



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-592	Theories of Couple and Family Counseling	7.5
Prerequisites	Department	Semester
PSYC- 522	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Required	Counseling Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Andreas Anastasiou	1st
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Provide an introduction to the theory and practice of family therapy. The family is viewed as a transactional system within other social systems. Just as the family presents tasks and affective experience to its members, other social systems also influence family members' systemic dynamics. The "interior" of the family is the crucible in which ego identity and developmental issues are acted out. These can be examined through structure, communication, re-telling of each other's stories, and the exchanges of meanings and feelings.
- Create an atmosphere of comfort to facilitate class participation.
- Embrace a multicultural orientation

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Understand the family's environment, cultural values, boundaries, degree of attachment, and external stresses.

2. Understand the consequences of family structural and communication processes that affect both individual and family functioning.
3. Assess couple and family dynamics and intervene accordingly.
4. Comprehend when family therapy is the appropriate mode of treatment.
5. Understand families as being both challenged and supported by a social environment.
6. Become more self-reflective and understand how their own familial background can affect their work with families.
7. Examine how our relationship experiences can affect the work we do with couples and families.
8. Offer interventions and treatment to Families and Couples.

Course Content:

The Historical Perspective
 The Paradigmatic Shift of Systems Theory
 Postmodernism and Family Therapy
 The Family: Process, Development, and Context
 Psychodynamic Approaches
 Natural Systems Theory
 The Structural Approach
 Behavioral/Cognitive Approaches
 Family Assessment

Learning Activities and Teaching Methods:

Lectures, Practical Exercises

Assessment Methods:

Midterm, Assignment, Final Exam, Attendance and Participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Family Therapy: Concepts and Methods	Michael T. Nichols	Pearson	2014	1-292-04188-9

