**Course Map Guide**

| **Course Name:** Theories of MFT | |
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| **Instructor Name:** Prof. Elsie Newa | **Date:** [Last saved] |
| **ID Name:** Daniel Wambugu | **Version:** [Draft 1] |
| **Program Outcomes Addressed:** [Optional] | |
| **Course Learning Outcomes:**  At the end of this course, the learners should be able to:   1. **Demonstrate adequate knowledge of the main theories of Marital and Family Therapy** 2. **Appropriately apply the knowledge gained to specific case studies in marital therapy.** 3. **Give critical analysis of the theories pointing out their strengths and limitations.** 4. **Assess the appropriateness of each theory to different cultural and social contexts. And professional standards of marital and family therapy.** 5. **Develop their own approach to Marital and Family Therapy** | |

**Course Materials:**

E.g: Lesson notes; case studies

**Textbooks**:

[Consult the library for online copies]

**Other Resources:**

| **Week and Title** | **Course Learning Outcomes (CLOs)** | **Weekly Learning Outcomes**  **(WLOs)** | **Assessments and Rubrics** | **Activities:**  **Learner Interaction & Engagement** | **Instructional Materials/Assets** |
| --- | --- | --- | --- | --- | --- |
| The title should be **short**, yet **descriptive** and **specific** to content being explored. |  | State the module’s intended ***measurable*** learning outcomes. MLOs must describe student performance in specific, observable terms.  Use suggested action verbs from Bloom’s Taxonomy. In parentheses, include the course learning outcomes (CLOs) that align to each MLO. | Specify all assessments that will be used to **measure the stated module learning outcomes**. List the name of rubric (if applicable) that provides descriptive and specific evaluation criteria for the assessment. Also, **list the MLO(s) that align with each assessment.** If assessment does not count towards the student’s grade they should be marked “Not graded” in place of the rubric name. | List all learning activities that **promote achievement of the stated module learning outcomes and align with assessments** Learning Activities may also be listed in the assessment column if they are graded. In parentheses, include the MLOs that are being met wit each activity. | List all instructional materials and technology/media used during the module that **promote achievement of the stated module learning outcome**. This may include readings, web resources, videos, podcasts, audio, etc. In parentheses, **include the MLO(s) that align to the materials**. If a learning material does not have an aligned MLO mark it as Supplemental or Optional. |
| **Week1.**  Introduction to the family | **CLO 1** | By the end of the week, you will be able to:   1. Define the concept of family 2. Explain The family dynamics 3. Differentiate between family and marriage relationships   **(WLO 1)** | **Discussion** :  What does family mean to you?  **WLO 1)**  How has family and marriage changed in the present age?  **WLO 2)**  **Assignment**:  Examine the role families play in a society.  **(WLO 3)** | **Readings:**  Introduction to Marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 2 - 10)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 2 - 10)  **Flashcard Activity/MCQ:**  **YouTube video:** [**https://www.youtube.com/watch?v=T79scG7axiM**](https://www.youtube.com/watch?v=T79scG7axiM)  **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 1.**  **Read Course text (WLO1&2)** |
| **Week 2** Family Functions | **CLO 1** | By the end of the week, you will be able to:   1. Discuss the different stages of family development. 2. Analyze the changes in family structure over time. 3. Describe the factors influencing family dynamics | **Discussion** :  Families are the main source of conflict in society. Discuss this in reference to a case study or real life scenario  **Assignment**:  Examine the  Psychological  Influence of family functions  In reference to identity formation, culture and socioeconomic status  **(WLO 1)** | **Readings:**  Introduction to Marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 12 - 24)  **Flashcard Activity/MCQ:**  **YouTube video:**  [**youtube video on structure of the family - Search (bing.com)**](https://www.bing.com/search?q=youtube+video+on+structure+of+the+family&qs=NW_XFC&pq=youtube+video+on+structure+of+the+famil&sc=10-39&cvid=A5C6832C91984CB0B5B6BA59223DC04E&FORM=QBRE&sp=1&ghc=1&lq=0)  **Journal reflection:**  **Assignment:** | **Lesson Notes**  **(WLO1&2)**  **Presentation Slides for week 2.**  **Read Course text (WLO1&2)** |
