

SW 393R3: THEORIES AND METHODS OF FAMILY INTERVENTION  
**THE UNIVERSITY OF TEXAS AT AUSTIN**  
**SCHOOL OF SOCIAL WORK**

<b>Course Number:</b>	SW 393R3	<b>Instructor's Name:</b>	Cynthia Franklin, Ph.D., LCSW, LMFT
<b>Unique Number:</b>	62970	<b>Office Number:</b>	SWB 3.130
<b>Semester:</b>	Fall 2011	<b>Phone/E-mail:</b>	471-0533 (UT) Mobile 413-1946 <a href="mailto:CFranklin@mail.utexas.edu">CFranklin@mail.utexas.edu</a> TA:
<b>Meeting Time/Place and Room:</b>	Monday 2:30-5:30 Rm 2.116	<b>Office Hours:</b>	Mondays 1:30-2:30, Tuesday 12:30-1:30 or by appointment

I. STANDARDIZED COURSE DESCRIPTIONS

This course is designed to provide students with a comprehensive understanding of models and methods of family intervention. The content will include methods for assessment of families and an overview of several different models of family intervention with a focus on intervention skills and techniques. The course is grounded in best practices and the identification, analysis, and implementation of empirically-based intervention strategies. This course will focus on using multiple perspectives in the advanced application of theories, models, and skills utilized in short- and longer-term family interventions.

II. STANDARDIZED COURSE OBJECTIVES

By the end of the semester, students will be able to:

1. Compare various theoretical approaches to working with the family as a system, including understanding the impact of the ecological and social environments in which diverse families live; **(CI/APB 7)**
2. Demonstrate understanding of similarities and differences among theories and critically assess their theoretical perspectives, value bases, and the role of gender in family dynamics; **(CI/APB 7)**
3. Integrate and demonstrate the differential application of procedures, techniques, and methods of family intervention models that reflect best practices for problem areas or helping diverse client groups; **(CI/APPB 4)**
4. Select theories, models, and interventions and then critically evaluate and analyze these approaches as to their effectiveness in given situations. This includes: (a) the adequacy of the research and knowledge base; (b) the range of applicability; and (c) the value and ethical issues, including the student's own value system; **(CI/APB 2)**

5. Apply knowledge of the impact of policy and social justice issues to interventions with families of diverse cultures, socioeconomic backgrounds, race/ethnicity, sexual orientation, family structure, national origin, ability, or other manifestation of diversity; **(CI/APB 6)**
6. Demonstrate skill in using family therapy theory to assess family dysfunction in the context of the larger community and target systems within and outside the family for change; **(CI/APB 10a)**
7. Implement and evaluate the effectiveness of family interventions. **(CI/APB10c)**

The School of Social Work has been continuously accredited by the Council on Social Work Education (CSWE) since 1952. In order to maintain our accreditation status, we engage in ongoing curriculum assessment to demonstrate compliance with CSWE's Education Policies and Accreditation Standards (EPAS). Several required courses in our curriculum are part of this ongoing assessment, including this course. Below is a list of the specific Educational Policies (EP) and Practice Behaviors (PB) that are assessed in this course. The complete EPAS can be optioned from your Student Handbook.

**EP2.1.2. Apply social work ethical principles to guide professional practice.**

**CL/APB2** Refine ability to manage value differences and ethical dilemmas

Objectives 4

Assignment: Demonstration of Practice Techniques

**EP2.1.4. Engage diversity and difference in practice.**

**CL/APB4** Utilize needs, values, and strengths in applying appropriate interventions for diverse client systems

Objectives 3

Assignment: Self-directed Learning Project

**EP2.1.6. Engage in research-informed practice and practice-informed research.**

**CL/APB6** Apply empirically supported evidence to practice

Objectives 5

Assignment: Self-directed Learning Project

**EP 2.1.7. Apply knowledge of human behavior and the social environment.**

**CL/APB7** Synthesize and select human behavior and the social environment theories to match client needs

Objectives 1, 2

Assignment: Demonstration of Practice Techniques

**EP2.1.10a. Engagement.**

**CL/APB10a** Integrate theory-based relational skills in all areas of client engagement

Objectives 6

Assignment: Demonstration of Practice Techniques

**EP2.1.10c. Intervention**

**CL/APB10c** Critically apply interventions to design, implement and evaluate effective practice

Objectives 7

Assignment: Self Directed Learning Project

### III. TEACHING METHODS

This class provides opportunities for both theory and skill development. Family practice models will be presented through a combination of lectures, web-based instruction, demonstrations of the practice interventions in each model, and discussions about skills.

