

## PSY570 Couples Counseling

Reformed Theological Seminary – Orlando

Tuesdays, 9:00 a.m. – 12:00 p.m.

3 credit hours

Spring Semester, 2011

Instructor: Scott Coupland, Ph.D

Office Hours: By appointment

Telephone: (407) 366-9493, ext. 238

### PURPOSE

To examine the nature and proper functioning of marriage, gender issues in marriage, common couple patterns, and premarital/remarital and marital counseling strategies designed to promote harmony and instill hope.

### OBJECTIVES AND GOALS

1. The student will build a biblical pattern of marriage that is translatable into the identification and correction of couple problems.
2. The student will become familiar with common marital problem patterns.
3. The student will gain an understanding of various approaches to pre-marital and marital counseling.
4. The student will develop categories for the assessment and treatment of problems in marriage.
5. The student will learn strategies for counseling couples, and for addressing specific couple's issues (e.g., separation and divorce, infidelity, violence).

### REQUIRED TEXTBOOK AND READINGS

Allender, D. B., & Longman, T. (1999). *Intimate allies: Rediscovering God's design for marriage and becoming soul mates for life*. Wheaton, IL: Tyndale House.

ISBN-13: 978-0842318242

\*Johnson, S. M. (2008). Emotionally focused couple therapy. In A. Gurman (Ed.), *Clinical handbook of couple therapy (4<sup>th</sup> ed.)*(pp. 107-137). New York: Guilford.

\*Schachner, D. A, Shaver, P. R., & Milkulincer, M. (2003). Adult attachment theory, psychodynamics, and couple relationships: An Overview. In S. M. Johnson & V. E. Wiffen (Eds.), *Attachment processes in couple and family therapy* (pp.18-42). New York: Guilford.

\*Sibcy, G., & Clinton, T. (2009). New directions: Core relational beliefs. *Christian Counseling Today*, 16, 29-32.

\*Smith, K. A. (2004). Domestic violence, 21-41.

\*Smullens, S. (2002). The 5 cycles of emotional abuse: Investigating a malignant victimization. *Annals of the American Psychotherapy Association*. Sept./Oct. 16-17.

\*Tracy, S. (2003). Headship with a heart: How biblical patriarchy actually prevents abuse. *Christianity Today*, Feb., 50-54.

\*Available on reserve in the library.

### RECOMMENDED TEXTBOOK

Greenberg, L. S. & Johnson, S. M. (2010). *Emotion focused therapy for couples*. New York: Guilford.

Gurman, A. (Ed.) (2008). *Clinical handbook of couple therapy (4<sup>th</sup> ed.)*. New York: Guilford.

### SCHEDULE

Date	Topic
Feb. 1	Introduction to couples counseling
Feb. 8	Foundations of marriage
Feb. 15	Gender issues
Feb. 22	Gender issues
Mar. 1	Gender issues
Mar. 8	Couple patterns
Mar. 15	Premarital and remarital counseling
Mar. 22	No class, spring break
Mar. 29	Attachment theory in couples The process of couples counseling
Apr. 5	The process of couples counseling
Apr. 12	The process of couples counseling
Apr. 19	Infidelity
Apr. 26	Separation, divorce and remarriage
May 3	Domestic violence
May 10	<b>In-class final exam</b>

### REQUIREMENTS

1. Read assigned texts and supplementary chapters.

Due Friday, May 13, 2010 by 5:00 p.m. to Scott Coupland's email.

2. Premarital and remarital counseling program handbook. You will prepare a six session premarital program with the purpose that you can use in premarital counseling.
  - A. Make a decision on:
    - a. The setting: private counseling practice or a church.
    - b. The format of the program: couples counseling, group counseling, or a combination of both, and the use of mentors.
  - B. The program must consist of:
    - a. An introductory letter and contract. This letter is given to prospective couples for premarital/remarital counseling to introduce them to yourself and/or church and the premarital/remarital counseling you offer. (See *The Premarital Counseling Handbook* by H. Norman Wright, pp. 27-30 for samples. This letter/contract should minimally include:
      - i. An introduction of yourself and, if applicable, the church.
      - ii. A statement about your personal belief in the sanctity of marriage.
      - iii. A statement about the purpose of premarital/remarital counseling.
      - iv. A statement about the time, energy, and commitment involved in premarital/remarital counseling.

