PSY570 Couples Counseling

Reformed Theological Seminary – Orlando
Wednesdays, 8:00 a.m. – 10:00 a.m., 11:00 a.m. –12:00 p.m.
3 credit hours
Spring Semester, 2013
Instructor: Scott Coupland, Ph.D
Office Hours: By appointment
Telephone: (407) 366-9493, ext. 238
Email: scoupland@rts.edu

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
1. To gain a biblical framework for marriage that is translatable into the identification of healthy and dysfunctional relational patterns.
2. To understand the role of gender issues in relationships and how to address these issues appropriately.
3. To become familiar with common marital problem patterns.
4. To understand issues addressed in and approaches to pre/re-marital counseling.
5. To acquire introductory skills for assessment and intervention with couples using emotionally focused couples therapy.
6. To learn strategies for addressing specific couple’s issues (e.g., separation and divorce, infidelity, violence).

REQUIRED TEXTBOOK AND READINGS

*Available on reserve in the library.
RECOMMENDED TEXTBOOKS

SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
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<tbody>
<tr>
<td>Feb. 6</td>
<td>Gender issues</td>
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<td>Feb. 13</td>
<td>Gender issues</td>
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<td>Feb. 20</td>
<td>Gender issues</td>
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<td>Feb. 27</td>
<td>Couple patterns</td>
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<tr>
<td>Mar. 6</td>
<td>Attachment theory in couples</td>
<td>Johnson; Sibcy &amp; Clinton</td>
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<td>Mar. 13</td>
<td>Couples counseling, stages 1 &amp; 2</td>
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<tr>
<td>Mar. 20</td>
<td>Couples counseling, stages 3 &amp; 4</td>
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<tr>
<td>Mar. 27</td>
<td>No class, spring break</td>
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<tr>
<td>Apr. 3</td>
<td>Couples counseling, stages 5 &amp; 6</td>
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<td>Apr. 10</td>
<td>Couples counseling, stages 7-9</td>
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<td>Apr. 17</td>
<td>Premarital and remarital counseling</td>
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<td>Apr. 24</td>
<td>Infidelity</td>
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<td>May 1</td>
<td>Separation, divorce and remarriage</td>
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<td>May 8</td>
<td>Domestic violence</td>
<td>Smith; Smullens; Tracy</td>
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<td>May 15</td>
<td>In-class final exam</td>
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REQUIREMENTS

1. Read assigned texts and articles.

Reading report due Friday, May 17th by 5:00 p.m. to Dr. Coupland’s email.

2. Write a blog article on a marriage/couple related topic. Identify a topic that has something to do with couple or marital relationships and then write a blog length article (about 2-3 double-spaced pages) that will either challenge reader’s thinking or behavior about marital life. Your choice of topic MUST be approved by Dr. Coupland. Articles written without prior approval will not be accepted.

Due Friday, May 17th by 5:00 p.m. to Dr. Coupland’s email.

3. Couples counseling role play, written critique, and feedback meeting with Dr. Coupland.

Part A: Conduct and record a couple therapy session role-play.
   1. Students will be assigned to groups of 4 for this role-play exercise.
   2. Each person will rotate between the roles of counselor, the couple being counseled, and an observer. This will result in the each group conducting and recording 4 couples counseling role-plays.
   3. Couple’s role: Each pair should have a conversation to determine some basic facts about their couple’s history, their roles and interactive patterns, and the situation that brings them to a couples counseling.
   4. Counselor role: Conduct a 20 minute role-play of a counseling session. One counselor will utilize skills from steps 1 and 2 in Johnson’s book during the session. The second
counselor will utilize skills from steps 3 and 4 during the session. The third counselor will utilize skills from steps 5 and 6 during the session. The fourth counselor will utilize skills from steps 7 through 9 during the session. All sessions will be conducted and recorded in the Oviedo Counseling Clinic, and must be done so during non-clinic hours.

5. Observer role: Watch and learn.

Part B: Write a self-critique.
Write a two page self-critique of your role as the counselor. Include what you did well and what you could do differently. Use the skills associated with the steps in Susan Johnson’s book on emotionally focused couple therapy to assess yourself.

Part C: Participate in a review session.
Each group of four persons will be assigned a 1½ hour review session with Dr. Coupland. Your self-critique is due to Dr. Coupland’s email at this time. Bring your DVD so that it can be reviewed. Feedback will be provided about your role as the counselor.

A signup sheet for review sessions will be provided. Review sessions will be held between May 13th and 23rd.

4. 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.

Wednesday, May 15th in classroom.

GRADING
Reading: 30 points
Blog article: 30 points
Role-play, critique, and review: 100
Final exam: 120 points
Total possible points: 280 points

Course grades will be determined by adding points from the all the assignments. Grades will be based on the following scale:

A = 272-280 points    B- = 241-245 points    D+ = 210-217 points
A- = 263-271 points   C+ = 232-240 points    D = 202-209 points
B+ = 255-262 points   C = 224-231 points     D- = 196-201 points
B = 246-254 points    C- = 218-223 points    F = 195 points and below

ACADEMIC STANDARDS
Classroom attendance and participation are required at all class sessions.

The instructor reserves the right to modify the schedule and grading policy as needed.

APA format is required for all papers.
BIBLIOGRAPHY

Christian Couples Counseling


Secular Couples Counseling


Premarital and Remarital Couples Counseling


**Finances**


**Marriage**


**Sex**


**Men and Women**


Couples Counseling, Spring 2010

Name:____________________________________

Required reading:


I read ____________% of this book.


I read ____________% of this chapter.


I read ____________% of this chapter.


I read ____________% of this chapter.


I read ____________% of this chapter.


I read ____________% of this chapter.


I read ____________% of this chapter.

Due Friday, May 14, 2010 by 5:00 p.m. Email to scoupland@rts.edu