

THE UNIVERSITY OF TEXAS STEVE HICKS SCHOOL OF SOCIAL WORK

Course Number:	SW 393R	Instructor:	Mercedes Hernandez, PhD, LCSW
Unique Number:	59740	Email:	mercedeh@utexas.edu
Semester:	Fall 2020	Office:	3.106F
Meeting Time/Place:	Mondays via Zoom 5:30pm – 8:30pm	Office Phone:	512-471-8189
		Office Hours:	Before or after class Other time by appointment

Theories and Methods of Family Intervention

I. STANDARDIZED COURSE DESCRIPTION

This course is designed to provide you 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;
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;
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;
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;
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;
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;
7. Implement and evaluate the effectiveness of family interventions.

III. TEACHING METHODS

Class format is both didactic and interactive. Family practice models will be presented through a combination of lectures, demonstrations of practice interventions, experiential skill-building exercises, and class discussions integrating the course readings. The combination of these approaches will provide opportunity for theory and skill development in family practice.

IV. REQUIRED TEXT AND MATERIALS

- Nichols, M. P. & Davis, S. (2016). Family therapy: Concepts and methods. (11th ed.). New York, NY: Pearson.
- All additional readings are available on Canvas.

Recommended

- Gehart, D. (2018). Mastering competencies in family therapy: A practical approach to theories and clinical case conceptualization. (3rd ed.) Pacific Grove, CA: Cengage Learning.

V. COURSE REQUIREMENTS

The grade for the course will be based on your ability to demonstrate knowledge and apply methods from the models of family therapy presented in class. Class attendance, participation, and promptness in completing assignments are 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.

Assignment 1 – Family of Origin Analysis Paper (25% of Final Grade)

Knowledge of one's own family dynamics helps clinicians better understand clients and their relationships; it also helps us be more attuned to our preconceptions, judgments, and vulnerabilities derived from our early family experiences. This paper should be 4-6 pages. Due 9/28. I will provide a detailed guideline for the paper.

Assignment 2 – Role Play and Reflection Paper (20% of Final Grade)

You will record a role play with you as a family therapist with other classmates acting as family members to demonstrate a family therapy technique. In addition, you will write a 2-3 page reflection paper based on your experience. I will provide a detailed guideline for the assignment. Due 11/24.

Assignment 3 – Family Therapy Group Project (25% of Final Grade)

This is a group project that requires the application of a family therapy approach to a type of family problem. A detailed guideline will be provided.

Exam (20% of Final Grade)

The take home exam is due on 12/11 and will consist of family case studies.

Class Participation (10% of Final Grade)

Class participation grade includes attendance, punctuality, and informed class discussion. Preparation includes completing readings and assignments by due dates and coming to class prepared to discuss them, and “being present” and involved in activities and discussions. Discussion boards on Canvas will help to facilitate this process.

Note: Any information contained in this course outline (including, topics, readings, assignments, and dates) is subject to change as deemed necessary by the instructor.

VI. GRADES

94.0 and Above	A
90.0 to 93.999	A-
87.0 to 89.999	B+
84.0 to 86.999	B
80.0 to 83.999	B-
77.0 to 79.999	C+
74.0 to 76.999	C
70.0 to 73.999	C-
67.0 to 69.999	D+
64.0 to 66.999	D
60.0 to 63.999	D-
Below 60.0	F

VII. CLASS POLICIES

1. Additional class policies related to our online learning environment are available on Canvas.
2. You are expected to read the assigned readings (some students use study groups), attend each class meeting, remain in class for the duration of the session, contribute to class discussions, and participate in skill-building exercises. Failure to attend class regularly (missing more than two class sessions) may result in a lower grade for the course, at the instructor’s discretion. As soon as you know that you will not be able to attend class, you should e-mail or call the instructor.

3. You are encouraged to fully participate in class, especially if you do not understand the material. This course should be a fully interactive one. No question will be regarded as insignificant by the instructor. However, the instructor will reserve the prerogative of asking students to meet separately if discussion or questioning is so extensive that it infringes on the topics that other students need to have covered. The classroom should be an open forum for the liberal exchange of differences of opinion and for discussion of these different perspectives, and for promoting understanding.
4. No late assignments will be accepted except in extreme emergencies and then only with permission of the instructor. If you are in an emergency situation you should contact the instructor and negotiate a new due date. All late assignments will be assessed point penalties at a rate of 5 points a day.
5. You should be especially careful not to contribute unwittingly to myths about mental illness and disability in the conduct of practice, research, interpretation of data, and use of terms. The integrity of persons being addressed should be maintained by avoiding language that pathologizes or equates persons with the conditions they have (such as "a schizophrenic," "a borderline," "addicts," "epileptics," or "the disabled") or language that implies that the person as a whole is disordered or disabled, as in the expression "chronics," "psychotics," or "disabled persons." Terms are preferred that preserve the integrity of the person, as in "persons [or people] with disabilities," "a person diagnosed with schizophrenia." Terms conveying negative overtones should be replaced with more neutral expressions. For example, instead of "confined to a wheelchair," state "uses a wheelchair."

