



## Course syllabus

Faculty of Social Sciences

Department of Social Work

4SA376 Grundläggande psykoterapiutbildning i familjeterapi på systemteoretisk/interaktionistisk grund, 45 högskolepoäng

4SA376 Basic Systems- Theoretical and Interactionist Psychotherapy Training in Family Therapy, 45 credits

### **Main field of study**

Social Work

### **Subject Group**

Social Work and Social Welfare

### **Level of classification**

Second Level

### **Progression**

A1N

### **Date of Ratification**

Approved by Faculty of Social Sciences 2020-06-10

The course syllabus is valid from spring semester 2021

### **Prerequisites**

General entry requirements for second-cycle studies and specific entry requirements that the applicant must meet as per the below:

1. Degree of Bachelor of Science in Social Work or similar education equivalent to a Degree of Bachelor of Science in Nursing with a specialisation in Psychiatry, Degree of Master of Science in Psychology or Degree of Master of Science in Medicine. Physiotherapist, occupational therapist, speech therapist, special educational needs teacher or specialist nurse may also be qualified for entry provided that the applicant has completed 30 credits in psychology or psychiatry.
2. Two years of professional experience in a specialisation in the caring profession following their professional qualification. The employment must have comprised at least 50 per cent of full time.
3. During the time of the education, the applicant must have work tasks at the workplace, other than in own practice, that entails continuous patient/client contact. This means that the applicant during the education shall have therapeutic assignments that can form the basis of meaningful supervision within the chosen specialisation. These assignments must be verified in writing by the employer. The employment must be at least 50 per cent in relation to full-time employment and must continue during the entire period of the studies.

## Objectives

The aim of the course is for students to enhance and deepen their knowledge based on family therapeutic systemic/interactionist theory and their ability to work with family therapy.

Upon completion of the course, students shall be able to:

### **Module 1: Theory and Method (22.5 credits)**

- Account for and discuss key theories and methods within the field of family therapy on the basis of systemic/interactionist theory.
- Account for and discuss key theories and models for the description of dysfunctional conditions and difficulties on the basis of a family therapeutic perspective.
- Critically reflect on theories, interventions and the associated fields of application.

### **Module 2: Supervision (15 credits)**

- Work in a target-oriented manner together with clients in accordance with a set therapeutic scheme.
- Put their knowledge of different family therapeutic theories and models into practice in the psychotherapeutic work with families.
- Receive supervision in a psychotherapeutic context and under supervision be able to work with systemic/interactionist family therapy.
- Adopt a professional attitude and approach towards families.
- Critically reflect on their own approach in the therapy situation, and adopt a psychotherapeutic approach in their professional role.

### **Module 3: Current Research and Theory of Science (7.5 credits)**

- Account for and adopt a critical and reflective approach on the basis of the theory of science and current research into the field.

## Content

### **Module I: Theory and Method (22.5 credits)**

The module primarily contains an overview of methods and key theories within the field of family therapeutic systemic/interactionist theory and the study of therapeutic interventions and approaches. The module also provides knowledge of developmental psychology and the attachment theory. Key theories and models for the description and explanation of processes within dysfunctional families are also looked into, and the different development stages in a family are studied on the basis of the systemic theory/interactionist perspective.

### **Module II: Supervision (15 credits)**

Supervision takes place in parallel to lectures during two semesters and is performed in groups of 6-8 participants, comprising a total of 120 hours. Each student shall during the supervision present at least three families with different problems, who they work with in their practice. One of these must involve treatment where there are children under the age of 18 considered the clients/patients. The supervision only takes place through video-recorded therapy sessions. The supervisor is also the examiner. The students shall at each supervisory session also present a written protocol of the areas that are currently discussed.

### **Module III: Current Research and Theory of Science (7.5 credits)**

The third module is focused on the current research, and theory of science and methods in relation to research into the field of family therapy. It also deals with laws and code of ethics that govern clinical activities, supervision, documentation methods and research work.

#### **Type of Instruction**

Teaching consists of lectures, practice in different methods, literature seminars and supervision. Teaching is based on active participation in lectures, seminars and work with clients. Participation in a total of 120 hours of supervision is compulsory. Occasional absence may be supplemented in consultation with the course coordinator.

#### **Examination**

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

##### **Module 1: Theory and Method**

Module 1 comprises two written examination assignments, A and B. Examination of assignment A comprises 15 credits in semester 1 and assignment B comprises 7.5 credits in semester 2. In addition to the written presentation, assignments A and B shall also be presented orally in a seminar. Both the assignments are scheduled for the end of the semesters.

The module comprises 22.5 credits and is assessed by the grades of Fail, Pass or Pass with Distinction. In order to receive a grade of Pass, the objectives must be attained. To be awarded a grade of Pass with Distinction in the module, it is required that both assignment A and B are assessed as Pass with Distinction.

##### **Module 2: Supervision**

The student shall participate in supervision in groups of 6-8 participants, comprising a total of 120 hours, and present their own recorded family therapy sessions with three different families. The module comprises 15 credits and is assessed by the grades of Fail or Pass.

