

HSC207.7 Understanding Systems & Families

Name of Subject 1 (Subject Code 1)

Understanding Systems and Families (HSC207.7)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

Associated higher education awards (for example, Bachelor, Diploma)	Duration (for example, one semester, full year)	Level (for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)	Subject Coordinator
Bachelor of Counselling	One Semester	2 nd or 3 rd Year	June Stankowski

1.2 Core or elective subject

Indicate if the subject is a

- core subject
- elective subject
- other (please specify below):

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1.3 Subject weighting

Using the table below, indicate the credit point weighting of this subject and the credit point total for the course of study (for example, 10 credit points for the subject and 320 credit points for the course of study).

Subject credit points Example: 10 credit points	Total course credit points Example: 320 credit points
6	144

1.4 Student workload

Using the table below, indicate the expected student workload per week for this subject.

No. timetabled hours per week*	No. personal study hours per week**	Total workload hours per week***
3	6	9

- * Total time spent per week at lectures, tutorials, clinical and other placements etc.
- ** Total time students are expected to spend per week in studying, completing assignments, etc.
- *** That is, * + ** = workload hours.

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: n/a hours per week

1.5 Delivery mode

Tick all applicable delivery modes for the subject:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

1.6 Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite subject for this subject?

- Yes No

If YES, provide details of the prerequisite or co-requisite requirements below.

Prerequisite: HSS100.5 Professional Communication Skills

1.7 Other resource requirements

Do students require access to specialist facilities and/or equipment for this subject (for example, special computer access, physical education equipment)?

Yes No

If YES, provide details of specialist facilities and/or equipment below.

SECTION 2 – ACADEMIC DETAILS

2.1 Subject Descriptor

Provide below a brief subject description, which includes a summary of the key content of the subject.

This subject examines Systems Theory and Family Therapy and explores how these practices have emerged. The purpose is to help students recognise philosophical and contextual influences, emerging processes and practices and the impact they have on family therapy today. This subject encourages students to develop personal awareness of their own family system. It also considers how an understanding of systems and families can be applied to counselling practice with the aim of encouraging a positive outcome for families. Finally it seeks to raise awareness of the impact of theological and cultural influences on families and family systems.

Learning outcomes for subject:
1. Explain the contemporary scholarship of systems theory and family therapy, including theological and cultural considerations.
2. Employ key skills from a number of counselling perspectives and modalities that will be useful for professional practice.
3. Analyse the students own family of origin and case specific contexts in the light of contemporary family systems models to inform future professional counselling practice.

Assessment tasks			
Type * (see examples noted below this table)	Learning Outcome/s assessed	When assessed – year, session and week (for example, year 1, semester 1, week 1)	Weighting (% of total marks for subject)

Six (6) online quizzes, two each assessing one of the three phases of systems theory and family therapy. Equivalent to 1250 words	1	Periodically throughout the Semester	25%
Essay. A coherent theological and cultural basis for understanding systems and families. 1,750 words	2	Year 3, semester 2, week 10	35%
Case study. Application of core knowledge and skills learned to a case study or the student's own family of origin, including use of a genogram. 2,000 words	1 & 3	Year 3, semester 2, week 14	40%

2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the subject.

Required textbooks
<p>Goldenberg, I., Stanton, M., & Goldenberg, H. (2017). <i>Family therapy: An overview</i>. (9th ed.). Cengage Learning.</p>
Recommended reference list:
<p>Almeida, R. V., Dolan-Del Vecchio, K., & Parker, L. (2008). <i>Transformative family therapy: Just families in a just society</i>. Pearson.</p> <p>Balswick, J. O. & Balswick, J. K. (2014). <i>The family: A Christian perspective on the contemporary home</i> (4th ed.). Baker Academic.</p> <p>Denborough, D. (2001). <i>Family therapy: exploring the field's past, present and possible futures</i>. Dulwich Centre Publications.</p> <p>Dallos, R., & Draper, R. (2014). <i>An introduction to family therapy: systemic theory and practice</i> (4th ed.). Open University Press.</p> <p>Doherty, W. J., & McDaniel, S. H. (2010). <i>Family therapy</i>. APA.</p> <p>Gilbert, R. M. (2004). <i>The eight concepts of Bowen Theory: A new way of thinking about the individual and the group</i>. Leading Systems Press.</p> <p>Goldenberg, H., & Goldenberg, I. (2012). <i>Family therapy an overview</i> (8th ed.). Cengage.</p> <p>Hughes, D. A. (2007). <i>Attachment-focused family therapy</i>. W. W. Norton.</p>

- Jordan, M. R., (1999). *Reclaiming your story: Family history and spiritual growth*. Westminster John Knox.
- Madsen, W. C. (2007). *Collaborative therapy with multi-stressed families* (2nd ed.). Guilford Press.
- McGoldrick, M., Gerson, R., & Petry, R. (2008). *Genograms: assessment and intervention* (3rd ed.). W.W. Norton.
- McGoldrick, M., & Hardy, K. V. (Eds.). (2008). *Re-visioning family therapy: Race, culture, and gender in clinical practice* (2nd ed.). Guilford Press.
- Reitzer, M. (2013). *Case conceptualisation in family therapy*. USA: Pearson Education.
- Walsh, W. M., & McGraw, J. A. (2002). *Essentials of family therapy: a structured summary of nine approaches* (2nd ed.). Love.
- White, M., & Morgan, A. (2006). *Narrative therapy with children and their families*. Dulwich Centre Publications.

Recommended journals:

Psychotherapy in Australia

Australian and New Zealand Journal of Family Therapy

Australian and New Zealand journal of family therapy (e-journal)

Developing Practice: the child, youth and family work journal (print +e-journal)

Family Matters