- v. Your expectations of the couple's commitment to the premarital/remarital counseling process.
  - vi. An explanation of the premarital/remarital counseling process.
    - The format of the sessions
    - The number and length of sessions, and the time frame for completing the program.
    - A brief outline of what will be covered during each session
  - vii. Any required reading or other resources
  - viii. Testing procedures (if applicable)
  - ix. Costs for sessions, testing (if applicable), and supplies
  - x. The wedding policy (in church-based setting)
  - xi. A sexual purity statement/contract
- b. Six unique sessions. It is your choice as to what topics you cover in the six sessions. You may NOT use one particular premarital workbook as your program or the sole source of your materials. I want you to draw material from various resources, including your own ideas, and integrate them. There is a collection of premarital workbooks on reserve in the library to help you. Each session should be a separate section that addresses unique questions and issues. For each session include:
- i. A counselor's session section. This includes an outline of the session, a list of in-session discussion topics, homework review, and specific questions asked by the counselor (this is the counselor's section and is not given to the couple, so put it on a separate page(s)).
  - ii. The client's session material. This includes:
    - An outline of the that session.
    - Homework to be completed for the next session. The homework questions need to be typed out, NOT copied from published workbooks. Include introductory material for the topic(s), and instructions for completing the homework. Below each question should be sufficient room for a written response. There should be general questions for the topics, and then additional questions relevant to divorce and remarriage. There is a collection of premarital workbooks on reserve in the library to help you.
    - Required reading for the next session, if applicable.
    - List any assessments (e.g., PREPARE, TJTA, Myers Briggs) and time for feedback, if applicable
- c. Format: Use a binder for you handbook, and labeled tabbed pages to separate the sections. Include a table of contents with page numbers. Font style and size is your choice, as long as it is readable.

Due Friday, May 13, 2011 by 5:00 p.m. at Earlene Harvey's desk.

2. In class final examination. At the end of the last day of class, a series of movie clips of couples interacting and recorded clips of couples counseling will be shown. Students will respond to a multiple choice question or set of questions for each clip. The questions will assess the student's ability to apply the material regarding gender issues, couple patterns, attachment styles, affairs, and counseling techniques to "live" scenarios.

May 10, 2011 in class.

## GRADING

Reading: 20 points

Premarital/remarital counseling program handbook: 100 points

Final exam: 80 points

Total possible points: 200 points

Course grades will be determined by adding points from the percentage of assigned reading completed, the premarital/remarital counseling program handbook, and the final examination. Grades will be based on the following scale:

A = 194-200 points	C+ = 166-171 points
A- = 188-193 points	C = 160-165 points
B+ = 182-187 points	C- = 156-159 points
B = 176-181 points	D = 140-155 points
B- = 172-175 points	F = 139 points and below

## ACADEMIC STANDARDS

Classroom attendance and participation are required at all class sessions.

The handbook assignment must be submitted by the deadline. For each day the assignment is late, 5 points will be deducted from the score of the assignment. Extensions may be granted by the professor and only after approval by the academic dean. Extensions will be granted only for causes deemed adequate, and a written request is required.

Plagiarism/cheating will result in the failure of the course.

## BIBLIOGRAPHY

### Christian Couples Counseling

- Carder, D., & Jaenicke, D. (1992). *Torn asunder: Recovering from extramarital affairs*. Chicago: Moody.
- Friesen, D. D., & Friesen, R. M. (1989). *Counseling and marriage*. Dallas, TX: Word.
- Marriage and Family: A Christian Journal*.
- Montgomery, D. (2007). *Christian counseling that really works: Compass therapy in action*. Monticeto, CA: Compass Works
- Penner, J. J., & Penner, C. L. (1990). *Counseling for sexual disorders*. Dallas: Word.
- Worthington, E. L. Jr. (Ed.). (1996). *Christian marital counseling: Eight approaches to helping couples*. Grand Rapids, MI: Baker.
- Worthington, E. L. (1999). *Hope-focused marriage counseling*. Downers Grove, IL: Intervarsity.
- Worthington, E. L. (1989). *Marriage counseling: A Christian approach to counseling couples*. Downers Grove, IL: Intervarsity.
- Wright, H. N. (1995). *Marriage counseling: A practical guide for pastors and counselors*. Venture, CA: Regal.