##### **Module 3: Current Research and Theory of Science**

Examination of module 3 takes place by means of a written independent project, assignment C, which is also to be presented orally in a seminar. The assignment is assessed by the grades of Fail, Pass or Pass with Distinction. The module comprises 7.5 credits.

In order to receive a grade of Pass in the entire course, it is required that all three modules are assessed as Pass. To be awarded a grade of Pass with Distinction in the entire course, it is required that module 1 and 3 are assessed as Pass with Distinction and module 2 must be assessed as Pass.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

#### **Course Evaluation**

A course evaluation is carried out either during or at the end of the course. Results and

analysis of the evaluation are presented to the students who have completed the course as well as to new students at the following course date. The course evaluation is conducted anonymously.

### Credit Overlap

The course cannot be included in a degree along with the following course/courses of which the content fully, or partly, corresponds to the content of this course: 4SA375 Family Therapeutic Course Based on Systemic/Interactionist Theory, 45 credits.

### Required Reading and Additional Study Material

#### Module 1

Andersen, Tom (2011). *Reflekterande processer: Samtal och samtal om samtalen*. Stockholm: Studentlitteratur, (237 p.) ISBN 9789144075563.

Broberg, Anders (2006). *Anknytningsteori: betydelsen av nära känslomässiga relationer*. 1st ed. Stockholm: Natur och kultur, (364 p.) ISBN: 9127109755.

Diamond, Guy S., Diamond, Gary M. & Levy, Suzanne A. (2015). *Anknytningsbaserad familjeterapi för deprimerade ungdomar*. 1st ed. Lund: Studentlitteratur, (354 p.) ISBN: 9789144102733.

Hansson, Kjell & Cederblad, Marianne. (1995). Salutogen familjeterapi. *Fokus på familjen*. Nr 1, pp. 3-18.

Havnesköld, Leif & Mothander Risholm Pia (2009). *Utvecklingspsykologi*. Malmö: Liber, (384 p.) ISBN 9789147093380.

Johnsen, Astri & Torsteinsson, Vigdis Wie (2012). *Lärobok i familjeterapi*. Lund: Studentlitteratur, (387 p.) ISBN 9789144091730.

Johnson, Sue (2020). *Anknytning i praktiken. Emotionellt fokuserad terapi med individer, par och familjer*. Lund. Studentlitteratur. ISBN 9789144133737

McGoldrick, Monica (2011). *The Genogram Journey - Reconnecting with Your Family*. Norton & Co, (384 p.) ISBN: 9780393706277.

Minuchin, Salvador, Nichols P Michael & Lee, Wai Yung (2006). *Assessing Families and Couples*. Boston: Pearson, (224 p.) ISBN 9780205470129.

Minuchin, Salvador, Reiter, Michael, Borda, Charmine & Walker, Sarah A. (2013). *The Craft of Family Therapy. Challenging Certainties*. New York. Routledge, (248 p.) ISBN 9780415708128

Nichols P Michael (2013). *The Essentials of Family Therapy*. Boston. Pearson, (336 p.) ISBN 9780205956166.

Olson, Hardy & Petitt, Bill (2013). *Om svar anhålles!: En bok om interaktionistiskt förändringsarbete: Teori och analys*. Lund: Studentlitteratur, (416 p.) ISBN 9789144090689.

Tomm, Karl (2013). *Systemisk intervjuteknik av det terapeutiska samtalet*. Lund: Studentlitteratur, (182 p.) ISBN 9789144096063.

Vetere, Arlene & Dowling, Emilia (2005). *Narrative Therapies with Children and Their Families*. London: Brunner- Routledge, (336 p.) ISBN 9781583918272.

Wampold, Bruce E. (2012). *Psykoterpins grunder: en introduktion till teori och praktik*. 1st ed. Lund: Studentlitteratur, (150 p.) ISBN: 9789144077604.

Walsh, Froma (2011). *Strengthening Family Resilience*. NY: Guildford Publications, (384 p.) ISBN 9781462503315.

Weber, Timothy, McKeever, James & McDaniel, Susan (1985). A Beginner's Guide to the Problem-Oriented First Family Interview. *Family Process*, vol 24, pp. 357-364

White, Michael (2012). *Kartor över narrativ praktik*. Stockholm: Studentlitteratur, (275 p.) ISBN 9789144085333.

### **Module 3**

Meeuwisse, Anna, Swärd, Hans, Eliasson-Lappalainen, Rosmari, Jacobsson Katarina (2015). *Forskningsmetodik för socialvetare*. Natur och Kultur, (258 p.) ISBN 978127143739.

Philips, Björn & Holmqvist, Rolf (Eds). (2008). *Vad är verksamt i psykoterapi?* Stockholm: Liber, (280 p.) ISBN 9789147084418.

Sverne Arvill, Ebba, Hjelm, Åke, Sääf, Christina & Johnsson, Lars-Åke (2012). *Etik och juridik för psykologer och psykoterapeuter*. Lund: Studentlitteratur AB, (346 p.) ISBN 9789144075433.

Thurén, Torsten (2007). *Vetenskapsteori för nybörjare*. Stockholm: Liber, (184 p.) ISBN 9789147086511.

### **Publications**

Additional publications comprising approximately 50 pages may be included.