

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

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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

*Allender, D. B., & Longman, T. (1999). *Intimate allies: Rediscovering God's design for marriage and becoming soul mates for life*. Wheaton, IL: Tyndale House.
ISBN-13: 978-0842318242

Crabb, L. (2013). *Fully alive: A biblical vision of gender that frees men and women to live beyond stereotypes*. Grand Rapids, MI: Baker.

*Keller, T., & Keller K. (2011). *The meaning of marriage: Facing the complexities of commitment with the wisdom of God*. Boston: Dutton. ISBN: 978-0525952473

Johnson, S. M. (2004). *The practice of emotionally focused couple therapy: Creating connection* (2nd ed.). New York: Brunner-Routledge. ISBN: 978-0415945684

**Sibcy, G., & Clinton, T. (2009). New directions: Core relational beliefs. *Christian Counseling Today*, 16, 29-32.

**Smith, K. A. (2004). Domestic violence, 21-41.

**Smullens, S. (2002). The 5 cycles of emotional abuse: Investigating a malignant victimization. *Annals of the American Psychotherapy Association*. Sept./Oct. 16-17.

**Tracy, S. (2003). Headship with a heart: How biblical patriarchy actually prevents abuse. *Christianity Today*, Feb., 50-54.

*Read either Allender & Longman OR Keller & Keller.

**Available on reserve in the library.

RECOMMENDED TEXTBOOKS

Greenberg, L. S. & Johnson, S. M. (2010). *Emotionally focused therapy for couples*. New York: Guilford.

SCHEDULE

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
Feb. 5	Gender issues	
Feb. 12	Gender issues	
Feb. 19	Gender issues	
Feb. 26	Couple patterns	
Mar. 5	Attachment theory in couples	Johnson; Sibcy & Clinton
Mar. 12	Couples counseling, stages 1 & 2	
Mar. 19	Couples counseling, stages 3 & 4	
Mar. 26	No class, spring break	
Apr. 2	Couples counseling, stages 5 & 6	
Apr. 9	Couples counseling, stages 7-9	
Apr. 16	Premarital and remarital counseling	
Apr. 23	Infidelity	
Apr. 30	Separation, divorce and remarriage	
May 7	Domestic violence	Smith; Smullens; Tracy

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 3. Steps 5 and 6.

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

B- = 241-245 points

D+ = 210-217 points

A- = 263-271 points

C+ = 232-240 points

D = 202-209 points

B+ = 255-262 points

C = 224-231 points

D- = 196-201 points

B = 246-254 points

C- = 218-223 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

- Carder, D., & Jaenicke, D. (1992). *Torn asunder: Recovering from extramarital affairs*. Chicago: Moody.
- Friesen, D. D., & Friesen, R. M. (1989). *Counseling and marriage*. Dallas, TX: Word.
- Marriage and Family: A Christian Journal*.
- Montgomery, D. (2007). *Christian counseling that really works: Compass therapy in action*. Monticeto, CA: Compass Works
- Penner, J. J., & Penner, C. L. (1990). *Counseling for sexual disorders*. Dallas: Word.
- Worthington, E. L. Jr. (Ed.). (1996). *Christian marital counseling: Eight approaches to helping couples*. Grand Rapids, MI: Baker.
- Worthington, E. L. (1999). *Hope-focused marriage counseling*. Downers Grove, IL: IVP.
- Worthington, E. L. (2002). *Marriage counseling: A Christian approach to counseling couples*. Downers Grove, IL: IVP.
- Wright, H. N. (1995). *Marriage counseling: A practical guide for pastors and counselors*. Venture, CA: Regal.
- Yarhouse, M. A., & Sell, J. N. (2011). *Counseling couples in conflict: A relational restoration model*. Downers Grove, IL: IVP Academic.