### Secular Couples Counseling

- Atkinson, B. J. (2005). *Emotional intelligence in couples therapy: Advances in neurobiology and the science of intimate relationships*. New York: W. W. Norton.
- Berger, R., & Hannah, M. T. (1999). *Preventive approaches in couples therapy*. Philadelphia, PA: Brunner/Mazel.
- Bobes, T., & Rothman, B. (2002). *Doing couple therapy: Integrating theory with practice*. New York: W. W. Norton.
- Brown, E. M. (1999). *Affairs: A guide to working through the repercussions of infidelity*. San Francisco: Josey-Bass.
- Brown, E. M. (2001). *Patterns of infidelity and their treatment (2<sup>nd</sup> ed.)*. New York: Brunner-Routledge.
- Brown, J. H., & Brown, C. S. (2002). *Marital therapy: Concepts and skills for effective practice*. Pacific Grove, CA: Brooks/Cole.
- Donovan, J. M. (Ed.) (2002). *Short-term couples therapy*. New York: Guilford.
- Donovan, J. M. (2003). *Short-term object relations couples therapy*. New York: Brunner-Routledge.
- Gottman, J. M. (1999). *The marriage clinic: A scientifically based marital therapy*. New York: W.W. Norton.
- Gray, J. (1992). *Men are from mars, women are from Venus: A practical guide for improving communication and getting what you want in your relationships*. San Francisco: Harper.
- Greenberg, L. S., & Johnson, S. M. (2010). *Emotionally focused therapy for couples*. New York: Guilford.
- Harley, W. F., & Chalmers, J. H. (1998). *Surviving and affair*. Grand Rapids, MI: Revell.
- Hunt, R. A., Hof, L., & DeMaria, R. (1998). *Marriage enrichment: Preparation, mentoring, and outreach*. Philadelphia, PA: Brunner/Mazel.
- Jacobson, N. S., & Christensen, A. (1996). *Integrative couple therapy: Promoting acceptance and change*. New York: W. W. Norton.
- Gurman, A. S. (Ed.). (2008). *Clinical handbook of couple therapy (4<sup>th</sup> ed.)*. New York: Guilford.

- Johnson, S. M., & Whiffen, V. E. (Eds.). (2003). *Attachment processes in couple and family therapy*. New York: Guilford.
- Johnson, S. M. (2005). *Becoming an emotionally focused couple therapist: The workbook*. New York: Brunner-Routledge.
- Johnson, S. M. (2004). *The practice of emotionally focused couple therapy: Creating connection*. New York: Brunner-Routledge.
- Kessler, H. (1996). *Treating couples*. San Francisco: Jossey-Bass.
- Lusterman, D. (1998). *Infidelity: A survival guide*. New York: MFJ.
- Markman, H., Stanley, S., & Blumberg, S. L. (2001). *Fighting for your marriage: Positive steps for preventing divorce and preserving a lasting love*. San Francisco: Jossey-Bass.
- O'Leary, K. D., Heyman, R. E., & Jongsma, A. E. (1998). *The couples psychotherapy treatment planner*. New York: John Wiley.
- Pitman, F. (1989). *Private lies: Infidelity and the betrayal of intimacy*. New York: W. W. Norton.
- Scharff, D. & Scharff, J. S. (1991). *Object relations couple therapy*. Northvale, NJ: Jason Aronson.
- Schnarch, D. (1997). *Passionate marriage: Love, sex, and intimacy in emotionally committed relationships*. New York: W. W. Norton.
- Spring, J. A., & Spring, M. (1998). *After the affair: Healing the pain and rebuilding trust when a partner has been unfaithful*. New York: HarperCollins.
- Synder, D. K., & Whisman, M. A. (Eds.). (2003). *Treating difficult couples: Helping clients with coexisting mental and relationship disorders*. New York: Guilford.
- Weeks, G. R., Gambescia, N., & Jenkins, R. E. (2003). *Treating infidelity: Therapeutic dilemmas and effective strategies*. New York: W. W. Norton.
- Weeks, G. R. & Treat, S. T. (2001). *Couples in treatment: Techniques and approaches for effective practice*. New York: Brunner-Routledge.
- Weeks, G. R., & Hof, L. (2005). *Integrative solutions: Treating common problems in couples therapy*. New York: Brunner-Mazel.
- Young, M. E., & Long, L. L. (1998). *Counseling and therapy for couples*. Belmont, CA: Wadsworth.

## Premarital and Remarital Couples Counseling

### Workbooks

- Adams, S. (2000). *The marital compatibility test: Hundreds of questions for couples to answer together*. Omaha, NE: Addicus.
- Ceren, S. L. (2008). *Look before you leap: a premarital guide for couples*. Ann Arbor, MI: Loving Healing.
- Donaldson, C. (2001). *Don't you dare get married until you read this!: The book of questions for couples*. New York: Crown.
- Garascia, A. (1999). *Before I do: Preparing for the sacrament of marriage*. Notre Dame, IL: Ave Maria.
- Hardin, J. D., & Sloan, D. C. (1992). *Getting ready for marriage workbook: How to really get to know the person you're going to marry*. Nashville, TN: Thomas Nelson.
- Heaney-Hunter, J., & Primavera, L. H. (1998). *Unitas: Preparing for sacramental marriage*. New York: Crossroad.
- Lueking, F. D. (2001). *Let's talk marriage: A guide for couples preparing to marry*. Grand Rapids, MI: Eerdmans.

