy</p> <p>iv. Imago Relationship Therapy</p> <p>f. Internal Family Systems (IFS) therapy (1.25 hours to complete. Content: readings, videos and reflection question);</p> <p>i. 'Subpersonalities' in IFS</p> <p>ii. Therapeutic Objectives in IFS</p> <p>iii. The Process of IFS</p> <p>g. Attachment-based family therapy (1 hour to complete. Content: readings, video and reflection question);</p> <p>i. Behaviour Exchange and Systems Therapy (BEST)</p> <p>ii. Attachment-based Family Therapy (ABFT)</p> <p>h. Multisystemic/integrative approaches (1.25 hours to complete. Content: readings, videos and reflection question);</p> <p>i. Multisystemic Approach to Family Therapy</p>	<p><i>Psychology</i>, 3(2), 185-201.</p> <p>Gottman, J. M. (1993). The roles of conflict engagement, escalation, and avoidance in marital interaction: a longitudinal view of five types of couples. <i>Journal of Consulting and Clinical Psychology</i>, 61(1), 6–15. https://doi.org/10.1037/0022-006X.61.1.6</p> <p>Gottman, J.M. & Gottman, J.S. (2015). Gottman couple therapy. In A.S. Gurman, J. Lebow, & D.K. Snyder (Eds.), <i>Clinical handbook of couple therapy</i> (Fifth) (pp. 129-157). Guilford Press.</p> <p>Green, E. J. (2008). Individuals in conflict: An internal family systems approach. <i>The family journal</i>, 16(2), 125-131.</p> <p>Hare-Mustin R. T. (1978). A feminist approach to family therapy. <i>Family process</i>, 17(2), 181–194. https://doi.org/10.1111/j.1545-5300.1978.00181.x</p> <p>Henggeler, S.W. (2012). Multisystemic Therapy: Clinical Foundations and Research Outcomes. <i>Psychosocial Intervention</i>, 21(2), 181-193. https://doi.org/10.5093/in2012a12</p> <p>Hsu, K. S., Eads, R., Lee, M. Y., & Wen, Z. (2021). Solution-focused brief therapy for behavior problems in children and adolescents: A meta-analysis of treatment effectiveness and family involvement. <i>Children and Youth Services Review</i>, 120, 105620.</p> <p>Johnson, S.M. (2015). Emotionally focused couple therapy. In A.S. Gurman, J. Lebow, & D.K. Snyder (Eds.), <i>Clinical handbook of couple therapy</i> (Fifth) (pp. 97-128). Guilford Press.</p> <p>Johnson, S. M. (2020). The EFT theory of change: Within and between. In <i>The practice of emotionally focused couple therapy: Creating connection</i> (Third) (pp. 40-50). Routledge.</p> <p>Johnson, S. M., & Greenberg, L. S. (1985). Emotionally focused couples therapy: an outcome study. <i>Journal of Marital and Family Therapy</i>, 11(3), 313–317. https://doi.org/10.1111/j.1752-0606.1985.tb00624.x</p> <p>Johnson, S. M., Hunsley, J., Greenberg, L., & Schindler, D. (1999). Emotionally focused couples therapy: Status and challenges. <i>Clinical Psychology: Science and Practice</i>, 6(1), 67–79. https://doi.org/10.1093/clipsy.6.1.67</p> <p>Lebow J. (1997). The integrative revolution in couple and family therapy. <i>Family process</i>, 36(1), 1-24. https://doi.org/10.1111/j.1545-5300.1997.00001.x</p> <p>Lebow, J., & Snyder, D. K. (2022). Couple therapy in the 2020s: Current status and emerging developments. <i>Family process</i>, 61(4), 1359-1385.</p> <p>Madigan, S., & Nylund, D. (2017). Training Narrative Family Therapists. In J. Lebow, A. Chambers, & D. Breunlin (Eds.), <i>Encyclopedia of Couple and Family Therapy</i>. Springer, Cham. https://doi.org/10.1007/978-3-319-15877-8_663-1</p> <p>Molnar, A., & Shazer, S. (1987). Solution-focused therapy: Toward the identification of therapeutic tasks. <i>Journal of Marital and Family Therapy</i>, 13(4), 349–358. https://doi.org/10.1111/j.1752-0606.1987.tb00716.x</p> <p>Perry, V. (2019). Solution-Focused Therapy With Families. In L. Metcalf (Ed.), <i>Marriage and family therapy: A practice-oriented approach</i> (2nd ed., pp. 261–287). Springer Publishing Company, LLC.</p> <p>Sabey, A., Lafrance, A. (2018). Emotion-Focused Family Therapy. In: Lebow, J., Chambers, A., Breunlin, D. (eds) <i>Encyclopedia of Couple and Family Therapy</i>. Springer, Cham. https://doi.org/10.1007/978-3-319-15877-8_1075-1</p> <p>Schwartz R. C. (2013). Moving from acceptance toward transformation with Internal Family Systems Therapy (IFS). <i>Journal of clinical psychology</i>, 69(8), 805–816. https://doi.org/10.1002/jclp.22016</p> <p>Smith, R. L., & Southern, S. (2005). Integrative confusion: An examination of Integrative models in couple and family therapy. <i>The Family Journal</i>, 13(4), 392-399.</p> <p>Stavrianopoulos, K., Faller, G., & Furrow, J. L. (2014). Emotionally focused family therapy: Facilitating change within a family system. <i>Journal of Couple & Relationship Therapy</i>, 13(1), 25-43.</p> <p>Suddeath, E. G., Kerwin, A. K., & Dugger, S. M. (2017). Narrative family therapy:</p>
--	--