Secular Couples Counseling

- Atkinson, B. J. (2005). *Emotional intelligence in couples therapy: Advances in neurobiology and the science of intimate relationships*. New York: W. W. Norton.
- Berger, R., & Hannah, M. T. (1999). *Preventive approaches in couples therapy*. Philadelphia, PA: Brunner/Mazel.
- Bobes, T., & Rothman, B. (2002). *Doing couple therapy: Integrating theory with practice*. New York: W. W. Norton.
- Brown, E. M. (1999). *Affairs: A guide to working through the repercussions of infidelity*. San Francisco: Josey-Bass.
- Brown, E. M. (2001). *Patterns of infidelity and their treatment (2nd ed.)*. New York: Brunner-Routledge.
- Brown, J. H., & Brown, C. S. (2002). *Marital therapy: Concepts and skills for effective practice*. Pacific Grove, CA: Brooks/Cole.
- Carson, D. A. (2011). *Case studies in couples counseling: Theory based approaches*. New York: Routledge.
- Donovan, J. M. (Ed.) (2002). *Short-term couples therapy*. New York: Guilford.
- Donovan, J. M. (2003). *Short-term object relations couples therapy*. New York: Brunner-Routledge.
- Gottman, J. M. (1999). *The marriage clinic: A scientifically based marital therapy*. New York: W.W. Norton.
- Gray, J. (1992). *Men are from mars, women are from Venus: A practical guide for improving communication and getting what you want in your relationships*. San Francisco: Harper.
- Greenberg, L. S., & Johnson, S. M. (2010). *Emotionally focused therapy for couples*. New York: Guilford.
- Gurman, A. S. (Ed.). (2010). *Clinical casebook of couple therapy*. New York: Guilford.
- Gurman, A. S. (Ed.). (2008). *Clinical handbook of couple therapy (4th ed.)*. New York: Guilford.

- Harley, W. F., & Chalmers, J. H. (1998). *Surviving an affair*. Grand Rapids, MI: Revell.
- Hunt, R. A., Hof, L., & DeMaria, R. (1998). *Marriage enrichment: Preparation, mentoring, and outreach*. Philadelphia, PA: Brunner/Mazel.
- Jacobson, N. S., & Christensen, A. (1996). *Integrative couple therapy: Promoting acceptance and change*. New York: W. W. Norton.
- Johnson, S. M., & Whiffen, V. E. (Eds.). (2003). *Attachment processes in couple and family therapy*. New York: Guilford.
- Johnson, S. M. (2005). *Becoming an emotionally focused couple therapist: The workbook*. New York: Brunner-Routledge.
- Johnson, S. M. (2004). *The practice of emotionally focused couple therapy: Creating connection*. New York: Brunner-Routledge.
- Kessler, H. (1996). *Treating couples*. San Francisco: Jossey-Bass.
- Leavitt, Judith P. (2010). *Common dilemmas in couple therapy*. New York: Routledge.
- Lusterman, D. (1998). *Infidelity: A survival guide*. New York: MFJ.
- Markman, H., Stanley, S., & Blumberg, S. L. (2001). *Fighting for your marriage: Positive steps for preventing divorce and preserving a lasting love*. San Francisco: Jossey-Bass.
- O'Leary, K. D., Heyman, R. E., & Jongsma, A. E. (1998). *The couples psychotherapy treatment planner*. New York: John Wiley.
- Pitman, F. (1989). *Private lies: Infidelity and the betrayal of intimacy*. New York: W. W. Norton.
- Scharff, D. & Scharff, J. S. (1991). *Object relations couple therapy*. Northvale, NJ: Jason Aronson.
- Schnarch, D. (1997). *Passionate marriage: Love, sex, and intimacy in emotionally committed relationships*. New York: W. W. Norton.
- Spring, J. A., & Spring, M. (1998). *After the affair: Healing the pain and rebuilding trust when a partner has been unfaithful*. New York: HarperCollins.
- Synder, D. K., & Whisman, M. A. (Eds.).(2003). *Treating difficult couples: Helping clients with coexisting mental and relationship disorders*. New York: Guilford.
- Weeks, G. R., Gambescia, N., & Jenkins, R. E. (2003). *Treating infidelity: Therapeutic dilemmas and effective strategies*. New York: W. W. Norton.
- Weeks, G. R. & Treat, S. T. (2001). *Couples in treatment: Techniques and approaches for effective practice*. New York: Brunner-Routledge.
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- Young, M. E., & Long, L. L. (1998). *Counseling and therapy for couples*. Belmont, CA: Wadsworth.