VIII. UNIVERSITY POLICIES

THE UNIVERSITY OF TEXAS HONOR CODE. The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

DOCUMENTED DISABILITY STATEMENT. Any student who requires special accommodations must obtain a letter that documents the disability from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement (471- 6259 voice or 471-4641 TTY for users who are deaf or hard of hearing). A student should present the letter to the professor at the beginning of the semester so that needed accommodations can be discussed and followed. The student should remind the professor of any testing accommodations no later than five business days before an exam. For more information, visit: <http://diversity.utexas.edu/disability/>.

PROFESSIONAL CONDUCT AND CIVILITY IN THE CLASSROOM. The professor expects students to act as professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. A course brings together a group of diverse individuals with various backgrounds. Students are influenced and shaped by such factors as race, ethnicity, gender, sex, physical abilities, religious and political beliefs, national origins, and sexual orientations, among others.

We expect to learn from each other in an atmosphere of positive engagement and mutual respect. This atmosphere includes working intentionally to recognize and dismantle racism, sexism, heterosexism, and ableism in the classroom. Social Work also deals with complex and controversial issues. These issues may be challenging and uncomfortable, and it would be impossible to offer a substantive classroom experience that did not include potentially difficult conversations relating to challenging issues. In this environment, we will be exposed to diverse ideas and opinions, and sometimes we will not agree with the ideas expressed by others. Nevertheless, the professor requires that students engage one another with civility, respect, and professionalism.

UNANTICIPATED DISTRESS. Students may experience unexpected and/or distressing reactions to course readings, videos, conversations, and assignments. If so, students are encouraged to inform the professor. The professor can be responsive and supportive regarding students' participation in course assignments and activities, but students are responsible for communicating clearly what kind of support is desired. If counseling is needed, students may contact a service provider of their choosing, including the UT Counseling Center at 512-471-3515 or online at <https://cmhc.utexas.edu/>.

POLICY ON SOCIAL MEDIA AND PROFESSIONAL COMMUNICATION. Public social networks are not private. Even when open only to approved or invited members, users cannot be certain that privacy will exist among the general membership of sites. If social work students choose to participate in such forums, please assume that anything posted can be seen, read, and critiqued. What is said, posted, linked to, commented on, uploaded, subscribed to, etc., can be accessed and archived, posing potential harm to professional reputations and prospective careers.

Social work students who use social media (e.g. Facebook, Twitter, Instagram) and other forms of electronic communication (e.g. blogs) must be mindful of how their communication may be perceived by clients, colleagues, faculty, and others. Social work students are expected to make every effort to minimize material which could be considered inappropriate for a professional social worker in training. Because of this, social work students are advised to manage security settings at their most private levels and avoid posting information/photos or using any language that could jeopardize their professional image.

Students are asked to consider the amount of personal information posted on these sites and are obliged to block any client access to involvement in the students' social networks. Client material should not be referred to in any form of electronic media, including *any* information that might lead to the identification of a client or compromise client confidentiality in *any* way. Additionally, students must critically evaluate any material that is posted regarding community agencies and professional relationships, as certain material could violate the standards set by the School of Social Work, the Texas Code of Conduct for Social Workers, and/or the NASW Code of Ethics.

Social work students should consider that they will be representing professional social work practice as well as The University of Texas at Austin School of Social Work program while in the classroom, the university community, and the broader area communities.

POLICY ON SCHOLASTIC DISHONESTY. Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in

the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the student may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students: <http://deanofstudents.utexas.edu/sjs/>.

SHARING OF COURSE MATERIALS IS PROHIBITED No materials used in this class, including, but not limited to, lecture hand-outs, videos, assessments (quizzes, exams, papers, projects, homework assignments), in-class materials, review sheets, and additional problem sets, may be shared online or with anyone outside of the class unless you have my explicit, written permission. Unauthorized sharing of materials promotes cheating. It is a violation of the University's Student Honor Code and an act of academic dishonesty. I am well aware of the sites used for sharing materials, and any materials found online that are associated with you, or any suspected unauthorized sharing of materials, will be reported to Student Conduct and Academic Integrity in the Office of the Dean of Students. These reports can result in sanctions, including failure in the course.

