PSY570 Couples Counseling

Reformed Theological Seminary – Orlando
Mondays, March 30 – May 11, 8:30 a.m. – 4:00 p.m.
3 credit hours
Spring Semester, 2015
Instructor: Scott Coupland, Ph.D
Office Hours: By appointment
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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

*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>May 30</td>
<td>Gender issues</td>
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<tr>
<td>Apr. 6</td>
<td>Gender issues</td>
<td>Couple patterns</td>
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<tr>
<td>Apr. 13</td>
<td>Attachment theory in couples;</td>
<td>Johnson; Sibcy &amp; Clinton</td>
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<td></td>
<td>Couples counseling, stages 1 &amp; 2</td>
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<td>Apr. 20</td>
<td>Couples counseling, stages 3-6</td>
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<td>Apr. 27</td>
<td>Couples counseling, stages 7-9</td>
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<td>Premarital and remarital counseling</td>
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<tr>
<td>May 2</td>
<td>Couples counseling role-playing at RTS</td>
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<td></td>
<td>from 8:30 a.m.-3:00 p.m. (This is a Saturday)</td>
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<td>May 4</td>
<td>Premarital and remarital counseling</td>
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<td></td>
<td>Infidelity</td>
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<td>May 11</td>
<td>Separation, divorce and remarriage</td>
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<td></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 15th by 5:00 p.m. to your Canvas account.

2. Write a blog article on a gender/couple/marriage related topic. Identify a topic that has something to do with gender, couple/marital relationships and then write a blog length article (about 2-3 double-spaced pages) that will either challenge reader’s thinking and/or behavior about relationships. Your choice of topic MUST be approved by Dr. Coupland. Articles written without prior approval will not be accepted.

   Due Friday, May 15th by 5:00 p.m. to your Canvas account.

3. Conduct four couple therapy role-play sessions.
   A. These role-play exercises will be conducted on Saturday, May 2 from 8:30 a.m.-3:00 p.m. All sessions will be conducted at RTS in the Oviedo Counseling Clinic. These sessions will be mentored by a 2nd year MAC student who will provide feedback to the counselors.
   2. Students will be assigned to groups of 4 for this role-play exercise. Within each group of 4, each person will be paired. Students will remain in the group and as a pair through the entirety of the role-plays.
   3. Within each group each pair will rotate between the roles of co-counselors and the couple being counseled.
   3. Couple’s role: In the couple role the paired students will role-play as if they are in a relationship with each other. Each pair should have a conversation prior to the role plays 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. The patterns and themes in their relationship will be carried through the 4 role-play sessions.

4. Co-counselor’s role: As co-counselors both students are expected to participate in leading the counseling role-play. They will conduct a four, 20 minute role-plays of a couples counseling session using the Emotionally Focused Couples Counseling steps.

5. Role-play schedule

   Round 1
   8:30-8:50 a.m.: Review of steps 1 & 2
   8:50-9:10 a.m.: The first pair of counselors will utilize skills from steps 1 & 2
   9:10-9:20 a.m.: Feedback to the co-counselors
   9:20-9:40 a.m.: The second pair of counselors will utilize skills from steps 1 & 2
   9:40-9:50 a.m.: Feedback
   9:50-10:00 a.m.: Break

   Round 2
   10:00-10:20 a.m.: Review of steps 3 & 4
   10:20-10:40 a.m.: The first pair of counselors will utilize skills from steps 3 & 4
   10:40-10:50 a.m.: Feedback to the co-counselors
   10:50-11:10 a.m.: The second pair of counselors will utilize skills from steps 3 & 4
   11:10-11:20 a.m.: Feedback

   Lunch provided
   11:20 a.m.-12:00 p.m.

   Round 3
   12:00-12:20 p.m.: Review of steps 5 & 6
   12:20-12:40 p.m.: The first pair of counselors will utilize skills from steps 5 & 6
   12:40-12:50 p.m.: Feedback to the co-counselors
   12:50-1:10 p.m.: The second pair of counselors will utilize skills from steps 5 & 6
   1:10-1:20 p.m.: Feedback
   1:20-1:30 p.m.: Break

   Round 4
   1:30-1:50 p.m.: Review of steps 7-9
   1:50-2:10 p.m.: The first pair of counselors will utilize skills from steps 7-9
   2:10-2:20 p.m.: Feedback to the co-counselors
   2:20-2:40 p.m.: The second pair of counselors will utilize skills from steps 7-9
   2:40-2:50 p.m.: Feedback

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

4. Take home final examination. This exam consists of a series of movie clips of couples interacting and recorded clips of couples counseling. Students will respond to 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. The clips will be available for online viewing on May 11th at 4:00 p.m. Upload your exam answers to your Canvas account.

Due, May 18th by midnight
GRADING
Reading: 40 points
Blog article: 40 points
Role-play: 100 points
Final exam: 120 points
Total possible points: 300 points

Course grades will be determined by adding points from the all the assignments. Grades will be based on the following scale:

A = 291-300 points  B- = 258-263 points  D+ = 225-233 points
A- = 282-290 points  C+ = 249-257 points  D = 216-224 points
B+ = 273-281 points  C = 240-248 points  D- = 210-215 points
B = 264-272 points  C- = 234-239 points  F = below 210

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 6th edition format is required for all paper.

BIBLIOGRAPHY

Christian Couples Counseling

Secular Couples Counseling

the science of intimate relationships. New York: W. W. Norton.
relationships. New York: W. W. Norton.

Premarital and Remarital Couples Counseling


Finances

Marriage

**Sex**

**Men and Women**
Couples Counseling, Spring 2015

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