Premarital and Remarital Couples Counseling

- Adams, S. (2000). *The marital compatibility test: Hundreds of questions for couples to answer together*. Omaha, NE: Addicus.
- Ceren, S. L. (2008). *Look before you leap: a premarital guide for couples*. Ann Arbor, MI: Loving Healing.
- Donaldson, C. (2001). *Don't you dare get married until you read this!: The book of questions for couples*. New York: Crown.
- Garascia, A. (1999). *Before I do: Preparing for the sacrament of marriage*. Notre Dame, IL: Ave Maria.
- Hardin, J. D., & Sloan, D. C. (1992). *Getting ready for marriage workbook: How to really get to*

- know the person you're going to marry.* Nashville, TN: Thomas Nelson.
- Heaney-Hunter, J., & Primavera, L. H. (1998). *Unitas: Preparing for sacramental marriage.* New York: Crossroad.
- Lueking, F. D. (2001). *Let's talk marriage: A guide for couples preparing to marry.* Grand Rapids, MI: Eerdmans.
- Luther, D. J. (1992). *Preparing for marriage: A guide for Christian couples.* Minneapolis, MN: Augsburg Fortress.
- Mack, W. A., & Mack, N. A. (1995). *Preparing for marriage God's way.* Tulsa, OK: Hensley.
- Outcalt, T. (1998). *Before you say "I do": Important questions for couples to ask before marriage.* New York: Perigee.
- Parrott, L., & Parrott, L. (2006). *Saving your second marriage before it starts: Seven questions to ask before and after you remarry.* Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your marriage before it starts workbook for men: seven questions to ask before and after you marry.* Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your marriage before it starts workbook for women: seven questions to ask before and after you marry.* Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your second marriage before it starts workbook for men: nine questions to ask before and after you marry.* Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (2006). *Saving your second marriage before it starts workbook for women: nine questions to ask before and after you marry.* Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (Eds.) (1998). *Getting ready for the wedding: All you need to know before you say I do.* Grand Rapids, MI: Zondervan.
- Parrott, L., & Parrott, L. (1997). *Mentoring engaged and newlywed couples: A participant's guide.* Grand Rapids, MI: Zondervan.
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- Piver, S. (2000). *The hard questions: 100 essential questions to ask before you say "I do."* New York: Tarcher/Putman.
- Rainey, D. (1997). *Preparing for marriage: The complete guide to help you discover God's plan for a lifetime of love.* Ventura, CA: Gospel Light.
- Smith, C. M. (1999). *Getting ready for a lifetime of love: Six steps to prepare for a great marriage.* Nashville, TN: Broadman and Holman.
- Stalmann, R. F., & Hiebert, W. J. (Eds.). (1997). *Premarital and remarital counseling: The professional's handbook.* San Francisco: Jossey-Bass.
- Taylor, C. W. (1999). *Premarital guidance.* Minneapolis, MN: Fortress.
- Warren, N. C. (1992). *Finding the love of your life: Ten principles for choosing the right marriage partner.* New York: Pocket.
- Wicker, L. C. (2003). *Preparing couples for marriage: A guide for pastors to premarital counseling.* Lima, OH: CSS.
- Wright, H. N. (1999). *Before you remarry: A guide to successful remarriage.* Eugene, OR: Harvest House.
- Wright, H. N. (1992). *The premarital counseling handbook.* Chicago: Moody.
- Wright, H. N., & Roberts, W. (1997). *Before you say "I do": A marriage preparation manual for couples.* Eugene, OR: Harvest House.

Finances

- Blue, R. (2000). *Mastering your money in marriage.* Loveland, CO: Group.
- Burkett, L., & Taylor, E. (1996). *Money before marriage: A financial workbook for engaged*

couples. Chicago: Moody.