USE OF COURSE MATERIALS. The materials used in this course, including, but not limited to exams, quizzes, and homework assignments, are copyright protected works. Any unauthorized duplication of the course materials is a violation of federal law and may result in disciplinary action being taken against the student. Additionally, the sharing of course materials without the specific, express approval of the professor may be a violation of the University's Student Honor Code and an act of academic dishonesty, which could result in further disciplinary action. This sharing includes, among other things, uploading class materials to websites for the purpose of distributing those materials to other current or future students.

CLASSROOM CONFIDENTIALITY. Information shared in class about agencies, clients, and personal matters is considered confidential per the NASW Code of Ethics on educational supervision and is protected by regulations of the Family Educational Rights and Privacy Act (FERPA) as well. As such, sharing this information with individuals outside of the educational context is not permitted. Violations of confidentiality could result in actions taken according to the policies and procedure for review of academic performance located in sections 3.0, 3.1, and 3.2 of the Standards for Social Work Education.

CLASS RECORDINGS. Class recordings are reserved only for students in this class for educational purposes and are protected under FERPA. The recordings should not be shared outside the class in any form. Violation of this restriction by a student could lead to Student Misconduct proceedings.

USE OF E-MAIL FOR OFFICIAL CORRESPONDENCE TO STUDENTS. Email is recognized as an official mode of university correspondence; therefore, students are responsible for reading their email for university and course-related information and announcements. Students are responsible for keeping the university informed about a change of e-mail address. Students should check their e-mail regularly and frequently—daily, but at minimum twice a week—to stay current with university-related communications, some of which may be time-sensitive. Students can find UT Austin's policies and instructions for updating their e-mail address at <http://www.utexas.edu/its/policies/emailnotify.php>.

RELIGIOUS HOLIDAYS. By UT Austin policy, students must notify the professor of a pending absence at least fourteen days prior to the date of observance of a religious holy day. If the student must miss a class, examination, work assignment, or project in order to observe a religious holy day, the professor will give the student an opportunity to complete the missed work within a reasonable time after the absence.

TITLE IX REPORTING. In accordance with Title IX of the Education Amendments of 1972, the University of Texas at Austin is committed to maintaining a learning environment that is free from discriminatory conduct on the basis of sex <https://titleix.utexas.edu/>. Faculty, field instructors, staff, and/or teaching assistants in their supervisory roles are mandated reporters of incidents of sex discrimination, sexual harassment, sexual violence, stalking, dating violence, or any other forms of sexual misconduct. Students who report such incidents will be informed of University resources. Incidents will be reported to the University's Title IX Coordinator. Further information, including student resources related to Title IX, may also be found at <https://titleix.utexas.edu/>.

CAMPUS CARRY POLICY. The University's policy on concealed firearms may be found here: <https://campuscarry.utexas.edu>. You also may find this information by accessing the Quick Links menu on the School's website.

SAFETY. 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 notify the professor regarding any safety concerns.

BEHAVIOR CONCERNS ADVICE LINE (BCAL). If students have concerns about their behavioral health, or if they are concerned about the behavioral health of someone else, students may use the Behavior Concerns Advice Line to discuss by phone their concerns. This service is provided through a partnership between the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

EMERGENCY EVACUATION POLICY. Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

- Familiarize yourself with all exit doors in the classroom and the building. Remember that the nearest exit door may not be the one you used when entering the building.
- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

COVID CAVEATS. To help keep everyone at UT and in our community safe, it is critical that students report COVID-19 symptoms and testing, regardless of test results, to [University Health Services](#), and faculty and staff report to the [HealthPoint Occupational Health Program](#) (OHP) as

soon as possible. Please see this [link](#) to understand what needs to be reported. In addition, to help understand what to do if a fellow student in the class (or the instructor or TA) tests positive for COVID, see this [University Health Services link](#).

