

SPD 671 Family Systems Theory
M.T.Th.F. 1:30-5 p.m., 1 cr hr / 1.5 ceu
January Intersession Week 3

Instructor Name	Robert Brumet
Office Hours	9-10 a.m. M-Th
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Required Texts	Bradshaw, J. (1996) Bradshaw On: The Family. Deerfield Beach FL: Health Communications, Inc. Friel, J. and Friel, L. (1990) Adult Children of Alcoholics: The Secrets of Dysfunctional Families. Deerfield Beach FL: Health Communications
Recommended Reading	Alpert, S. (2006) What To Do Until Enlightenment: Healing Ourselves...Healing the Earth. Hartford CT: Wolf Song Publishing. Satir, V. (1988) The New Peoplemaking. Mountain View CA: Science and Behavior Books. Whitfield, C. (1987) Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families. Deerfield Beach FL: Health Communications Inc.

Course Description

We are born and raised in a family system that taught us values, morals, and acceptable behavior. Studying our family of origin enables us to understand some of the complex, implicit agreements that were required of us at a very early age. As more is illuminated in the individual's background, the opportunity for making change is made possible. In this course, we explore the dynamics of family systems; study the characteristics of healthy and unhealthy family systems; and discuss the process of personal recovery from family system dysfunction.

Learning Objectives

Upon completion of this course, students will be able to:

1. Articulate the characteristics of a healthy and unhealthy family system.
2. Identify examples of unhealthy family behavior.
3. Discover and articulate their family of origin dynamics in systems terms.
4. Design a personal plan for healing and recovery from dysfunctional patterns derived from the family of origin and/or describe the recovery process one has already undergone in healing such patterns.

The above objectives partially fulfill the following outcomes for the Master of Divinity and Certificate programs:

1. Provide spiritual counsel, establish rapport, and communicate empathetically.
2. Perform pastoral care functions.

Class Schedule

Day	Date	Topic	Reading Assignment
Mon	1/19	Overview of Family Systems Healthy Family Systems	Bradshaw, J. (1988) Bradshaw On: The Family. Recommended: Satir, V. (1988) The New Peoplemaking.
Tue	1/20	Dysfunctional Family Systems	Recommended: Friel, J. and Friel, L. (1988) Adult Children of Alcoholics: The Secrets of Dysfunctional Families. Recommended: Wegscheider, D. (1979) If Only My Family Understood Me....
Thur	1/22	Dysfunctional Family Systems	Recommended: Friel, J. and Friel, L. (1988) Adult Children of Alcoholics: The Secrets of Dysfunctional Families. Recommended: Wegscheider, D. (1979) If Only My Family Understood Me....
Fri	1/23	The Process of Recovery	Recommended: Alpert, S. (2006) What To Do Until Enlightenment Recommended: Whitfield, C. (1987) Healing The Child Within.

Assignments for the Master of Divinity and Master of Arts program:

- Using terminology and frameworks from this course, write a paper, which describes your family of origin. Indicate the healthy and unhealthy characteristics of that family system. Describe what recovery process was/could be taken for yourself and for the family. (8-10 pgs/2.5- 3K words).
- Choose a family system from literature, history, film, the arts or the Bible. Using terminology and frameworks from this course, write a paper that describes the family dynamics and how these dynamics manifest themselves during the course of the story. Indicate the healthy and dysfunctional patterns that you observe. Describe how the characters in the story are impacted by the family dynamics. (8-10 pgs/2.5- 3K words)..

Grading

Assignment	Possible Points	Meets Learning Objective
Term Paper 1	100	1, 2, 3, 4
Term Paper 2	100	1, 2
Classroom Participation	50	2, 3, 4

Final Grade Determination:

225 -250 Points = A
 200 -224 Points = B
 175 -199 Points = C
 Below 175 = F

Assignments for the Certificate program:

1. Using terminology and frameworks from this course, write a paper that describes your family of origin. Indicate the healthy and unhealthy characteristics of the family system. Describe what recovery process was / could be taken for yourself and for the family. (8-10 pgs / 2.5- 3K words). Due 2/12/2007.

Grading

Assignment	Possible Points	Meets Learning Objective
Term Paper	100	1, 2, 3, 4
Classroom Participation	25	2, 3, 4

Final Grade Determination

115 - 125 Points = A
 100 - 114 Points = B
 85 - 99 Points = C
 75 - 84 Points = D
 Below 75 = F

Expectations of Students

Students are expected to come to the first class having read Bradshaw On: The Family, and prepared to discuss it. Students are expected to attend each class on time and appropriately participate in classroom activities.