Marriage

- Allender, D. B., & Longman, T. (1995). *Intimate allies*. Wheaton, IL: Tyndale.
- Allender, D. B., & Longman, T. (1995). *The Intimate mystery: Creating strength and beauty in your marriage*. Downers Grove, IL: IVP.
- Chapell, B. (1998). *Each for the other: Marriage as it's meant to be*. Grand Rapids, MI: Baker.
- Crabb, L. J. (1992). *The marriage builder: A blueprint for couples and counselors*. Grand Rapids, MI: Zondervan.
- Eggerichs, E. (2004). *Love and respect: The love she most desires; the respect he desperately needs*. Nashville, TN: Thomas Nelson.
- Groom, N. (1996). *Married without masks: A new look at submission and authority*. Grand Rapids, MI: Baker.
- Hybels, B., & Hybels, L. (1991). *Fit to be tied: Making marriage last a lifetime*. Grand Rapids, MI: Zondervan.
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- Stanley, S., Trathen, D. W., & Bryant, B. M. (1998). *A lasting promise: A Christian guide to fighting for your marriage*. San Francisco: Jossey-Bass.
- Wangerin, W. (2001). *As for me and my house: Crafting your marriage to last*. Nashville, TN: Thomas Nelson.
- Wright, H. N. (1999). *After you say "I do": Making the most of your marriage*. Eugene, OR: Harvest House.

Sex

- Clark, S. R., & Clark, S. A. (Ed.). (2003). *Christian family guide to married love*. New York: Alpha.
- Penner, C. L., & Penner, J. J. (1994). *Getting your sex life off to a great start: A guide for engaged and newlywed couples*. Dallas, TX: Word.
- Rosenau, D. E. (2002). *A celebration of sex: A guide to enjoying God's gift of sexual intimacy (rev. ed.)*. Nashville, TN: Thomas Nelson.
- Rosenau, D. E. (2002). *A celebration of sex for newlywed couples*. Nashville, TN: Thomas Nelson.
- Wheat, E., & Wheat, G. (1997). *Intended for pleasure: Sex technique and sexual fulfillment in Christian marriages (3rd ed.)*. Grand Rapids, MI: Fleming H. Revell.

Men and Women

- Crabb, L. J., Hudson, D., & Andrews, A. (1995). *The silence of Adam: Becoming men of courage in a world of chaos*. Grand Rapids, MI: Zondervan.
- Eldredge, J. (2001). *Wild at heart: Discovering the secret of a man's soul*. Nashville, TN: Thomas Nelson.
- Eldredge, J., & Eldredge, S. (2005). *Captivating: Unveiling the mystery of a woman's soul*. Nashville, TN: Thomas Nelson.
- Grudem, W. (Ed.). (2002). *Biblical foundations for manhood and womanhood*. Wheaton, IL:

Crossway.

- Hersh, S. A. (2000). *Bravehearts: Unlocking the courage to love with abandon*. Colorado Springs: Waterbrook.
- Hurley, J. B. (1981). *Men and women in biblical perspective*. Grand Rapids, MI: Zondervan.
- Lewis, R., & Hendricks, W. (1998). *Rocking the roles*. Colorado Springs, CO: NavPress.
- Meyers, J. (2001). *The allure of hope: God's pursuit of a woman's heart*. Colorado Springs, CO: NavPress.
- Piper, J., & Grudem, W. (Eds.). (2006). *Recovering biblical manhood and womanhood: A response to evangelical feminism*. Wheaton, IL: Crossway.
- Rinehart, P. (2001). *Strong women, soft hearts: A woman's guide to cultivating a wise heart and a passionate life*. Nashville, TN: Thomas Nelson.
- Rohr, R. (2004). *Adam's return: The five promises of male initiation*. New York: Crossroad.
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- Webb, H. P. (2002). *Redeeming Eve: Finding hope beyond the struggles of life*. Grand Rapids, MI: Baker.

Couples Counseling, Spring 2013

Name: _____

Required reading:

Allender, D. B., & Longman, T. (1999). *Intimate allies: Rediscovering God's design for marriage and becoming soul mates for life*. Wheaton, IL: Tyndale House.

I read _____% of this book.

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I read _____% of this chapter.

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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

Jason
Caleb
Emily
Lindsey

April 23rd & 30th

Shiju
Jeremy
Alina
Jane

April 16th & 23rd

James

Mary P.
Jen
Tim
Jimbo