

UNITED STATES INTERNATIONAL UNIVERSITY-AFRICA

SEMESTER:

COURSE SYLLABUS

PSY 3160: INTRODUCTION TO MARRIAGE AND FAMILY THERAPY

CREDIT: 3 UNITS

LECTURER:

COURSE DESCRIPTION

A comprehensive introduction to the field of marriage and family therapy including major MFT theories and approaches, career options, graduate school preparation, and future of the field.

COURSE OBJECTIVES

At the end of this course, the student will be able to:

- Define the concepts of marriage and family
- Appreciate the cultural diversity of marriages and families
- Appreciate the role of therapy in marriage and family conflicts
- Apply some of the gainful insights acquired during class discussions
- Understand their own sexuality and its dimensions on marriage and family relations
- Be motivated to join the graduate level of MFT.

COURSE CONTENT

Week 1: Ice breaking and Course Syllabus

Choices in Relationships: Chapter 1

- An introduction
- Marriage
- Family
- Differences between marriage and family changes in marriage and the family
- Choices in relationships
- Theoretical frameworks for viewing marriage and the family

Week 2: Gender in Relationships: Chapter 2

- Terminology of gender roles
- Theories of Gender Role Development
- Agents of Socialization
- Gender Roles in other societies
- Consequences of Traditional Gender Role Socialization
- Changing Gender Roles

Week 3: Love in Relationships

- Descriptions of Love
- Love in Societal context
- Theories on the origin of love
- How love develops in a new relationship
- Love as a context for problems
- Jealousy in relationships

Week 4: Hanging out, Pairing Off, and cohabitation

- Functions of hanging out in the USA
- Meeting a new partner
- Dating after divorce
- Cultural and Historical background of dating
- Cohabitation
- Ending unsatisfactory relationship

Week 5: Sexuality in Relationships

- Sexual Values
- Alternative Sexual Values
- Sexual double Standards
- Sources of Sexual Values
- Sexual Behaviours
- Sexuality in relationships
- Sexual fulfilment some prerequisites
- Sexual dysfunction of women
- Sexual dysfunction of men

Week 6: Single hood and Same Sex Relationships

- Single Lifestyle
- Single Parenthood
- International community living: Twin Oaks
- Same-Sex Relationship
- Gay Relationships
- Heterosexism, Homonegativity, Homophobia, and Biphobia
- Discrimination against Homosexual and Bisexual Relationships
- Coming out of Family Members

Week 7: Mate Selection

- Cultural aspect of Mate Selection
- Sociological Factors Operative in Male Selection
- Psychological Factors Operative in Male Selection
- Sociobiological Factors Operative in Male Selection
- Engagement
- Consider Calling Off the wedding if...

MID EXAMINATION**Week 8: Marriage Relationships**

- Motivation for the Functions of Marriage
- Marriage as a Commitment
- Changes after Marriage
- Racial and Cultural Marital Diversity
- Successful Marriages

Communication in Relationship

- The nature if interpersonal Communication
- Disclosure, Honesty, Privacy and lying
- Gender Difference in Communication
- Theories applied to Relationship Communication

- Conflicts in Relationships
- Five steps in Conflict Resolution

Week 9: Planning, Children and Contraception

- Do you want to have children?
- How many children do you want?
- Infertility
- Adoption
- Foster Parenting
- Contraception
- Abortion

Parenting

- Roles involved in parenting
- Choices Perspectives
- Transition to Parenthood
- Principles of Effective Parenting
- Gay Parenting Issues
- Approaches to Childbearing

Week 10: Balancing Work and Family Life

- Meanings of Money
- Dual- Earner Marriages
- Balancing Demands of Work and Family
- Balancing Work and Leisure Time and Family
- Barriers to Leisure

Stress and Crisis in Relationships:

- Personal Stress and Crisis Events
- Positive Stress Management
- Harmful Strategies
- Five Family Crises
- Marriage and Family Therapy

Week 11: Violence and Abuse in Relationships:

- Definitions of Violence/ physical Abuse and Emotional Abuse
- Explanations for Violence/ Abuse in Relationships
- Abuse in Dating Relationships
- Abuse in Marriage Relationships
- Effects of Abuse
- The Cycle of Abuse
- General Child Abuse
- Child Sexual Abuse
- Parent, Sibling, and Elder Abuse

Week 12: Divorcechap. 15 to be read on your own.

(To View and Discuss Video)

- Divorce: Legal Decree and Rates in the USA
- Macro Factors Contributing to Divorce
- Micro Factors Contributing to Divorce
- Consequences for Spouses who divorce

- Effects of Divorce on Children
- Conditions of a “Successful” Divorce
- Alternatives to Divorce
- Divorce Prevention

Week 13: Remarriage and Stepfamilies

- Remarriage
- Stepfamilies
- Strengths of Stepfamilies
- Women in Stepfamilies
- Men in stepfamilies
- Children in step families
- Developing task for step families

Aging in Marriage and Family Relationships

- Age and Ageism
- Care giving for the Elderly- The “Sandwich Generation”
- Issues Confronting the Elderly
- Successful Aging
- Relationships at Age 85 and beyond
- Grandparenthood
- The end of one life

Week 14: Final Examination

TEACHING METHODOLOGY

- **Through Lectures**
- **Class/group discussion**
- **Video analysis**

COURSE TEXT

Knox, D, & Schacht C,(2005) Choice in Relationships: An introduction to Marriage and Family. 8th ed, Thomsons, Wadsworth Ca, USA.

COURSE EVALUATION

2 Assignments	20%
Mid Semester	30%
Computer work	20%
Final Examination	30%
Total	100%

GRADING

90 - 100	A	64 - 66	D+
87 - 89	A-	62 - 63	D
84 - 86	B+	60 - 61	D-
80 - 83	B	0 - 59	F
77 - 79	B-		
74 - 76	C+		
70 - 73	C		
67 - 69	C-		

