

Common Course Outline
MNTH 207
Family Dynamics: Theories and Intervention
3 Credits

The Community College of Baltimore County

Description

Prerequisites: MNTH 101, MNTH 103, MNTH 205, RDNG 052 and admission to the Mental Health Program.

Course examines the dynamics that contribute to healthy family functioning, including the role of culture and gender. The course explores family dysfunction as it relates to substance abuse, domestic violence, and sexual abuse. Major theoretical models of family therapy are presented through lecture and videotapes of family sessions. Basic assessment and treatment planning skills are developed through in-class simulated family sessions.

Overall Course Objectives

At the completion of the course the student will be able to:

1. identify and define healthy family dynamics.
2. identify and define variations of “normal” family structure.
3. identify and define role of culture and gender on family dynamics.
4. identify and define constructs and practices of major family systems theories.
5. identify and define dynamics of family dysfunction.
6. understand impact of family dysfunction as it relates to domestic violence, substance abuse, and sexual abuse.
7. conduct a family interview.
8. develop and analyze family genograms.
9. integrate family systems interventions with individually-oriented counseling approaches.
10. identify and implement treatment strategies for clients.
11. broaden scope of clinical interventions utilized with clients.
12. develop advanced counseling skills and clinical interventions.
13. expand awareness of familial factors and influence in counseling sessions.

Major Topics

Concepts of family systems and functioning
Major theoretical models of family therapy
Strategic family therapy
Structural family therapy
Extended family therapy

Cultural and gender issues in families
Dysfunctional family systems
Assessment skills

Course Requirements

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

Exams
Term paper

Other Course Information

This course is a core course in the Mental Health Program but is open to all students in the CCBC system with the consent of the Mental Health Program Director.