<p>ii. Jay Lebow's Integrative Approach to Family Therapy</p>	<p>practical techniques for more effective work with couples and families. <i>Journal of Mental Health Counseling</i>, 39(2), 116-131. https://doi.org/10.17744/mehc.39.2.03</p> <p>Tighe, A., Pistrang, N., Casdagli, L., Baruch, G., & Butler, S. (2012). Multisystemic Therapy for young offenders: families' experiences of therapeutic processes And outcomes. <i>Journal of Family Psychology</i>, 26(2), 187-197.</p> <p>Wiebe, S. A., & Johnson, S. M. (2016). A Review of the Research in Emotionally Focused Therapy for Couples. <i>Family process</i>, 55(3), 390-407. https://doi.org/10.1111/famp.12229</p>
<p>5. Essential concepts in Family Therapy (5.5 hours total of lesson material to complete. Content: readings, videos and reflection questions);</p> <p>a. What makes a family? (1 hour to complete. Content: readings, Video and reflection question);</p> <ul style="list-style-type: none"> i. The Family Diversities and Wellbeing Framework ii. A Snapshot of Canadian Families in 2021 iii. Clinical Implications: A Broad, Inclusive Perspective <p>b. Models of family functioning (1.5 hours to complete. Content: readings, videos and reflection question);</p> <ul style="list-style-type: none"> i. Froma Walsh's Perspectives on Family Normality and Family Resilience ii. The Family Life Cycle iii. Olsen's Circumplex model <p>c. Important developments in marriage and family therapy (1.5 hours to complete. Content: readings, videos and reflection question);</p> <ul style="list-style-type: none"> i. Multiculturalism and diversity ii. Feminism and Family Therapy iii. Technology iv. Neuroscience 	<p>Adler, M. A., & Lenz, K. (2023). Beyond standard families in advanced countries. In <i>The Changing Faces of Families</i> (pp. 1-14). Routledge.</p> <p>Battams, N. (2018). A Snapshot of Family Diversity in Canada. <i>Statistical Snapshots</i>. The Vanier Institute of the Family.</p> <p>Blow, A. J., Sprenkle, D. H., & Davis, S. D. (2007). Is who delivers the treatment more important than the treatment itself? The role of the therapist in common factors. <i>Journal of marital and family therapy</i>, 33(3), 298-317.</p> <p>Borcsa, M., Pomini, V. Virtual Relationships and Systemic Practices in the Digital Era. <i>Contemporary Family Therapy</i>, 39, 239-248 (2017). https://doi.org/10.1007/s10591-017-9446-6</p> <p>Carter, E. A., & McGoldrick, M. (1999). Overview: The expanded family life cycle. In E. A. Carter & M. McGoldrick (Eds.), <i>The expanded family life cycle: Individual, family and social perspectives</i> (3rd ed., pp. 1-26). Boston: Allyn and Bacon.</p> <p>Collins, S., & Arthur, N. (2007). A framework for enhancing multicultural counselling competence. <i>Canadian Journal of Counselling and Psychotherapy</i>, 41(1).</p> <p>D'Aniello, C., & Fife, S. T. (2020). A 20-year review of common factors research in marriage and family therapy: A mixed methods content analysis. <i>Journal of marital and family therapy</i>, 46(4), 701-718.</p> <p>Fife, S. T., Whiting, J. B., Bradford, K., & Davis, S. (2014). The therapeutic pyramid: A common factors synthesis of techniques, alliance, and ' way of being. <i>Journal of Marital and Family Therapy</i>, 40(1), 20-33. https://doi.org/10.1111/jmft.12041</p> <p>Fishbane, M. D. (2007). Wired to connect: Neuroscience, relationships, and therapy. <i>Family Process</i>, 46(3), 395-412. https://doi.org/10.1111/j.1545-5300.2007.00219.x</p> <p>Goldner, V. (1991). Feminism and systemic practice: Two critical traditions in transition. <i>Journal of Family Therapy</i>, 13, 95-104.</p> <p>Hare-Mustin, R. T. (1978). A feminist approach to family therapy. <i>Family Process</i>, 17(2), 181-94.</p> <p>Olson, D.H. (2000), Circumplex Model of Marital and Family Systems. <i>Journal of Family Therapy</i>, 22: 144-167. https://doi.org/10.1111/1467-6427.00144</p> <p>Rait, D. S. (2000). The therapeutic alliance in couples and family therapy. <i>Journal of clinical psychology</i>, 56(2), 211-224.</p> <p>Simon, G. M. (2006). The Heart of the Matter: A Proposal for Placing the Self of the Therapist at the Center of Family Therapy Research and Training. <i>Family Process</i>, 45(3), 331-344. https://doi.org/10.1111/j.1545-5300.2006.00174.x</p> <p>Stewart, S. (2019). Family Counselling as Decolonization: Exploring an Indigenous Social-Constructivist Approach in Clinical Practice. <i>First Peoples Child &</i></p>