### IV. SAFETY POLICY

As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety. Students should also notify instructors regarding any safety concerns.

### V. REQUIRED TEXTS

Jantzen, C. Harris, O., Jordan, C. & Franklin, C. (2006). *Family treatment: Evidenced-Based practice with populations at-risk*. Pacific Grove,CA: Brooks/Cole.

Gehart, D. (2010). *Mastering competencies in family therapy*. Pacific Grove, CA: Cengage Learning.

Purchase textbooks at your favorite store or internet location.

#### Online Readings:

All additional readings on Blackboard.

### VI. COURSE REQUIREMENTS

The grade for the course will be based on the student's ability to demonstrate knowledge and methods from evidenced-based models of family therapy and effective interventions for solving family problems. Class attendance, participation, and promptness in completing assignments will be considered when assigning the grade. This is a professional practice class and each student is expected to demonstrate behavior that meets the criteria of the National Association of Social Workers code of ethics and meets the standards for professional practice of social work. Rules for in-class learning include:

### VII. CLASS CODE OF CONDUCT AND POLICIES

- Hard work and commitment to learning topics.
- Best preparation and dedication to be both a learner and contributor to the in-class learning.
- Respect for your colleagues, both students and professor, and that includes proper respect given to presentations, comments, and ideas presented during class.
- Commitment to the class community and personal responsibility to contribute to common good, and to fulfill one's own individual responsibility.

- Demonstration of outward behavior, dress, speech and mannerism that would suggest that you are a professional person with a professional job.
- Use your computer, iphone, blackberry, and other communication devices during class only in a way to assist your class work.
- When you need to be late or to take a day off from the class, contact the professor *in advance* and make appropriate arrangements for making-up your missed in-class learning.
- ***No late assignments will be accepted***, except in extreme emergencies and then only with permission of the instructor. All late assignments will be assessed point penalties at a rate of 5 points a day. If you are in an emergency situation, contact your instructor and receive a new due date. Academic dishonesty will be dealt with in accordance with the policies of the University.
- Any student with a documented disability (physical or cognitive) who requires academic accommodations should contact the Services for Students with Disabilities area of the Office of the Dean of Students at 471-6259 (voice) or 471-4641 (TTY for users who are deaf or hard of hearing) as soon as possible to request an official letter outlining authorized accommodations.

VIII. CLASS ASSIGNMENTS: (*There are two major assignments.*)

1. **Group Demonstration** of practice techniques from one of the family therapy approaches taught in the class (**50% of your grade**). **USE ONE OF THE EVIDENCED-BASED TREATMENT MANUALS OR SEMINAL BOOKS TO learn how to ILLUSTRATE YOUR APPROACH.** Each person in the class will receive a group and will prepare an experiential demonstration of techniques from a family therapy treatment approach. **Every group member must also watch one film of a master therapist illustrating your family therapy approach and turn in a video analysis along with your presentation. You may watch the film as a group and turn in one form to be graded as a part of your presentation. Use the Video Analysis form that is on Blackboard.**

The family approaches to be selected from are:

- A. *Solution-focused Brief Therapy*- Books by Insoo Kim Berg are best because she helped to create the approach. Also, books by Yvonne Dolan and Matthew Selekman are excellent for learning how to help families.
- B. *Structural Family Therapy Approaches including Multisystemic* —Minuchin & Aponte, Henggler/Multisystemic - I suggest using the treatment manual from Multisystemic Therapy (Henggler) or books by Patricia Minuchin and Salvadore Minuchin for the best learning.
- C. *Strategic Family Therapy Approaches*—Use the treatment manual from Jose Szapocznik (Brief Strategic Therapy) or Scott Sells' Parenting with Love and Limits program. Also read books by Jay Haley.
- D. *Behavioral Family Therapy*- Choose couples, parent training or family models. Read books by Jacobson & Christensen, Gottman for couples counseling or James Alexander for family approaches or Behavioral Parent Training by Webster-Stratton.

