

FLORIDA ATLANTIC UNIVERSITY™

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 WEB POSTED _____

Graduate Programs—NEW COURSE PROPOSAL

DEPARTMENT NAME: SOCIAL WORK COLLEGE OF: ARCHITECTURE, URBAN AND PUBLIC AFFAIRS

RECOMMENDED COURSE IDENTIFICATION:
 PREFIX SOW _____ COURSE NUMBER _____ LAB CODE (L or C) Lecture _____
 (TO OBTAIN A COURSE NUMBER, GO TO www.fau.edu/academic/registrar/UJPCinfo/)
 COMPLETE COURSE TITLE : COUPLES THERAPY FOR SOCIAL WORKERS

EFFECTIVE DATE
 (first term course will be offered):

CREDITS: 1 TEXTBOOK INFORMATION: WEEKS & TREAT (2001). COUPLES IN TREATMENT: TECHNIQUES AND APPROACHES FOR EFFECTIVE PRACTICE; SCHULTHEIS, G., O'HANLON, B. & O'HANLON, S. GOTTMAN, J. () . WHY MARRIAGES SUCCEED OR FAIL

GRADING (SELECT ONLY ONE GRADING OPTION): REGULAR PASS/FAIL _____ SATISFACTORY/UNSATISFACTORY _____

COURSE DESCRIPTION, NO MORE THAN 3 LINES:
 THIS GRADUATE LEVEL MSW COURSE APPLIES THE GENERALIST INTERVENTION MODEL TO COUPLES WORK. STUDENTS IN THIS COURSE WILL DEVELOP ACASE FORMULATION AND TREATMENT PLANS AND APPLY AN ECLECTIC INTERVENTION APPROACH THAT IS GROUNDED IN THE LATEST EVIDENCE FOR BEST PRACTICES.

PREREQUISITES: COMPLETION OF THE FOUNDATION CURRICULUM COREQUISITES: NONE OTHER REGISTRATION CONTROLS (MAJOR, COLLEGE, LEVEL): MSW GRADUATE STUDENTS

PREREQUISITES, COREQUISITES & REGISTRATION CONTROLS SHOWN ABOVE WILL BE ENFORCED FOR ALL COURSE SECTIONS

MINIMUM QUALIFICATIONS NEEDED TO TEACH THIS COURSE:
 PH.D IN SOCIAL WORK OR RELATED FIELD

Other departments, colleges that might be affected by the new course must be consulted. List entities that have been consulted and attach written comments from each. None

Dr. Wes Hawkins, whawkins@fau.edu 561-297-3246
 Faculty Contact, Email, Complete Phone Number

SIGNATURES

SUPPORTING MATERIALS

<p>Approved by: _____ Department Chair: <u><i>Michael J. Hawkins</i></u> College Curriculum Chair: <u><i>Edward P. Hawkins</i></u> College Dean: <u><i>Joseph P. Clay</i></u> UGPC Chair: _____ Dean of the Graduate College: _____</p>	<p>Date: <u><i>7/8/08</i></u> _____ <u><i>7/8/08</i></u> _____ <u><i>7/8/08</i></u> _____</p>	<p>Syllabus—must include all details as shown in the UGPC Guidelines. Written Consent—required from all departments affected. Go to: www.fau.edu/graduate/gpc/index.php to download this form and guidelines to fill out the form.</p>
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Email this form and syllabus to sfulks@fau.edu and egirjo@fau.edu one week **before** the University Graduate Programs Committee meeting so that materials may be viewed on the UGPC website by committee members prior to the meeting.