| **Week 3**  Historical overview of Family Systems Theories/Therapies | **CLO2** | By the end of the week, you will be able   to:   1. Examine the historical view of Family Systems Theories/Therapies 2. Describe the development of Family Systems Theories. 3. Discuss the origins of family therapy | **Discussion** :  What prompted the development of system therapies?  **Assignment**:  Explain the role of systems therapies in psychology?  **(WLO 1 & 2)**  . | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 25 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 84- 95)  **Flashcard Activity/MCQ:**    **YouTube video:**  https://www.youtube.com/watch?v=ThJhPSiCl7U    **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 1.**  **Read Course text (WLO1&2)** |
| **Week 4.**  Family Systems Theory | **CLO2** | By the end of the week, you will be able   to:   1. Discuss the origins of family systems therapy 2. Critique the family systems theory 3. Apply the family systems theory to analyze a case | **Discussion** :  What role does family structure play in the family systems approach  **Assignment**:  Analyze a case study involving family dynamics by using the Family Systems Theory.  **(WLO 2& 3)** | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 99 - 105)  **Flashcard Activity/MCQ:**  **YouTube video:**  **https://www.youtube.com/watch?v=CHlnAGWQvoI**  **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 1.**  **Read Course text (WLO1&2)** |
| **Week 5**  The Structural Approach To Family Counseling | **CLO3** | By the end of the week, you will be able   to:  1. Describe the historical development of structural models.  2. Identify the core principles or tenets of structural models..  3. Demonstrate the use of the structural models | **Discussion** :  What are the key components of structural family therapy?  **Assignment**:  Examine the strengths and weaknesses of structural family therapy by considering cultural sensitivity  **(WLO 2& 3)** | **Readings:**  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 10 (pp 254 - 282)  **Flashcard Activity/MCQ:**  **YouTube video:**  https://www.youtube.com/watch?v=TfPiGr41mow  **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 1.**  **Read Course text (WLO1&2)** |
| **Week 6**  Transgenerational Family Theory/Therapy (Bowen  **Week 7.**  Adlerian Therapy | **CLO3** | By the end of the week, you will be able  1. Outline the history of the transgenerational model.  2. Identify the tenets of the transgenerational model  3. Apply multigenerational therapy in real-life family dynamics.  By the end of the week, you will be able:  1. Outline the history of Adlerian therapy  2. Identify the tenets of Adlerian therapy  3. Apply the Adlerian therapy in real-life family situations..  4. Evaluate the appropriateness of Adlerian Therapy for different client populations (individuals, families, groups | **Discussion** :  What are the key  Concepts in Bowens family therapy approach  **Assignment**:  Examine a case study or real life family dynamics using intergenerational patterns  **(WLO 4)**  **Discussion** :  What are the key components of  Adlerian Therapy  **Assignment**:  Examine the  Appropriateness of Adlerian Therapy for (individuals, families and groups) based on trust and respect.  **(WLO 4)** | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 8 (pp 190 - 215)  **Flashcard Activity/MCQ:**  **YouTube video:**  https://www.youtube.com/watch?v=nFS5f0\_NJPo    **Journal reflection:**  **Assignment:**  **Use Multiple choice Questions(MSQ)**  **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 162 -164)  **Flashcard Activity/MCQ:**  **YouTube video:**  https://study.com/learn/lesson/video/alderian-theory-psychotherapy-techniques-concepts.html  **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 1.**  **Read Course text (WLO1&2)** |
| **Week 8**  Strategic Family Therapy (Hayley & MRI) | **CLO3** | By the end of the week, you will be able   to:   1. **Outline the history of strategic family therapy** 2. **Discuss the effectiveness of strategic family therapy** 3. **Apply strategic family therapy in real-life situations.** 4. **Develop an implementation plan for families.** | **Discussion** :  What are the key components of  the strategic Family Therapy  **Assignment**:  Examine the  unique contributions of  Strategic Family Therapy  **(WLO 4)** | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 283 - 284)  **Flashcard Activity/MCQ:**  **YouTube video:**  https://www.youtube.com/watch?v=jPNT8C3A-wU  **Journal reflection:**  **Assignment:** |  |
| **Week 9**  The Family through Time - Life Cycles | CLO3 | By the end of the week, you will be able   to:   1. Critique the tasks associated with each stage in the life cycle 2. Apply knowledge of the family life cycle to analyze challenges in a case study 3. Develop a family intervention plan that considers challenges related to the family life cycle. | **Discussion** :  What are the key components and stages of  of the family life cycle    **Assignment**:  Prepare an  intervention plan for a dysfunctional family of different life cycle stages.    **(WLO 4 & 5)** | **Readings:**  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 29 - 37)  **Flashcard Activity/MCQ:**  **YouTube video:**  <https://www.youtube.com/watch?v=nrFQrIbZ0Bg>  https://www.youtube.com/  **Journal reflection:**  **Assignment:** |  |