*(Make sure to note the sources for case studies if different than the books cited.)*

For your learning, film clips of the major treatment approaches covered in this class may be viewed in the LRC. Films in the LRC include SFBT, Structural and Strategic, and behavioral. You will watch a film of a master therapist at work and analyze each session using the video analysis form that is posted on Blackboard. Some film clips may be accessed in the External Links on Blackboard, however, for best learning identify your films early with approval of the instructor or use the ones suggested that are in the LRC.

***Suggested Videos: SFBT, “I’d Rather Hear Laughter, Structural, Unfolding the Laundry with Salvadore Minuchin, Scott Sells on external links, and Integrative Couples Therapy with Neil Jacobson. One video analysis form must be filled out for each video. If you are working with partners you may still fill out one form but each person must add their own viewpoints and reflective comments***

#### **Description of Family Intervention Group Presentation Project:**

- A. The group’s purpose is to model the specific behavioral change techniques. It is NOT to explain the theory, because we will be going over the therapy theory in class prior to your demonstration. *Be creative in your presentation.* You may ask for audience participation or make use of media, roles play, acting, and exercises that promote the learning of your approach. The use of an outline or handouts explaining the techniques that are being illustrated is required. **You must submit a power point for your change techniques to the instructor as a part of your grade and the quality and accuracy of these materials will be considered in your final evaluation for the demonstration of the behavioral change techniques.**
  - B. The presentation is expected to last *approximately one hour* and consist of an experiential modeling of the treatment techniques and skills needed to help families change within a mock family case that should be presented.
  - C. As the group progresses in developing the presentation, at least one planning session must be held with the instructor and some class time will be offered to help the preparation and planning process.
  - D. I will assume that all partners are sharing the burden of the work. If this is not the case, please notify me. Partners doing the presentation will be assigned the same grade for their presentation, so it should reflect equal responsibility on all members’ parts. **Please consult the syllabus for presentation schedule.**
2. **Self-Directed Learning Project (50% of your grade):** The purpose of this assignment is to learn how to effectively intervene with a specific family problem area and to learn more in-depth about how to do effective family practice. The Jantzen et. al. book is helpful for learning best practices for problem areas. There are *several options (described below)* that will help your learn more about effective family approaches and how to do

them. These assignments allow options you may choose for meeting this class requirement. You are also offered an opportunity to construct your own learning task with approval of the instructor. **YOU CAN CHOOSE A PARTNER TO HELP YOU WITH your self-directed learning assignment** or choose to complete the project individually. Each partner must make equal contributions. **In designing the individual learning assignment the professor allowed class time for you to work on the assignment at different points. The individual learning assignment is due on the last day of class and this assignment will also serve as a final evaluation for this course.**

**Options for Self-directed Learning Assignment** (Choose one of the following for your own assignment).

1. *Option One~ Evidenced-Based Intervention Manual for Problem Area:*

Students will select a problem area that impacts couples or families ( e.g. battering, adolescent depression, sexual dysfunction, suicide, divorce, blended families, kinship care, etc.) Using the “state of the art” family treatment literature and research on effective interventions for this problem area, students will develop a treatment manual that can guide their practice. A treatment guide or manual is a document that describes to a practitioner how to deliver an intervention. Treatment manuals are specific tools that one can consult in conducting clinical sessions with the client. A treatment manual should provide specific, behaviorally defined steps to follow in working with a client who has a particular problem. For example, how does the practitioner conduct the sessions with the client and what does the practitioner do and say in the sessions.

Students should look to the empirical literature to discover the most effective family treatments and to find guides for how to deliver these treatments.