<p>d. Common factors and essential concepts in family therapy</p> <p>(1.5 hours to complete. Content: readings, videos and reflection question);</p> <ul style="list-style-type: none"> i. Interpersonal (relational) context ii. Family Structure iii. Rules iv. Communication v. Feedback/Homeostasis vi. Triangles vii. Resistance 	<p><i>Family Review</i>, 14(1), 43–56. https://doi.org/10.7202/1071286ar</p> <p>Sue, S., Zane, N., Nagayama Hall, G. C., & Berger, L. K. (2009). The case for cultural competency in psychotherapeutic interventions. <i>Annual Review of Psychology</i>, 60, 525–548. https://doi.org/10.1146/annurev.psych.60.110707.163651</p> <p>Walsh, F. (2015). A Family Developmental Framework. In Sexton, T. L & Lebow, J. (Eds.) <i>Handbook of family therapy</i>. Routledge Handbooks Online.</p>
<p>6. Optimal Practices in Family Therapy</p> <p>(7 hours total of lesson material to complete. Content: readings, videos and reflection questions);</p> <p>a. What does it mean to think systemically in the context of psychotherapy?</p> <p>(1.25 hours to complete. Content: readings, videos and reflection question);</p> <p>b. Is family therapy better suited for certain problems?</p> <p>(1.5 hours to complete. Content: readings, videos and reflection question);</p> <p>c. Establishing case conceptualisations and treatment plans from a systemic perspective</p> <p>(2 hours to complete. Content: readings, videos and reflection question);</p> <p>d. Ethical, legal, and professional issues in family therapy</p> <p>(1.5 hours to complete. Content: readings);</p>	<p>Canadian Association for Marriage and Family Therapy. (2019). <i>CAMFT – ACTCF Code of Ethics</i>. Retrieved from: https://camft.ca/Code-of-Ethics</p> <p>Carr, A. (2009a). The effectiveness of family therapy and systemic interventions for adult-focused problems. <i>Journal of family therapy</i>, 31(1), 46-74.</p> <p>Carr, A. (2009b). The effectiveness of family therapy and systemic interventions for child-focused problems. <i>Journal of family therapy</i>, 31(1), 3-45.</p> <p>Gehart, D.R. (2016a). Systemic family counseling and therapy. In <i>Theory and treatment planning in counseling and psychotherapy</i> (pp. 293-334). Cengage Learning.</p> <p>Gehart, D.R. (2016b). Treatment planning. In <i>Theory and treatment planning in counseling and psychotherapy</i> (pp. 17-30). Cengage Learning.</p> <p>Hertlein, K. M., Blumer, M. L., & Mihaloliakos, J. H. (2014). Marriage and Family Counselors' Perceived Ethical Issues Related to Online Therapy. <i>The Family Journal</i>, 23(1), 5-12. http://dx.doi.org/10.1177/1066480714547184</p> <p>Jenkins, H., & Asen, K. (1992). Family therapy without the family: a framework for systemic practice. <i>Journal of Family Therapy</i>, 14(1), 1-14.</p> <p>Sori, C.F., & Hecker, L.L. (2015). Ethical and Legal Considerations When Counselling Children and Families. <i>Australian and New Zealand Journal of Family Therapy</i>, 36, 450-464.</p> <p>Sperry, L. (2005). Case conceptualizations: The missing link between theory and practice. <i>The Family Journal</i>, 13(1), 71-76.</p> <p>Stanton, M., & Welsh, R. (2012). Systemic thinking in couple and family psychology research and practice. <i>Couple and Family Psychology: Research and Practice</i>, 1(1), 14–30. https://doi.org/10.1037/a0027461</p> <p>Stratton, P., Silver, E., Nascimento, N., McDonnell, L., Powell, G., & Nowotny, E. (2015). Couple and family therapy outcome research in the previous decade: What does the evidence tell us?. <i>Contemporary Family Therapy</i>, 37, 1-12.</p>

