



**LEWIS & CLARK COLLEGE**

**GRADUATE SCHOOL OF EDUCATION AND COUNSELING**

**MCFT 502: INTRODUCTION TO MCFT**

**FALL 2014**

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**Time & Day:** Thursdays, 5:30-8:30 pm.

**Place:** TBA

**Instructor:** Pilar Hernández-Wolfe, Ph.D., LMFT.

**Office Hours:** By appointment until Sept 30<sup>th</sup>, from October 7<sup>th</sup> Tuesdays 1-5 pm.

**E-Mail:** pilarhw@lclark.edu

### **CATALOG DESCRIPTION**

Survey of current issues relating to ethics, professional identity, and practice in the field of marriage and family models, and utilization of these models in developmental and therapeutic practice.

### **COURSE OBJECTIVES**

The following objectives are in keeping with the AAMFT Core Competencies. At the end of this course, students are expected to:

1. 1. Understand the history and philosophy of family therapy. Gain awareness of how theory and practice are socially constructed, emerging from specific sociopolitical, historical contexts. (CC 1.1.1; KS 1, 2)
2. Know the role of family therapists in a variety of practice settings and in relation to other helping professionals. (CC 1.1.3)
3. Become aware of the ethical standards of AAMFT and state laws - how these are developed and how they generally apply to practice (Specific knowledge of application of laws and ethics is expected in CPSY 566). (CC 1.5.10, 5.3.1, 5.4.1; KS 49, 5.01, 5.02)
4. Know the structure and operations of professional organizations that support and regulate the practice of family therapy (e.g., the International Association of Marriage and Family Counselors, American Family Therapy Academy, American Association for Marriage and Family Therapy).
5. Begin developing a professional identity as a family therapist.
6. Gain knowledge of required competencies, national exams, and licensure requirements.
7. Become familiar with the major journals in the field and how to research information about therapy.

### **CPSY Departmental Attendance Policy**

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness maybe seen as an absence that requires make-up work.

### **NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE**

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

### **SPECIAL ASSISTANCE**

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.

### **PARTICIPATION IN THE LEARNING COMMUNITY**

Students are required to attend and actively participate in all scheduled class meetings. This includes being on time, being prepared, following through on group projects, and otherwise engaging with colleagues as fellow professionals. Becoming a counselor/therapist involves looking closely at ourselves, our values, beliefs, and biases. This can be a very personal, and sometimes emotional, process. Treating colleagues with respect, listening deeply to their experiences, and being open to diverse world views encourages a collaborative milieu of care in which we can all challenge ourselves and each other to critically examine and develop our skills and perspectives. In order to prepare for each class, students should carefully read and study all assigned materials to be ready to discuss, debate, and apply the content of readings. Class discussion and interaction with colleagues are fundamental to the process of learning to be a therapist and all sessions include necessary information. Therefore, if you must miss a class, fellow students and the instructor may ask you to contribute to learning community in another way. According to the Lewis & Clark Counseling Psychology attendance policy, missing 3 or more hours of a 1 credit course may result in a failing grade. For this course, any absence of more than one hour requires a makeup assignment. If you must be absent or late, please email the instructor at least several hours prior to class.

## **COURSE REQUIREMENTS**

### **1. Attendance, participation and disposition (20 pts)**

- Giving attention to the instructor and/or other students when they are making a presentation.
- Demonstrating ability to recognize and use subtle non-verbal communication cues to assess your impact on your peers and participate in class.
- Demonstrating ability to be open about discussing the impact of your comments on your peers.
- Coming to class prepared (having read the assignment for the day)
- Contributing to in-class discussion based on the topics of discusses and the readings assigned. Contributions may include how you feel about the material but merely articulating your feelings is not sufficient. You are expected to put those feelings in context of your thoughts and analysis of the material.
- Engaging in group discussions with attention and energy.
- Asking questions of the instructor and/or other students regarding the material examined in that class.
- Providing examples to support or challenge the issues talked about in class.
- Making comments or giving observations about topics in the course, especially those that tie in the classroom material to "real world" problems, or try to integrate the content of the course.
- Dealing with other students and/or the instructor in a respectful fashion.
- Active listening. Students will be asked questions related to the course's readings randomly in class by other students and by the instructor. Your participation in small group discussions is also required.