| **Week 10**  Dysfunctional families | **CLO3** | By the end of the week, you will be able   to:   1. Construct a model /case study of a dysfunctional family 2. Design a therapeutic intervention plan tailored for adolescents from dysfunctional families, 3. Investigate if parenting styles have an effect on children's self esteem. 4. Design a therapeutic intervention plan for adolescents from dysfunctional families, | **Discussion** :  Describe what constitutes a functional and dysfunctional family **Assignment:**  Design an intervention plan for adolescents from dysfunctional families using evidence-based practices  **(WLO 5)** | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 447 - 448)  **Flashcard Activity/MCQ**  **YouTube video:**  https://www.youtube.com**/**  https://www.youtube.com/  **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 1.**  **Read Course text (WLO1&2)** |
| **Week 11**  Family Communication | **CLO4** | By the end of the week, you will be able   to:   1. **R**ecognize common challenges faced in a dysfunctional family. 2. Construct a tool for effective communication within a family. 3. Design strategies for effective communication within a family setting. 4. Compose an effective communication style within a family undergoing generational differences. | **Discussion** :  What constitutes barriers to effective family communication?    **Assignment:**  Design  strategies to overcome communication barriers within a family setting  **(WLO 5)**  Simulation /Role play Exercise online- Demonstrate effective communication style in a family. | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 2 - 10)  **Flashcard Activity/MCQ:**  **YouTube video:**  https://www.youtube.com/watch?v=akt5\_iKVsB8  **Journal reflection:**  **Assignment:** |  |
| **Week 12**  Basic Techniques in Marriage and Family Counseling | **CLO4** | By the end of the week, you will be able   to:   1. Generate skill-building techniques used in marriage and family therapy. 2. Describe how family sculpting techniques are used as diagnostic tools in family therapy. 3. Evaluate the impact of empty chair technique in addressing family issues.   . | **Discussion** :  What skill-building techniques are used in family therapy?    **Assignment:**  **Discuss the strengths and weaknesses of techniques used in family therapy.**  Design genograms in a simulated counseling scenario to assess the impact of a family history, challenges and behaviors.  **(WLO 5)** | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  **Flashcard Activity/MCQ:**  **YouTube video:**  https://www.youtube.com/watch?v=62HTYRM14rs  **Journal reflection:**  **Assignment:** |  |
| **Week 13** Genogram  **Week 14**  course  Analysis and synthesis of the theories.  Reflections. | **CLO5** | By the end of the week, you will be able   to:   1. Construct your family's genogram graphically representing your family history and dynamics 2. Justify the use of genograms in a simulated counseling scenario to assess the impact of family history on challenge 3. What are the limitations or challenges in using genograms as a therapeutic tool?"   By the end of the week, you will be able   to:   1. Critique the contribution of one theory in the development of marital and family therapy practice. 2. Apply one theory in the demonstrating assessment, diagnosis, and treatment in a, cultural contexts. | **Discussion**  How do genograms help therapists understand family dynamics and patterns across generations,  **Assignment:**  Prepare your family genogram that represents your family history  (**WLO 5)**  **Discussion** :  What contributions have the theories of marital and family theories contributed to the field of psychology?  **Assignment:**  **What is your opinion regarding family therapy?**  (**WLO 5)** | **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 2 - 10)  **Flashcard Activity/MCQ:**  **YouTube video:**  Genogram  https://www.youtube.com/watch?v=bVqmukYhF2A  **Assignment:**  **Readings:**  Intro to marriage and Family by Knox D. and Schacht C. sixth ed. Ch 1 (pp 18 - 40)  Goldenberg, I., & Goldenberg, H. (1991). Family therapy: An overview. Thomson Brooks/Cole Publishing Co.  Ch 1 (pp 2 - 10)  **Flashcard Activity/MCQ:**  **YouTube video:**  **Journal reflection:**  **Assignment:** | **Lesson Notes( WLO1&2)**  **Presentation Slides for week 13**  **Read Course text (WLO1&2)** |
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