**If you choose *option one*** follow these suggestions for background work in developing a well-researched intervention manual:

- a) Ascertain from the empirical/research literature what the most effective family interventions for working with your problem area. You can discover this easily by reading reviews of the empirical literature, meta-analyses and other critical analyses of family practices for solving the problem. Choose an intervention based on this analysis. (*Start by reading the Jantzen, et. al. book.*)
- b) Search out available treatment manuals, case studies or other guides that provide specific details on how to deliver the family intervention in a clinical setting.
- c) Outline stages or steps to follow in order to help the client.

- d) Develop a detailed description for how to conduct one or more sessions of the intervention. Include both the processes and stages of the session as well as the major goals and techniques for the sessions.
- e) When appropriate consult experts in this area who may guide you to pre-existing treatment manuals or clarify details of an intervention.

***Also follow this outline for option one:***

- I. Mini Problem Review: In one or two pages summarize the importance of the problem area. Include references.
- II. Research Support for Intervention: In one or two pages summarize the empirical research supporting the use of your intervention. If there are few or little studies say so, and describe the intervention as being in a process of development or experimental stage. Include references.
- III. Present your Intervention Manual (12-15 PAGES)
  - a. If applicable, include detailed overview of stages of the intervention.
  - b. Include detailed descriptions of how sessions are conducted.
  - c. Include examples of forms, exercises, and other aids used to facilitate change. Include sources on all forms typed on the forms.
- IV. Include *one or more case examples* from literature to illustrate steps and processes of the intervention. This can be included as an appendix.

2. *Option Two~ Community Observations, Intervention Manual:*

Students are encouraged to seek out and learn from community experts who are knowledgeable about how to intervene with a problem and use family therapy as a major treatment modality. You can partner with an agency or practitioner or volunteer setting. But, make sure the community partners are using the best practices or are experts on the empirically-supported interventions. When possible, interview the practitioners and observe the interventions. Write-up a log of your learning experiences focusing on how to deliver the family interventions. When available, you may also draw from the treatment manuals they use in the agency as well as write-up what you learned from interviews and observations in the agency.

3. *Option Three~ Practice Delivering an Evidence-Based Intervention:*

Identify a family treatment manual for a problem area and seek out an opportunity to film yourself while delivering at least four sessions from the manual with friends or voluntary clients. **Sessions must be at least 30 minutes long and give you practice doing the family intervention approach. Write a brief summary of the sessions and interventions delivered and what you learned doing this**

**task while filming yourself** doing the sessions. Submit your DVD and summary along with a reference for that intervention. DVD's submitted **must be audible**.

4. *Option Four~ Case Analysis and Seminal Book:*

*Learn an approach through case analysis and reading a seminal book of a family therapy approach. In this project you must submit three written case analyses and one video that demonstrate the family approach, as well as read a seminal book that teaches you the approach will become your learning tools. First 1) retrieve and read one seminal book by a developer of the family approach, 2) retrieve three case studies from the literature on the approach that you can reflect on, and 3) identify one video case of the approach. You may use case studies that are embedded in the seminal book or search out additional written case demonstrations published in research literature. You must include the written case studies as an appendix of your written assignment that you will turn in for a grade. Additionally, watch a video of a master therapist demonstrating the approach and fill out the video analysis form that was used in your group presentation and turn that in as a part of the project. In this assignment you should learn in depth about a different family approach than you chose in your group. For example, if you were in the solution-focused group you should choose structural, strategic or behavioral approach. You may also expand your learning to include Bowen's approach or the Narrative Therapy of Michael White.*

***If you choose option four make sure you include the following in your family therapy case Analysis written assignment.***

- a) Reference for the book read about the approach, why you chose it, and include an annotated description of the book you read (Approximately 1 page).
- b) Description of the major ideas about helping families that you took away from the reading and how you might use these ideas again? Make sure you include examples of how you personally would use the ideas with families. Also, would you recommend this book to another social worker and why. (Approximately 2-3 pages)
- c) Descriptions of the case processes and the behavior change techniques that you learned from reading the cases and studying the work of the therapists involved in the cases. Make sure you include strengths and weaknesses that you observed and your personal reflections about the family therapy approach. ***You may answer the same types of questions that are on the video analysis form and add other reflections, as well*** (Approximately, 8-10 pages).
- d) Watch one video of a master therapist doing the approach and fill out Video Analysis form as indicated in the group assignment above.
- e) Include copies of the three written case studies as an appendix along with their sources.