**FLORIDA ATLANTIC UNIVERSITY
DEPARTMENT OF SOCIAL WORK
SOW 6932**

Couples Therapy for Social Workers

Instructor: Wes Hawkins, Ph.D.
Office Hours: 2 hours before class
Phone: 561-297-3246
E-Mail: WHawkins@FAU.EDU

I. COURSE PURPOSE

Couples Therapy is a 1 credit course that applies the Generalist Intervention Model to Couples Therapy. Specifically, students are taught: 1) how to develop a case formulation and treatment plans for couples in distressed relationships; 2) apply an eclectic intervention approach (behavioral, cognitive, logotherapy, needs based, solution focused, communication and conflict resolution skills) that is grounded in the latest scientific evidence for best practices. The major outcome of the class is for the student to complete an manualized couples therapy protocol with 95% compliance of a simulated case study.

II. EDUCATIONAL OBJECTIVES

1. Analyze, assess, and critically evaluate how social work values and ethics impact couples therapy interventions as they apply to advanced levels of Community-Clinical practice.
2. Demonstrate, appraise and critically evaluate effectiveness of couples therapy interventions with individuals with diverse backgrounds, including diverse populations such as Gay, Lesbian, Haitian, Latino, African and Caribbean American, Elders, and families in south Florida;
3. Demonstrate, appraise and critically evaluate effectiveness of couples therapy interventions to reduce discrimination, oppression, and economic deprivation with populations receiving social work interventions;
4. Compare and contrast theories and apply appropriate interventions for advanced clinical-community practice in social work settings requiring couples therapy interventions;
5. Critique and apply specialized assessment and intervention skills for couples interventions for clients at advanced level in clinical-community practice;
6. Collect, analyze, and critically evaluate research issues relating to efficacy of couples therapy interventions applied in clinical-community practice;

III. COURSE REQUIREMENTS

A. Required Texts:

- 1. Couples in Treatment: Techniques and Approaches for Effective Practice**
Gerald Weeks & Stephen Treat 2nd Edition (2001)
- 2. Brief Couples Therapy Homework Planner (Practice Planners)**
Gary M. Schultheis, Bill O'Hanlon & Steffanie O'Hanlon

3. Why Marriages Succeed or Fail

John Gottman

B. Course Assignments:

Note: This is graduate school. All assignments are due on time and to be completed. You are expected to attend all classes. One unexcused absence will result in an F for the class. I have a zero tolerance for students who do not meet these requirements.

Description of Course Assignments

Assignment #1: Develop Case Formulation of case Study you have been given or develop. *Case formulation form* and how to do is found in **Couples in Treatment book: Chapter 1. (Weeks text) (25pts.)**
(Due with your Protocol Compliance on last class).

Assignment #2: Prepare handout "Orientation to Therapy" for client.
See chapter 2 from Couples in Treatment (Weeks). (25 pts.)
(Due with Protocol Compliance at last class).

Assignment # 3: Build in 3 exercises from the **Brief Therapy Planner** to fit into your Protocol Compliance case study. So, we should see you on your video using doing 3 different exercises with clients. (30 pts.)

Assignment # 4: Simulated Couples Therapy Protocol Compliance Video-Taped for Final Class
(due last class) (200 pts.)

EVALUATION CRITERIA

1. Case Formulation
2. Orientation to Therapy
3. Video-Taped Protocol Compliance for Couples Therapy

GRADING SCALE: (% of total points)

Grading Scale: (% of total points)

A = 93-100, A- = 90-92, B+ = 87-89, B = 83-86, B- = 80-82, C+ = 77-79, C = 73-76, C- = 70-72, D+ = 67-69, D = 63-66, D- = 60-62, F = 59 and below

COURSE POLICY

Students are expected to conduct themselves in a professional manner and in a way that meets the professional standards of the social work profession. Specifically, they are expected to attend all classes, arrive to class on time and stay for the entire period. Furthermore, they are expected to have read required readings and be prepared to discuss content in class. All papers are expected at the beginning of the class on the deadline date. Failure to meet this deadline will result in the lowering of one letter grade for each day late. If a student has a disability, it is the responsibility of the student to notify the instructor so that all possible accommodations can be made.