### **2. Read and be prepared to discuss the MCFT Student Handbook – due Sept 11 (10 pts)**

Prepare two questions for discussion or clarification from the manual and bring them to class. Please type your assignment.

### **3. Brief Interview - due Oct 2 - (20 pts)**

As part of this coursework, you will interview a licensed marriage and family therapist (LMFT) in your local community, and write a 5/6 page paper about his/ her academic and clinical training in grad school, clinical practice and professional involvement in the local community. You may locate an LMFT in your local community by visiting AAMFT website: <http://www.therapistlocator.net/SearchUS.asp>. A list of our recent MCFT graduates will also be provided in class, if you prefer to contact them instead. A suggested question guide can be found at the end of the syllabus.

### **4. Based on the guideline provided in the MCFT Student Handbook, design a system for organizing the elements of your portfolio - due Oct 2 - (20 pts)**

(a) resume; (b) philosophy of therapy; (c) statement of professional goals; (d) documentation of personal information; (e) documentation of personal counseling; (f) 12 step program attendance.

**5. Research paper outline - due Sept 25 - (30 pts)**

This exercise serves as a *foundation for your final research and position paper to be completed in CPSY 566*. Select an ethical issue, legal topic, or professional practice debate related to the practice of family therapy and develop a thematic outline describing your vision of the paper that you will complete in CPSY 566. This is an opportunity to practice professional writing while researching an important topic/debate in the field. Your paper should include the following: (a) an articulation of an issue of interest to you and of relevance in the field; (b) an introduction that outlines the relevance of the topic to the ethical practice of family therapy; (c) an organization of themes to be discussed with a description of the content that will be discussed; (d) a list of 15 articles that you will be reviewing; (e) proper use of subsections and headings (APA 6) throughout the paper and correct referencing. This paper will be reviewed as a draft and input provided by the instructor for revisions and additions to be completed in the final paper. Drafts can be turned in early for feedback.

**6. FBI CRIMINAL BACKGROUND CHECK & COURSE COMPLETION:**

A staff from the CPSY office will visit our class to explain the FBI record request process. Initiating this process is a course requirement. She will hand out the FBI record request packets and instruct students to turn them in to her by the end of this semester. Those who fail to turn in the application material will receive an INCOMPLETE for this course until FBI application material has been submitted.

**GRADING**

93-100 = A 83-87 = B 73-77 = C  
 90-92 = A- 80-82 = B- 70-72 = C-  
 88-89 = B+ 78-79 = C+

“A” grades will be reserved for particularly outstanding work. Grades on the border may be determined by attendance and demonstration of completing readings prior to each class session.

**TEXT/READINGS**

- Wilcoxon, S., Remley, T., Gladding, S. & Huber, C. (2007). *Ethical, Legal, and professional Issues in the Practice of Marriage and Family Therapy*. Part I- Ch.1, 2 & Part IV- Ch. 11). (The remainder of the book will be covered in CPSY 580.)
- Kirmayer, L. J. (2006). Beyond the ‘new cross-cultural psychiatry’: Cultural biology, discursive psychology and the ironies of globalization. *Transcultural Psychiatry*, 43(1), 126–144.
- Kirmayer, L. J. (2012). Rethinking cultural competence, *Transcultural Psychiatry*, 49 (2), 149-164. (editorial)

L&C MCFT Student Handbook

AAMFT website

Professional behavior and professional qualities form

Additional readings as assigned on the course schedule.