5. *Option Five: Develop Your Own Learning Task*

Students are encouraged to develop their own learning task with approval of the instructor. Learning tasks can be experiential or written. The only requirement is that the learning task focuses on mastery of best family practices with a specific population or problem area and/or engages you in learning how to do family practice. **BE CREATIVE AND DESIGN YOUR OWN ASSIGNMENT.**

***Rules of Conduct for Participating as Partners on an Assignment***

When working as partners you must submit a written summary of who did what to prepare for your presentation or learning assignment. If the instructor determines from that summary that an individual student did not contribute enough to the assignment that individual's grade may be marked down. Violations in the work ethic and equal contribution to the work will not be tolerated for any reason. A student who works with a partner(s) and does not contribute equally may be asked to complete their own individual assignment or take a lower grade. You should immediately let the instructor know of any problems that occur with equal participation and that individual will automatically be disqualified from working as a partner on the assignment.

IX. COURSE GRADES

The final course grade will be calculated as follows:

Group Demonstration of Intervention and Video Analysis	50%
Self-Directed Learning Project	50%
Group Demonstration of Intervention and Video Analysis	<b>Due Date</b> See Syllabus
Self-Directed Learning Project	<b>Due Date</b> Last Day of Class

Grading Scale for Graduate Students

100 - 94 = A  
93 - 90 = A-  
89 - 87 = B+  
86 - 84 = B  
83 - 80 = B-  
79 - 77 = C+  
76 - 74 = C  
73 - 70 = C- (Class failed/no credit: 73 and below)  
69 - 67 = D+  
66 - 64 = D  
63 - 60 = D-  
59 and below = F

## X. COURSE SCHEDULE

### **September 10 – Getting Started with the class**

### **September 17 Introduction to Family Therapy**

Gehart Chapter 1-5 and 7 & 8 for a review of family history and background for the field of marriage and family therapy.

Jantzen, et. al. Chapters 1-2

**Remember – you can meet the family therapy experts!** Visit several Family Therapy websites: Found in the External Links on Blackboard

### **September 24-Family Therapy Models: Solution-Focused Brief Therapy**

Gehart Chapter 14

#### Blackboard Readings:

Bavelas, J.B., Phillips, B., Roulledge, R. (2000). Micro Analysis of Communication in Psychotherapy. *Human Systems: The Journal of Systemic Consultation and Management*, 11(1), 47-66.

Cotton, J. (2010). "Question Utilization in Solution-Focused Brief Therapy: A Recursive Frame Analysis of Insoo Kim Berg's Solution Talk". *Qualitative Review* 15(1): 18-36

Kim, J.S. & Franklin, C. (2009). Solution-focused brief therapy in schools: A review of the outcome literature. *Children & Youth Services Review*, 31, 464-470

Franklin, C., Kim, J.S. & Trippodi, S. (2006). Solution-focused, brief therapy interventions for students at-risk to dropout. In C. Franklin, M. B. Harris & P.Allen-Meares (Eds.). *The school services sourcebook* ( p.p. 691-704). New York: Oxford University Press.

Flemons, D., Liscio, M., Gordon, A.B., Hibel, J., Gutierrez-Hersh, A., et al. (2010). Fostering Solutions: Bringing Brief Therapy Principles and Practices to the Child Welfare System. *Journal of Marital and Family Therapy*, 36(1), 80-95.

Gingerich, W. J. and S. Eisengart (2000). "Solution-Focused Brief Therapy: A Review of the Outcome Research." *Family Process* 39(4): 477-499.

Iveson, C. (2002). Solution Focused Brief Therapy. *Advances in Psychiatric Treatment*. 8, 149-157.

