

Common Course Outline
CMDP 210
Family Counseling
3 credit hours

The Community College of Baltimore County

Description

Family Counseling

Introduces factors that define the modern family, as well as those factors that differentiate the “healthy” family from the “problematic” family; explores traditional views of individual pathology, and techniques, strategies, and approaches that differentiate family systems work from individual counseling.

Prerequisites: CMDP102, or the consent of the instructor.

Overall Course Objectives.

Upon completion of this course the student will be able to:

1. Define and differentiate among different types of families such as: nuclear families, extended families, the family of origin, single parent, divorced and blended families.
2. Use greater discretion in distinguishing between healthy and problematic families.
3. Identify and explain the developmental phases appropriate to family life.
4. Explain cultural, social and economic influences on family adjustment.
5. Use role theory as a way of understanding the chemically dependent family.
6. Distinguish between various major schools of family therapy.
7. Demonstrate understanding of different roles in a chemically dependent family and the ways these contribute to pathology.
8. Identify family problems that should be referred to a professional family therapist and demonstrate knowledge of how to make such a referral.
9. Engage in a process of personal reflection of their experiences in their own family of origin.
10. As a result of personal reflection, gain an appreciation of the power of the personal dynamics within the family system; their own and those of the clients they serve.

Major Topics

Adopting a family frame of reference.

Family development: continuity and change

The family as a psychosocial system

Substance abuse and the family system

The origins and growth of family therapy

Bowen family systems theory

Experiential/Humanistic theory

Structural theory: Minuchin

Communication/Strategic model

Human Validation process: Satir

Family evaluation: functional and dysfunctional

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

Tests (minimum of two)

Journal reflection entries (minimum of four)

Other Course Information

This course is a program requirement for the Chemical Dependency Counseling degree and certificate programs.