Metropolitan State University

HSCD 612: Family Counseling

A. Course Description

Credits: 3

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week:

MnTC Goals: None

This course provides an advanced survey of family systems theories and family therapies. Attention is given to evidence-based practices, particularly cognitive-behavioral interventions and therapies; this includes an overview of a variety of approaches that assist families in coping with substance use and co-occurring disorders. Students engage with cross-generational issues and multicultural considerations, and review social and practice trends as relevant to family therapy. Competence Statement: Students integrate knowledge of family systems theories into their understanding of substance use and co-occurring disorders service provision, and demonstrate counseling and psycho-educational skills utilized in the application of family systems therapies.

B. Course Effective Dates: 05/07/2019 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Integrate theory of and research on family systems theories and therapies, with particular emphasis on cognitive behavior therapy (CBT), into a framework for service provision.
2. Evaluate need for and literature on culturally responsive adaptations of family systems theories and their implementation within service settings.
3. Identify and develop educational resources that specifically support the implementation of evidence-based programs that foster recovery from substance use and co-occurring disorders, with sensitivity to cross-generational and multicultural family needs.
4. Demonstrate reflection of the healing process of family members from a systems perspective and one's own insight, as it applies to the leadership and facilitation style necessary to support the successful implementation of evidence-based programs.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None