Standards for Term Papers:

- Create a cover page that includes: Course name, instructor’s name, date due and your name.
- Do not use a folder or binder.
- Double space.
- Cite all direct quotes or references.
- Include a bibliography.
- Use APA standards for references and text citations.
- Number all pages.
- Indicate word count at end of paper.

Evaluation of the written assignment is based upon the following factors:

- Compliance with assignment parameters.
- Depth of knowledge and insight.
- Comprehensiveness of response.
- Clarity in communicating ideas.
- Coherence and organization of ideas.
- Grammar, sentence structure, spelling. (Relaxed for ESL students.)

Class Participation

A portion of the final grade is based upon classroom participation. This grade is based primarily on the quality of the student's participation in the classroom experience. It is the instructor's intention that every student participate in classroom discussions and activities.

Late Assignment Policy

Term papers received after the due date may be assessed a penalty of up to 5% per day.

Incomplete grades

Instructor has the option of assigning the grade of "I" (Incomplete) in situations involving serious illness or emergency. To receive the grade of Incomplete, a student must petition the instructor before the end of the course, stating the reasons for the incomplete grade. See student handbook for details.

Classroom Protocol

Please: a) be to class on time b) raise your hand if you have a question or comment
c) refrain from engaging in any behavior that could impair the quality of the educational experience for yourself or others.

Academic Honesty

Unity Institute assumes that all students desire to pursue their academic and transformational work with honesty and scholarly integrity. Cheating, plagiarism, facilitating academic dishonesty and misrepresentation of self or other students are prohibited. Students may seek the assistance from others as long as the student submitting the assignment is actually doing the work.

- If a faculty member discovers a student violating academic honesty the following penalty may be applied, depending upon the severity of the infraction:
 1. A reduced grade for the assignment.
 2. A grade of zero for the assignment.
 3. An "F" for the course.
 4. Remand the decision to the full faculty.
- A report will be sent to the faculty, the Dean, as well as kept in the student's permanent file.
- For further information about academic honesty, students are directed to review the Unity Institute Catalog and Unity Institute Student Handbook.

Special Concerns

If students have any special concerns and/or challenges that may affect their performance in this course, they are encouraged to speak with the instructor immediately so that any accommodations, if necessary, may be made.

Selected Bibliography

Adams, J. (Ed.) (1990) *Reclaiming the Inner Child*. Los Angeles: Jeremy Tarcher.

Beattie, M. (1989) *Beyond Codependency: and getting better all the time*. San Francisco: Harper & Row

Becvar, R. and Becvar, D. (1982) *Systems Theory and Family Therapy: A Primer*. Lanham MD: University Press.

Brown, B. (1999) *Soul without Shame: A Guide to Liberating Yourself from the Judge Within*. Boston: Shambala.

Friedman, E. (1985) *Generation To Generation: Family Process in Church And Synagogue*. New York: Guilford Press

Keyes, K. (1979) *A Conscious Person's Guide to Relationships*. Coos Bay OR: Living Love Publications.

Lasater, L. (1988) *Recovery from Compulsive Behavior: How to Transcend Your Troubled Family*. Deerfield Beach FL: Health Communications.

Lee, J. (1993) *Facing the Fire: Experiencing and Expressing Anger Appropriately*. New York: Bantam.

Love, P. (1990) *The Emotional Incest Syndrome: What to Do When a Parent's Love Rules Your Life*. New York: Bantam Books.

Satir, V. (1983) *Conjoint Family Therapy*. Palo Alto CA: Science and Behavior Books.

Schaefer, A. (1987) *When Society Becomes an Addict*. San Francisco: Harper & Row.

Whitfield, C. (1993) *Boundaries and Relationships: Knowing, Protecting and Enjoying the Self*. Deerfield Beach FL: Health Communications.

Woititz, J. (1983) *Adult Children of Alcoholics*. Pompano Beach FL: Health Communications.

Woititz, J. (1985) *Healing Your Sexual Self*. Deerfield Beach FL: Health Communications.

Woititz, J. (1989) *Struggle For... Intimacy*. Pompano Beach FL: Health Communications.

Young-Eisendrath, P. (1996) *The Resilient Spirit: Transforming Suffering into Insight and Renewal*. Reading MA: Addison-Wesley.

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