COURSE SCHEDULE

Background to Couples Therapy

CLASS ONE

Nov 1

- I. Background to Couples Therapy
 - A. Types of Couples Therapy
 1. General Types
 - a. Individual
 - b. Couple
 - c. Family systems
 - d. More recently:
Observe interactions in natural environment
 2. Specific types
 - a. PTSD of returning vet
 - b. *distressed relationships***
(focus of this class)
 - II. Effectiveness of Couples Therapy
 - A. Weak scientific base until 1980's lab studies.
 - 1. Observation Lab Studies:**
 - a. Dr. John Gottman 1983 - current
(Univ of Ill. & Univ. of Washington)
 - predict divorce with 94% accuracy)
 - 5 to 1 ratio: positive to negative
 - more than just getting along, but relationship serves to gain meaning (existential) as support for each other for hopes and dreams.
 - b. Robert Levenson - Univ. of California
 - c. Laura Carstensen - Stanford Univ
 - d. David Olsen - Univ of Minn
(developed PREPARE assessment)
 - e. Major assessment tools developed:
 1. Dyadic Adjustment Scale (DAS, Spanier, 1976) * & R-DAS (Revised) (Busby et al, 1995)
 2. Kansas Marital Satisfaction Scale (KMSS) Schumm et al., 1983
 3. Marital Adjustment Test (MAT) Locke and Wallace, 1959) and Revised Marital Adjustment Test (RMAT) (Kimmel & Van Der Veen, 1994)

* DAS is most frequently used assessment tool to identify distressed couples. In the general population, approximately 33.1% of couples will qualify as *distressed* when the cut-off score of 107 is used. YOU WILL be using the DAS for your case study. Of those 33.1% distressed, if in control condition, 39% will separate. John Gottman measure should be used as he has 94% accuracy rate on prediction. More costly and takes more time.

2. More recent Cognitive-Behavioral-Emotion

Focused approaches:

- a. Behavior Marital Therapy (BMT)
 - meta-analysis: 83% that received BMT better than controls (55% recovered)
 - b. Emotion Focused Therapy (EFT)
 - meta-analysis: 89% better than controls; (73% recovered)
 - c. Individual vs. couple: which better?
- D. GIM Model: Couples Therapy
Engage>Assess>Plan>Intervene>Evaluate>Term>FU .
- E. Couples Therapy Intervention We Will Use for this Class:
 1. Eclectic NEEDS BASED therapy utilizing:
 - BFT – behavioral focused therapy
 - Cognitive Therapy
 - Solution focused therapy
 - Emotion focused therapy.
 - Existential therapy
 2. Couple interaction will be main unit with observation

- F. Structure of Couple Therapy Sessions & Reading
- Class 1 - Nov 1**
Therapy Session 1: **Validation, Empowerment, Perception Change, Assessment**
- Class 2 - Nov 8**
Therapy Sessions 2-4: **Communication and Conflict Resolution**
- Class 3 - Nov 15**
Therapy Sessions 5-8: **Changing Perceptions: Out of the Rut**
- Class 4 - Nov 29**
Therapy Sessions 9-12: **Search for Purpose and Meaning in our Relationship: Find our Hopes and Dreams.**
Or
Why did we get married?
To put each other down all the time.
Make ourselves and kids miserable.
Priceless.
- Class 5 - Dec 6**
Video-taped Protocol Compliance: Students.

Reading Assignments:

Class 1 - Nov 1

Therapy Session 1: **Validation, Empowerment,
Perception Change, Assessment**

Weeks: Ch 1 & 2 - (will read in class)

Class 2 - Nov 8

Therapy Sessions 2-4: **Communication and
Conflict Resolution**

Weeks: Ch 10 & 11

Class 3 - Nov 15

Therapy Sessions 5-8: **Changing Perceptions:
Out of the Rut**

Gottman: Ch 1-3

Class 4 - Nov 29

Therapy Sessions 9-12: **Search for Purpose and
Meaning in our Relationship:
Find our Hopes and Dreams.
Or**

Why did we get married?
To put each other down all the time.
Make ourselves and kids miserable.
Priceless.

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