## **COURSE SCHEDULE**

### **WEEK 1 – Introduction, History & Paradigms in Family Therapy**

Topics:

Course design and overview

Orientation to graduate education in family therapy

Social construction of family therapy theory

Paradigms as a metaphor for systems of thought/practice

History of family therapy as defined in Western societies

### **WEEK 2 – Regulation and Competence in the MCFT Profession**

Topics:

Procedure for FBI Criminal background check forms and info

Using library resources for research projects and papers

Becoming a family therapist

Professional organizations & journals

Core Competencies & Standards of Practice

Codes of Ethics & State Laws

Licensure

MCFT Student Handbook

Readings:

Wilcoxon, Ch. 2: Professional Acculturation and the Ecology of Therapy

Tasks:

Review and read materials from the following websites:

MFT National Exam <http://amftrb.org/exam.cfm>

Licensure Requirements: <http://www.oblpct.state.or.us/>

American Association for Marriage and Family Therapy [www.aamft.org](http://www.aamft.org)

Commission on Accreditation for Marriage and Family Therapy Education

<http://www.aamft.org/about/COAMFTE/AboutCOAMFTE.asp>

Print the AAMFT Code of Ethics and bring to class

### **WEEK 3 – Professional Identity and Roles**

Topics:

Therapist roles

Collaboration with multiple systems

Therapists as advocates

Professional writing

Readings:

Wilcoxon, Chapter 13: Professional Identity as a Marriage and Family Therapist

### **WEEK 4 – Power, Culture & Practice**

Topics:

Social, economic, political & cultural forces influencing service delivery

Practicing therapy for social change

Readings:

Kirmayer, L. J. (2006). Beyond the ‘new cross-cultural psychiatry’: Cultural biology, discursive psychology and the ironies of globalization. *Transcultural Psychiatry*, 43(1), 126–144.

Kirmayer, L. J. (2012). Rethinking cultural competence, *Transcultural Psychiatry*, 49 (2), 149-164.

Task:

Write one page and be prepared to articulate your position on the following question:

When and in what ways (if any) should family therapists consider social justice issues in their practices?

### **WEEK 5 – Values, Meaning & Self of the Therapist**

Topics:

Therapist self-care

Morality and therapy

Intuition, experience, feelings and other “tools”

Values, biases, beliefs

Readings:

Wilcoxon, Ch. 1: Values as Context for Therapy

### **Sample Interview Guide**

- How many years of experience do you have as an MFT?
- What populations have you worked with and for how long?
- Looking back, what led you to become a family therapist?
- Where there transformational experiences while you were in training?
- How did you think of therapeutic change when you started to practice and what do you think now?
- Tell me about your professional identity as an MCFT?
- How do you see the MFT profession vis-à-vis other mental health professionals?
- What challenges do you see there for MFTs developmentally and professionally?
- Where do you see the MFT profession needs to address to grow more in the state and in the country?
- Please add questions relative to your own interest in the profession and how it is practiced in your state/city

\*\*The following evaluation of objectives must be filled out and turned in on the last day of class.

## COURSE OBJECTIVES-MCFT CORE COMPETENCIES EVALUATION SHEET

### CPSY 569: INTRODUCTION TO MCFT

TERM: Fall 2013

INSTRUCTOR: Hernandez-Wolfe

Please rate each item according to how much you learned about the competency listed. Circle:  
1=objective not met 2=objective somewhat met 3=objective adequately met 4=objective more than met

1. Understand the history and philosophy of the counseling professions. Gain awareness of how theory and practice are socially constructed, emerging from specific socio-political, historical contexts.

1                      2                      3                      4

2. Know the role of community counselors and family therapists in a variety of practice settings and in relation to other helping professionals.

1                      2                      3                      4

3. Become aware of the various ethical standards of AAMFT, ACA and related groups and state laws - how these are developed and how they generally apply to practice (Specific knowledge of application of laws and ethics is expected in CPSY 580).

1                      2                      3                      4

4. Know the structure and operations of professional organizations that support and regulate the practice of family therapy and community counseling (e.g., the International Association of Marriage and Family Counselors, American Counseling Association, American Association for Marriage and Family Therapy).

1                      2                      3                      4

5. Begin developing a professional identity as a counselor/therapist.

1                      2                      3                      4

6. Gain knowledge of required competencies, national exams, and licensure requirements.

1                      2                      3                      4

7. Become familiar with the major journals in the field and how to research information about therapy/counseling including the use of technological competence and computer literacy.

1                      2                      3                      4