Kim, J.S. (2007). Examining the effects of solution-focused brief therapy: A meta-analysis using random effects modeling. *Research on Social Work Practice* 18, 107-117.

Kim, J. S., S. Smock, et al. (2010). "Is solution-focused brief therapy evidence-based?" *Families in Society* 91(3): 300-306.

Koob, J. J. and S. M. Love (2010). "The implementation of solution-focused therapy to

increase foster care placement stability." *Children and Youth Services Review* 32(10): 1346-1350.

Taylor, L., P. Wright, et al. (2010). "Introducing brief therapy into a community mental health service." *Journal of Systemic Therapies* 29(2): 15-25.

Tomori, C. and Bavelas, J.B. (2007). "Using MicroAnalysis of Communication to Compare Solution Focused and Client Centered Therapies". *Journal of Family Psychotherapy* 18(3), 25-43.

Learning Tips:

See a treatment manual at The Solution-focused, Brief Therapy Association, sbta.org or read books by developers Insoo Kim Berg and Steve deShazer or Matthew Selekman for how to do the approach with children and families. For how to do SFBT with children and adolescents in schools, see Kelly, M. Kim J.S. & Franklin, C. *Solution-focused brief therapy in schools*. New York: Oxford University Press.

**October 1- Solution-Focused Brief Therapy**

More practice and Examples

Finish readings on Blackboard

**October 8- Solution-Focused Brief Therapy  
Your In-class Practice demonstration for one hour**

Finish Readings on Blackboard

**October 15 Family Models: Structural including Multisystemic Therapy**

Gehart Chapter 10 and Jantzen, et. al. Chapter 6

Blackboard Readings

Aponte, H., & Hoffman, L. (1973). The Open Door: The Structural Approach to a Family with an Anorectic Child. *Family Process*, 12, 1-44.

Curtis, N. M., Ronan, K. R., & Borduin, C. M. (2004). Multisystemic treatment: A meta-analysis of outcome studies. *Journal of Family Psychology*, 18(3), 411-419.

Feaster, D.J., Burns, M.J., Brincks, A.M., Prado, G., Mitrani, V.B., et al, (2010). Structural EcoSystems Therapy For HIV+ African American Women and Drug Abuse Relapse. *Family Process*, 49, 204-219.

Henggeler, S.W., Schoenwald, S.K., Swenson, C.C. & Bourdin, C. (2006). Methodological critique and meta-analysis as Trojan horse. *Children & Youth Services Review*, 28, 447-457.

Littell, J., Popa, J. H., & Forsythe, B. (2005). Multi-systemic therapy for social, emotional, and behavioral problems in youth aged 10-17, *Campbell Collaboration Review*, 2, Retrieved November 10, 2006 from [http://www.campbellcollaboration.org/doc-pdf/Mst\\_Littell\\_Review.pdf](http://www.campbellcollaboration.org/doc-pdf/Mst_Littell_Review.pdf).

- McLendon, T., McLendon, D., Petr, C.G., Kapp, S.A., Mooradian, J. (2009). Family Directed Structural Therapy in a Therapeutic Wilderness Family Camp: An Outcome Study. *Social Work in Mental Health* 7(5), 508-527.
- Sells, S. P. & Franklin, C. (2008). Beyond the One way Mirror. *Psychotherapy Networker*, 62, 27-31.
- Hammond, R. T. and M. P. Nichols (2008). "How collaborative is structural family therapy?" *The Family Journal* 16(2): 118-124.
- Radohl, T. (2011). Incorporating Family into the Formula: Family Directed Structural Therapy for Children with Serious Emotional Disturbance. *Child and Family Social Work*, 16, 127-137.
- Ramisch, J. L., M. McVicker, et al. (2009). "Helping low-conflict divorced parents establish appropriate boundaries using a variation of the miracle question: An integration of solution-focused therapy and structural family therapy." *Journal of Divorce & Remarriage* 50(7): 481-495.

