



Graduate Counselling and Applied Psychology (GCAP) 654

Family Therapy: Theory and Practice (Revision 1)

Status: Replaced with new revision, see the [course listing](#) for the current revision

Delivery mode: [Paced study](#)

Credits: 3

Area of study: Counselling

Prerequisites: [GCAP 631](#), [GCAP 633](#) and [GCAP 671](#)

Precluded: None

Faculty: [Faculty of Health Disciplines](#)

Students with a disability, who require academic accommodation, need to register with the [Access to Students with Disabilities](#) Centre at Athabasca University. Notification of the need for academic accommodation must normally be provided to the program office **no later than**

Notes:

fourteen (14) days prior to the first day of class. It is the student's responsibility to register with the Disability Centre to request academic accommodation if required and to notify the instructor that such accommodation has been requested.

Every reasonable effort will be made to accommodate individual student needs. However, because GCAP courses are paced, all student are required to participate weekly in the online discussion forums. There are also several courses where online exams are required.

Overview

GCAP 654: Family Therapy – Theory and Practice provides a graduate-level introduction to major models of family therapy, invites students to reflect on their personal lives through the lens of family systems therapies, and requires students to apply family systems concepts to counselling situations (actual or simulated).

Outline

Unit 1

- Introduction to Couple and Family Therapy
 - Week 1

Unit 2

- Responsive Relationships in Couple and Family Therapy
 - Week 2

Unit 3

- Metatheoretical and Theoretical Perspectives
 - Week 3 Philosophical Foundations of Couple and Family Therapy
 - Week 4 Common Factors in Couple and Family Therapy
 - Week 5 The Individual in the Family Attachment, Emotions, and the Self

Unit 4

- Family Assessment, Case Conceptualization, and Intervention Planning
 - Week 6 The Family Life Cycle, Genogram, and Ecomap
 - Week 7 The IPscope and The Calgary Family Assessment Model (CFAM)
 - Week 8 Case Conceptualization in Couple and Family Therapy
 - Week 9 Assessment, Case Conceptualization, and Intervention: An Example

Unit 5

- Ethics in Couple and Family Therapy
 - Week 10

Unit 6

- Social Justice in the Therapy Room
 - Week 11

Unit 7

- Models of Couple and Family Therapy
 - Week 12

Unit 8

- Planning for Continuing Competence

Evaluation

To receive credit for GCAP 654, students must submit all of the course assignments. The passing grade for the course is B- (70%). The weighting of assignments is as follows.

The assessment structure for GCAP 654: Family Therapy: Theory and Practice is based on the following course activities, with the percentage weighting of each activity as indicated. Your final grade for the course will be a composite mark based on your performance in these course activities.



Activity	Weight
Participation in Online Discussions	10%
Assignment 1: Skills for Responsive Relationships with Families	30%
Assignment 2: Genogram and Family Life Cycle Analysis	30%
Assignment 3: Couple and Family Therapy Model Presentation	30%
Total	100%

Materials

All course materials are available online.

Important links

- › [Applicant Advising](#)
- › [Program Student Advising](#)

- › [Graduate Calendar](#) 
- › [Faculty of Graduate Studies](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

Opened in Revision 1, April 1, 2011

Updated August 13, 2024