IX. COURSE SCHEDULE

Date	Topic	Assignment Due	Readings
Unit 1 8/31/20	<ul style="list-style-type: none"> • Introduction <ul style="list-style-type: none"> ○ The advent of family therapy ○ Treatment of problems in the context of family ○ Differences between individual and family modalities ○ Cultural factors and practice implications 		<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chps 1-2 ○ Brown, 1997 ○ Walsh, 2012, Chp 1 ○ Syllabus & Assignments • Recommended: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 14 ○ Walsh, 2012, Chp 2
9/7/20	Holiday		
Unit 2 9/14/20	<ul style="list-style-type: none"> • Systems Theory • Bowen Family Systems I 		<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chps 3-4 • Recommended: <ul style="list-style-type: none"> ○ Bowen, 1966 ○ Hardy, 1995 ○ McGoldrick, Gerson, et al, 2008 ○ McGoldrick & Hardy, 2008
Unit 3 9/21/20	Bowen Family Systems II	Group 1 Presentation	<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Ballard, 2016 ○ Falicov, 1983 ○ Walsh, 2016 • Recommended: <ul style="list-style-type: none"> ○ Bowen, 1966 ○ Hardy, 1995 ○ McGoldrick, Gerson, et al, 2008

			<ul style="list-style-type: none"> ○ McGoldrick & Hardy, 2008
Unit 4 9/28/20	Structural Family Therapy I	Assignment 1 Due 9/28 before class	<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 6 • Recommended: <ul style="list-style-type: none"> ○ Curtis, 2004 ○ Feaster, 2010 ○ Littell, 2005 ○ Radohl, 2011
Unit 5 10/5/20	Structural Family Therapy II	Group 2 Presentation	<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Aponte, 1973 ○ Hammond, 2008 ○ Szapocznik, 1986 • Recommended: <ul style="list-style-type: none"> ○ Curtis, 2004 ○ Feaster, 2010 ○ Littell, 2005 ○ Radohl, 2011
Unit 6 10/12/20	Strategic/MRI Family Therapy		<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 5 ○ Anger-Diaz, 2004 ○ Fisch, 2004 ○ Szapocznik, 2000 • Recommended: <ul style="list-style-type: none"> ○ Austin, 2005 ○ Distelberg, 2008 ○ Robbins, 2011 ○ Santisteban, 2006
Unit 7 10/19/20	Behavioral Family Therapy I		<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 9 • Recommended: <ul style="list-style-type: none"> ○ Fallon, 2015 ○ Bullard, 2010 ○ Martinez, 2005 ○ Powers, 2008
Unit 8 10/26/20	Behavioral Family Therapy II	Group 3 Presentation	<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Addis, 2001

			<ul style="list-style-type: none"> ○ Domenech Rodriguez, 2011 ○ Lau, 2011 ● Recommended: <ul style="list-style-type: none"> ○ Fallon, 2015 ○ Bullard, 2010 ○ Martinez, 2005 ○ Powers, 2008
Unit 9 11/9/20	Family Psychoeducation		<ul style="list-style-type: none"> ● Required: <ul style="list-style-type: none"> ○ Nichols & Davis, pp 236-238 ○ Barrio, 2010 ○ Dixon, 2011 ○ Perlick, 2013 ○ Telles, 1995 ● Recommended: <ul style="list-style-type: none"> ○ McFarlane, 2002, 2003, 2016
Unit 10 11/16/20	Solution Focused I		<ul style="list-style-type: none"> ● Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 11 ● Recommended: <ul style="list-style-type: none"> ○ Kim, 2009 ○ Taylor, 2010
Unit 11 11/23/20	Solution Focused II	<p>Group 4 Presentation</p> <p>Assignment 2 Due 11/24 at 11:59pm</p>	<ul style="list-style-type: none"> ● Required: <ul style="list-style-type: none"> ○ Gingerich, 2000 ○ Iveson, 2002 ○ Kim, 2010 ● Recommended: <ul style="list-style-type: none"> ○ Kim, 2009 ○ Taylor, 2010
Unit 12 11/30/20	Narrative Family Therapy I	Take home Exam Posted	<ul style="list-style-type: none"> ○ Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 12 ○ Hedtke, 2014 ● Recommended: <ul style="list-style-type: none"> ○ Butera-Prinzi, 2014 ○ Madsen, 2007 ○ Minuchin, 1998

Unit 13 12/7/20	<ul style="list-style-type: none"> • Narrative Family Therapy II • Integration of Models • Wrap-up 	<p style="text-align: center;">Group 5 Presentation</p> <p style="text-align: center;">Take home Exam</p> <p style="text-align: center;">Due 12/11 at 12pm</p>	<ul style="list-style-type: none"> • Required: <ul style="list-style-type: none"> ○ Nichols & Davis, Chp 13 ○ Sluzki, 1983 • Recommended: <ul style="list-style-type: none"> ○ Ramisch, 2009
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X. BIBLIOGRAPHY

Required Readings

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Recommended Readings

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