<p>e. Guidelines (0.75 hours to complete. Content: readings);</p>	<p>Tomm, K. (1987). Interventive interviewing: Part II. Reflexive questioning as A means to enable self-healing. <i>Family process</i>, 26(2), 167-183.</p> <p>Watts, R. E. (2003). Selecting family interventions. In D. Kapland (Ed.), <i>Working with families across counseling specialties</i> (pp. 121-160). Greensboro, NC: ERIC/CASS.</p>
--	---

Second exam (60 multiple choice questions, 50%)

ADDITIONAL READING MATERIAL

To deepen participants' understanding of the topics and themes presented throughout the course, several additional resources (books, e-booklets, and articles) are provided, including:

Gabbard, G. O. (2002). *The psychology of The Sopranos: Love, death, desire and betrayal in America's favorite gangster family* (1st ed.). Basic Books.

Haley, J. (1986). *The Power Tactics of Jesus Christ: And other essays*. Crown House.

Higgins-Klein, D. (2013). *Mindfulness-Based Play-Family Therapy: Theory and practice*. W W Norton & Co.

Lowenstein, L. (2022). *Favorite Therapeutic Activities for Children, Adolescents and Families: Practitioners Share Their Most Effective Interventions*. Champion Press.

<https://www.lianalowenstein.com/e-booklet.pdf>

White, M. (1993). Deconstruction and therapy. In S. G. Gilligan & R. Price (Eds.), *Therapeutic conversations* (pp. 22–61). W W Norton & Co. (Reprinted from the "Dulwich Centre Newsletter," 3, 1991, 1–21)

ORGANIZATION OF CLASS TIME

As per the OPQ's interpretation of Bill 21 and of the hours and credits required by domain, participants may expect to invest 2 hours of personal work for each hour spent "in class" (online). Thus, in addition to the 50 hours of assigned "out-of-class" readings, participants may expect to dedicate 40 hours to independent study, exam preparation and completion, educational activities, and self-reflection exercises contained throughout the course.

ASSIGNMENTS

Each lesson concludes with an assignment question that summarizes its core content. Additionally, successful completion of this course involves passing two exams, one mid-way through the course (up to and including lesson 14) and another cumulative exam at the end of the course (containing questions from all 30 lessons, with a focus on the second half of the course). Both exams must be completed successfully. This course is graded as Pass/Fail. Pass is set at 60%.

REFERENCES

A number of documents are available in each lesson taken online (*see the references section at the end of each module*).