- Luther, D. J. (1992). *Preparing for marriage: A guide for Christian couples*. Minneapolis, MN: Augsburg Fortress.
- Mack, W. A., & Mack, N. A. (1995). *Preparing for marriage God's way*. Tulsa, OK: Hensley.
- Outcalt, T. (1998). *Before you say "I do.": Important questions for couples to ask before marriage*. New York: Perigee.
- Parrott, L., & Parrott, L. (2006). *Saving your second marriage before it starts: Seven questions to ask before and after you remarry*. Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your marriage before it starts workbook for men: seven questions to ask before and after you marry*. Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your marriage before it starts workbook for women: seven questions to ask before and after you marry*. Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your second marriage before it starts workbook for men: nine questions to ask before and after you marry*. Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your second marriage before it starts workbook for women: nine questions to ask before and after you marry*. Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (Eds.) (1998). *Getting ready for the wedding: All you need to know before you say I do*. Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (1997). *Mentoring engaged and newlywed couples: A participant's guide*. Grand Rapids, MI: Zondervan.
- Philips, B. (1999). *How can I be sure?: Questions to ask before you get married*. Eugene, OR: Harvest.
- Piver, S. (2000). *The hard questions: 100 essential questions to ask before you say "I do."* New York: Tarcher/Putman.
- Rainey, D. (1997). *Preparing for marriage: The complete guide to help you discover God's plan for a lifetime of love*. Ventura, CA: Gospel Light.
- Smith, C. M. (1999). *Getting ready for a lifetime of love: Six steps to prepare for a great marriage*. Nashville, TN: Broadman and Holman.
- Stalmann, R. F., & Hiebert, W. J. (Eds.). (1997). *Premarital and remarital counseling: The professional's handbook*. San Francisco: Jossey-Bass.
- Taylor, C. W. (1999). *Premarital guidance*. Minneapolis, MN: Fortress.
- Warren, N. C. (1992). *Finding the love of your life: Ten principles for choosing the right marriage partner*. New York: Pocket.
- Wicker, L. C. (2003). *Preparing couples for marriage: A guide for pastors to premarital counseling*. Lima, OH: CSS.
- Wright, H. N. (1999). *Before you remarry: A guide to successful remarriage*. Eugene, OR: Harvest House.
- Wright, H. N. (1992). *The premarital counseling handbook*. Chicago: Moody.
- Wright, H. N., & Roberts, W. (1997). *Before you say "I do": A marriage preparation manual for couples*. Eugene, OR: Harvest House.

### Finances

- Blue, R. (2000). *Mastering your money in marriage*. Loveland, CO: Group.
- Burkett, L., & Taylor, E. (1996). *Money before marriage: A financial workbook for engaged couples*. Chicago: Moody.

### Marriage

- Allender, D. B., & Longman, T. (1995). *Intimate allies*. Wheaton, IL: Tyndale.

- Allender, D. B., & Longman, T. (1995). *The Intimate mystery: Creating strength and beauty in your marriage*. Downers Grove, IL: IVP.
- Chapell, B. (1998). *Each for the other: Marriage as it's meant to be*. Grand Rapids, MI: Baker.
- Crabb, L. J. (1992). *The marriage builder: A blueprint for couples and counselors*. Grand Rapids, MI: Zondervan.
- Eggerichs, E. (2004). *Love and respect: The love she most desires; the respect he desperately needs*. Nashville, TN: Thomas Nelson.
- Groom, N. (1996). *Married without masks: A new look at submission and authority*. Grand Rapids, MI: Baker.
- Hybels, B., & Hybels, L. (1991). *Fit to be tied: Making marriage last a lifetime*. Grand Rapids, MI: Zondervan.
- Instone-Brewer, D. (2006). *Divorce and remarriage in the church: Biblical solutions for pastoral realities*. Downers Grove, IL: IVP.
- Kostenberger, A. J., & Jones, D. W. (2010). *God, marriage, and family: Rebuilding the biblical foundation*. Wheaton, IL: Crossway.
- Mason, M. (1996). *The mystery of marriage*. Portland, OR: Multnomah.
- Piper, J. (2009). *This momentary marriage: A parable of permanence*. Wheaton, IL: Crossway.
- Stanley, S., Trathen, D. W., & Bryant, B. M. (1998). *A lasting promise: A Christian guide to fighting for your marriage*. San Francisco: Jossey-Bass.
- Wangerin, W. (2001). *As for me and my house: Crafting your marriage to last*. Nashville, TN: Thomas Nelson.
- Wright, H. N. (1999). *After you say "I do": Making the most of your marriage*. Eugene, OR: Harvest House.

