

# **COURSE OUTLINE**

**HEED-124**

**Family Counseling Skills**

3 Semester Hours

## **HOWARD COMMUNITY COLLEGE**

### **Description**

The family is defined as a complex interactive system. Traditional views of pathology will be redefined as students come to view family problems such as substance abuse, mental abuse, and other psychosocial problems. Students will think diagnostically about families utilizing theory and various techniques, strategies, and approaches that are relevant to working with families.

### **Overall Course Objectives**

1. Summarize characteristics of a family.
2. Analyze the cultural, social and economic variables, which impact the family.
3. Identify and examine the different subsystems within a family.
4. Compare and contrast family therapy as distinguished from individual and group therapies.
5. Summarize various methods of family therapy.
6. Define and differentiate between types of families, such as nuclear family, extended family, family of origin, single-parent families, divorces and reconstituted families.
7. Differentiate between “healthy” and “problematic” family patterns and behaviors.
8. Define and explain developmental stages of the family.
9. Identify the cultural, social and economic impacts on the family.
10. Identify the different roles which can develop in families.
11. Outline how mental illness and/or chemical dependency impact a family.
12. Develop family therapy rules and identify the importance of the adherence of professional ethical standards.

### **Major Topics**

1. Review of major family therapy modes and methods
2. Identification of the subsystems and subtypes and roles found within families
3. Identification of the cultural/genetic, social and economic impacts on families

4. Understanding the developmental stages of a family
5. Differentiating healthy from problematic family patterns
6. Understanding the importance of the development of family therapy rules and adherence to professional ethical guidelines.

### **Course Requirements**

#### Grading/Exams:

Grading procedure will be determined by the individual faculty member but will include the following: two case studies, reaction paper, final assessment, and class attendance and participation. Final grades will be on the basis of the cumulative total.

#### Writing:

Journals will be kept throughout the entire semester. A course project will be a minimum of three and a maximum of five pages. This assignment is to be typewritten/word processed and double-spaced. An oral presentation of an overview of the project is also required.

### **Other Course Information**

This course is an Arts and Sciences elective.

This course is included in the Health Education (Community Health) transfer program and in the Dundalk Community College articulation agreement leading to a degree in Chemical Dependency Counseling.