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, 2014
Instructor: Scott Coupland, Ph.D
Office Hours: By appointment
Telephone: (407) 278-4466
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

*Read either Allender & Longman OR Keller & Keller.
**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. 5</td>
<td>Gender issues</td>
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<td>Feb. 12</td>
<td>Gender issues</td>
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<td>Feb. 19</td>
<td>Gender issues</td>
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<tr>
<td>Feb. 26</td>
<td>Couple patterns</td>
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<tr>
<td>Mar. 5</td>
<td>Attachment theory in couples</td>
<td>Johnson; Sibcy &amp; Clinton</td>
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<td>Mar. 12</td>
<td>Couples counseling, stages 1 &amp; 2</td>
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<tr>
<td>Mar. 19</td>
<td>Couples counseling, stages 3 &amp; 4</td>
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<tr>
<td>Mar. 26</td>
<td>No class, spring break</td>
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<tr>
<td>Apr. 2</td>
<td>Couples counseling, stages 5 &amp; 6</td>
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<td>Apr. 9</td>
<td>Couples counseling, stages 7-9</td>
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<td>Apr. 16</td>
<td>Premarital and remarital counseling</td>
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<td>Apr. 23</td>
<td>Infidelity</td>
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<td>Apr. 30</td>
<td>Separation, divorce and remarriage</td>
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<tr>
<td>May 7</td>
<td>Domestic violence</td>
<td>Smith; Smullens; Tracy</td>
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REQUIREMENTS
1. Read assigned texts and articles.
   Reading report due Friday, May 16th 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 16th 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 prior to the role play 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 four, 20 minute role-plays of a couples counseling session using the Emotionally Focused Couples Counseling steps. These sessions will be conducted over a 4 week period according to this schedule:
Week 1. The counselor will utilize skills from steps 1 and 2 in Johnson’s book during the session.

Week 2. Steps 3 and 4.


Week 4. Steps 7 through 9.

All sessions will be conducted in the Oviedo Counseling Clinic, and must be done so during non-clinic hours. These sessions will be mentored by a 2nd year MAC student who will provide feedback to the counselor.

5. Observer role: Watch and learn.

Note: The specifics of this assignment may be altered based on the number of students in the class.

4. Take home 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 available for online viewing. Students will respond to a multiple choice questions for each clip. The questions will assess the student’s ability to apply the material regarding gender issues, couple patterns, attachment styles, affairs, domestic violence, and counseling techniques to “live” scenarios.

Due, May 14th by 5:00 p.m. to Dr. Coupland’s email.

GRADING
Reading: 30 points
Blog article: 30 points
Role-play: 100 points
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
- A- = 263-271 points
- B+ = 255-262 points
- B = 246-254 points

- B- = 241-245 points
- C+ = 232-240 points
- C = 224-231 points
- C- = 218-223 points
- D+ = 210-217 points
- D = 202-209 points
- D- = 196-201 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

know the person you're going to marry. Nashville, TN: Thomas Nelson.


**Finances**


couples. Chicago: Moody.

Marriage

Sex

Men and Women
Crossway.
Couples Counseling, Spring 2013

Name:____________________________________

Required reading:


I read _____________% of this book.


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.

Due Friday, May 14, 2013 by 5:00 p.m. Email to scoupland@rts.edu
These are the groups:

**April 20th**
- Katie
- Scott P.
- Liz S.
- Leon
- Cary

**April 20th**
- Ellen
- Liz E.
- Ben
- Brandon
- Joel

**April 20th**
- Josh
- Scott K.
- Sarah
- Kathy
- Bryan

**April 20th**
- Drew H.
- Laura
- Andrew M.
- Mary M.
- Scott

- Alisa
- Lauren
- Aaron
- Mark

**April 23rd & 30th**
- Shiju
- Jeremy
- Alina
- Jane

**April 16th & 23rd**
- James
Mary P.
Jen
Tim
Jimbo