### Sex

- Clark, S. R., & Clark, S. A. (Ed.). (2003). *Christian family guide to married love*. New York: Alpha.
- Penner, C. L., & Penner, J. J. (1994). *Getting your sex life off to a great start: A guide for engaged and newlywed couples*. Dallas, TX: Word.
- Rosenau, D. E. (2002). *A celebration of sex: A guide to enjoying God's gift of sexual intimacy (rev. ed.)*. Nashville, TN: Thomas Nelson.
- Rosenau, D. E. (2002). *A celebration of sex for newlywed couples*. Nashville, TN: Thomas Nelson.
- Wheat, E., & Wheat, G. (1997). *Intended for pleasure: Sex technique and sexual fulfillment in Christian marriages (3<sup>rd</sup> ed.)*. Grand Rapids, MI: Fleming H. Revell

### Men and Women

- Crabb, L. J., Hudson, D., & Andrews, A. (1995). *The silence of Adam: Becoming men of courage in a world of chaos*. Grand Rapids, MI: Zondervan.
- Eldredge, J. (2001). *Wild at heart: Discovering the secret of a man's soul*. Nashville, TN: Thomas Nelson.
- Eldredge, J., & Eldredge, S. (2005). *Captivating: Unveiling the mystery of a woman's soul*. Nashville, TN: Thomas Nelson.
- Grudem, W. (Ed.). (2002). *Biblical foundations for manhood and womanhood*. Wheaton, IL: Crossway.
- Hersh, S. A. (2000). *Bravehearts: Unlocking the courage to love with abandon*. Colorado Springs: Waterbrook.
- Hurley, J. B. (1981). *Men and women in biblical perspective*. Grand Rapids, MI: Zondervan.

- Lewis, R., & Hendricks, W. (1998). *Rocking the roles*. Colorado Springs, CO: NavPress.
- Meyers, J. (2001). *The allure of hope: God's pursuit of a woman's heart*. Colorado Springs, CO: NavPress.
- Piper, J., & Grudem, W. (Eds.). (2006). *Recovering biblical manhood and womanhood: A response to evangelical feminism*. Wheaton, IL: Crossway.
- Rinehart, P. (2001). *Strong women, soft hearts: A woman's guide to cultivating a wise heart and a passionate life*. Nashville, TN: Thomas Nelson.
- Rohr, R. (2004). *Adam's return: The five promises of male initiation*. New York: Crossroad.
- Rohr, R. (1996). *Wild man's journey: Reflections on male spirituality*. Cincinnati, OH: Saint Anthony Messenger Press & Franciscan Communications.
- Webb, H. P. (2002). *Redeeming Eve: Finding hope beyond the struggles of life*. Grand Rapids, MI: Baker.

Couples Counseling, Spring 2010

Name: \_\_\_\_\_

Required reading:

Allender, D. B., & Longman, T. (1999). *Intimate allies: Rediscovering God's design for marriage and becoming soul mates for life*. Wheaton, IL: Tyndale House.

I read \_\_\_\_\_% of this book.

Johnson, S. M. (2008). Emotionally focused couple therapy. In A. Gurman (Ed.), *Clinical handbook of couple therapy (4<sup>th</sup> ed.)*(pp. 107-137). New York: Guilford.

I read \_\_\_\_\_% of this chapter.

Schachner, D. A, Shaver, P. R., & Milkulincer, M. (2003). Adult attachment theory, psychodynamics, and couple relationships: An Overview. In S. M. Johnson & V. E. Wiffen (Eds.), *Attachment processes in couple and family therapy* (pp.18-42). New York: Guilford.

I read \_\_\_\_\_% of this chapter.

Sibcy, G., & Clinton, T. (2009). New directions: Core relational beliefs. *Christian Counseling Today*, 16, 29-32.

I read \_\_\_\_\_% of this chapter.

Smith, K. A. (2004). Domestic violence, 21-41.

I read \_\_\_\_\_% of this chapter.

Smullens, S. (2002). The 5 cycles of emotional abuse: Investigating a malignant victimization. *Annals of the American Psychotherapy Association*. Sept./Oct. 16-17.

I read \_\_\_\_\_% of this chapter.

Tracy, S. (2003). Headship with a heart: How biblical patriarchy actually prevents abuse. *Christianity Today*, Feb., 50-54.

I read \_\_\_\_\_% of this chapter.

Due Friday, May 14, 2010 by 5:00 p.m. Email to [scoupland@rts.edu](mailto:scoupland@rts.edu)