Learning Tips:

See Scott Henggeler et. al (2009) *Multisystemic Treatment of Antisocial Behavior in Children and Adolescents, Second Edition*. Also review *Serious Emotional Disturbance in Children* (2002) for a good book on how to apply multisystemic methods of family therapy. Other books written by Salvador and Patricia Minuchin on Structural Family Therapy are very helpful learning tools.

**October 22– Structural approaches including Multisystemic**

**More Practice and Examples of Structural Family Therapy.  
Your In-class Practice demonstration for one hour**

Finish Blackboard Readings

**October 29- Family Models: Strategic Family Therapy**

Gehart Chapter 9 and Jantzen, et. al. Chapter 10

Black Board Readings

Sells, S.P. (1998). A model for change. In *Treating the Tough Adolescent*. New York: Guilford Press.

Anger-Diaz, et.al. (2004). Problem solving across cultures: Our Latino experience. *Journal of Systemic Therapies* 23 (4).11-27.

Fisch, R. (2004). What have you done lately? MRI Brief Therapy. *Journal of Systemic Therapies* 23 (4), 4-10.

Austin, A. M., M. J. Macgowan, et al. (2005). "Effective Family-Based Interventions for Adolescents With Substance Use Problems: A Systematic Review." *Research on Social Work Practice* 15(2): 67-83.

Distelberg, B. J. (2008). "History of evidence-based practices: An interview with José Szapocznik." *The Family Journal* 16(2): 173-179.

Robbins, M. S., D. J. Feaster, et al. (2011). "Therapist adherence in brief strategic family therapy for adolescent drug abusers." Journal of Consulting and Clinical Psychology 79(1): 43-53.

Santisteban, D. A., L. Suarez-Morales, et al. (2006). "Brief Strategic Family Therapy: Lessons Learned in Efficacy Research and Challenges to Blending Research and Practice." Family Process 45(2): 259-271.

Learning Tips:

**Learn about Strategic Family Therapy by studying the work of Jose Szapocznik or Scott Sells. Szapocznik is the author of treatment manuals on Brief Strategic Family Therapy and a book on Preventing Adolescent Substance Abuse: Science-based Approaches. See a treatment manual for the approach and read more about him and his approach at the National Institute of Drug Abuse (NIDA) <http://www.drugabuse.gov/TXManuals/bsft/BSFT8.html> Scott Sells, Parenting with Love and Limits is also a good source of information for how to apply structural/strategic therapy methods. Read about how to apply his approach in books such as *Treating the Tough Adolescent and Parenting with Love and Limits*. Available at [www.Difficult.net](http://www.Difficult.net)**

## **November 5 Strategic Family Therapy**

### **More Practice and Examples.**

**Your In-class Practice demonstration for one hour** (Szapocznik approach with adolescent substance abuse or Sells, Parenting with Love and Limits or another evidenced-based strategic approach)

## **November 12, Library Day to work on Self Directed Learning Project**

## **November 19 Behavioral Family Therapy**

Gehart, Chapter 13 and Jantzen et.al. Chapters 7 & 11

### Blackboard Readings

Addis, M. E., & Zamudio, A. (2001). Systemic and clinical considerations in psychosocial treatment dissemination: An example of empirically supported treatment for a gay couple. *The Behavior Therapist*, 24(7), 151-154. Retrieved from EBSCO host.

Bullard, L., Wachlarowicz, M., DeLeeuw, J., Snyder, J., Low, S., Forgatch, M. S., & DeGarmo, D. S. (2010). Effects of the Oregon Model of Parent Management Training (PMTO) on marital adjustment in new stepfamilies: A randomized trial. *Journal of Family Psychology*, 24, 485-496.

Leve, L. D., & Chamberlain, P. (2007). A randomized evaluation of Multidimensional Treatment Foster Care: Effects on school attendance and homework completion in juvenile justice girls. *Research on Social Work Practice*, 17, 657-663.

Martinez, C. R., Jr., & Eddy, J. M. (2005). Effects of culturally adapted parent management training on Latino youth behavioral health outcomes. *Journal of Consulting and Clinical Psychology*, 73, 841-851.

Powers, M. B., Vedel, E., & Emmelkamp, P. G. (2008). Behavioral couples therapy (BCT) for alcohol and drug use disorders: A meta-analysis. *Clinical Psychology Review*, 28(6), 952-962. doi:10.1016/j.cpr.2008.02.002

Waldron, H.B., & Turner, C.W. (2008). Evidence-based psychosocial treatments for adolescent abuser: A review and meta-analysis. *Journal of Clinical Child and Adolescent Psychology* [Special Issue: Evidence Based Psychosocial Interventions for Clinical Child and Adolescent Disorders], 37, 1-24.

Learning Tips

**Learn about Behavioral family therapy by reading John Gottman's book *The Marriage Clinic*, Jacobson & Christensen's book *Integrative Couple Therapy* or studying treatment manuals for Functional Family Therapy by James Alexander. You may also study Parent Training approaches from the Oregon Social Learning Center. <http://www.oslc.org/>**

**November 26-Behavioral Family Therapy**

**More Practice and Examples.**

**Your in Class presentation for One Hour. Demonstrate Couples, parent training or Family Approach ( i.e. Gottman couples, Integrative couples, Functional Family Therapy or Parent Training Approaches.**

Finish readings on Blackboard.

**December 3 - Class Evaluation and Wrap-up**

**\*\*\*Self-Learning Projects Due\*\*\***

## **Journals and Publications in Family Therapy**

Family Coordinator (until 1979) and then became  
Family Relations (published quarterly)

National Council on Family Relations  
1219 University Avenue, S.E.  
Minneapolis, MN 55414

Families in Society (formerly Social Casework Journal)

Family Service of America  
11700 West Lake Park Drive  
Milwaukee, WI 53224

Family Process (published quarterly)

The Nathan W. Ackerman Family Institute  
149 East 78th Street  
New York, NY 10021

Journal of Family Counseling (until 1977) then  
International Journal of Family Counseling (published quarterly)

Transaction, Inc.  
Rutgers University  
New Brunswick, NJ 08903

Journal of Family Issues (published quarterly)

Sage Publications, Inc.  
275 South Beverly Drive  
Beverly Hills, CA 90212

Journal of Family Psychotherapy (published bi-monthly)

The Haworth Press, Inc.  
10 Alice Street  
Binghamton, NY 13904-1580

Journal of Family Social Work

Haworth Press  
Florida State University  
School of Social Work  
Tallahassee, FL

Journal of Marriage and the Family (published quarterly)

National Council on Family Relations  
1219 University Avenue, S.E.  
Minneapolis, MN 55414

Journal of Marriage and Family Counseling (until 1978) then Journal of Marital and Family Therapy (published quarterly)

AAMFT Journal Business Office  
1717 K Street N.W.  
Washington, DC 20006

Journal of Systemic Therapy

Guilford Press  
72 Spring Street, New York 10012

Topics in Family Psychology and Counseling

Aspen Publishers, Inc.  
200 Orchard Ridge Dr.  
Gaithersburg, MD 20878

Journal of Family Therapy

Institute of Social and Applied Psychology  
University of Kent at Canterbury  
Kent, CT2 7CZ  
United Kingdom

The Psychotherapy Networker (Formerly, The Family Therapy Networker )(published bi-monthly) A magazine for mental health professionals

Family Therapy Networker  
7703 13th Street, N.W.  
Washington, DC 20012

Practice Guidelines Available online

[www.aamft.org/](http://www.aamft.org/)  
[www.psychguides.com](http://www.psychguides.com)

**The American Academy of Child and Adolescent Psychiatry Practice Guidelines. Available on line with subscription to the journal “Journal of Child and Adolescent Psychiatry”**

**[www.AACAP.org](http://www.AACAP.org)**

**The Journal of Clinical Psychiatry Practice Guidelines: Available on-line with subscription to the journal.**

**[www.psychiatrist.com](http://www.psychiatrist.com)**

**The American Psychological Association publishes Practice Guidelines and Guidelines for interpreting the Plethora of Guidelines that exist.**

**[www.apa.org](http://www.apa.org)**