

GROUP AND FAMILY PSYCHOTHERAPY -- PSYCHOLOGY 832  
Spring 2006  
10:20 - 1:00, Wednesdays at the Clinic

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Office Hours: 1:00 - 2:00 p.m., Wednesdays

Welcome! This course will focus on the theory and practice of group, family, and couple psychotherapy. You will have the opportunity to practice these therapy skills with clients. I expect you to attend class regularly and to complete all reading assignments before each class. I will use class time for lectures, discussions, videos, and class demonstrations of psychotherapy techniques.

*Requirements:*

*One exam.* You will receive a take-home final exam on Wednesday, April 26 and it is due back to me on Wednesday, May 10 by 5:00 PM. The exam is worth 100 points.

*One Written Project.* You can develop a scripted six-session or more group therapy manual for a population that you and the professor agree on. Alternatively, you can write a literature review and/or research proposal focused on some course topic that you and the professor agree on. Research papers are between 10 and 20 pages with 10 to 20 references or more. This project is due on Wednesday, April 26 and is worth 100 points.

*One Clinical Experience.* You will need to participate in at least one clinical experience. This could consist of group therapy, family therapy, couple therapy, or some other experience that you and the professor agree on. When needed, you will have individual and group supervision. This clinical work is worth 100 points.

*Grading:* I will calculate your final grade on your point total.

A = 279 – 300 (93-100%) A- = 270 – 278 (90-92%) B+ = 261 – 269 (87-89%)  
B = 240 – 260 (80-86%) C = 210 – 239 (70-79%) F = 000 - 209 (0-69%)

If you are a student with a disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

Honor Code. All students will follow the GMU Honor Code in this course. You can look at two websites to get more information:

<http://mason.gmu.edu/%7Emontecin/plagiarism.htm> and  
<http://www.gmu.edu/departments/unilife/honorcode.html>

## Class Schedule

### 1/25 Schemas for Group, Family, and Couple Psychotherapy

### 2/1 Relationship Skills

Gambrill, E. (1995). Helping shy, socially anxious, and lonely adults: A skill based contextual approach. In W. O'Donohue & L. Krasner (Eds.) *Handbook of psychological skills training: Clinical techniques and applications* (pp. 247-286). Boston: Allyn & Bacon.

### 2/8 Communication Skills

Young, M.E., & Long, L.L. (1998). *Counseling and therapy for couples*. Pacific Grove, CA: Brooks/Cole. Ch. 8. Treating communication problems: Issues and skills (pp. 137-160).

### 2/15 Love and Sexual Interactions

Gold, S.R., Letourneau, E.J., & O'Donohue, W. (1995). Sexual interaction skills. In W. O'Donohue & L. Krasner (Eds.) *Handbook of psychological skills training: Clinical techniques and applications* (pp. 229-246). Boston: Allyn & Bacon.

Hendrick, S., & Hendrick, C. (2002). Love. In C.R. Snyder & S.J. Lopez (Eds.) *Handbook of positive psychology* (pp. 472-484). London: Oxford University Press.

### 2/22 Marital Therapy

Baucom, D.H., Epstein, N., & Coop Gordon, K. (2000). Marital therapy: Theory, practice, and empirical status. In C.R. Snyder & R.E. Ingram (Eds.) *Handbook of psychological change* (pp. 280-308). New York: John Wiley & Sons.

Snyder, D. K., Castellani, A. M., & Whisman, M. A. (2006). Current status and future directions in couple therapy. *Annual Review of Psychology*, 57, 317-344.

### 3/1 Integrative Behavioral Couple Therapy

Wheeler, J.G., Christensen, A., & Jacobson, N.S. (2001). Couple distress. In D.H. Barlow (Ed.) *Clinical handbook of psychological disorders* (pp. 609-630). New York: Guilford.

### 3/8 Emotionally Focused Couple Therapy

Johnson, S.M., & Greenberg, L.S. (1998). The emotionally focused approach to problems in adult attachment. In N.S. Jacobson & A.S. Gurman (Eds.) *Clinical handbook of couple therapy* (pp. 121-141). New York: Guilford.

3/15 \*Spring Break\* No Class

3/22 Psychotherapy with Children and Families

Roberts, M.C., Vernberg, E.M., & Jackson, Y. (2000). Psychotherapy with children and families. In C.R. Snyder & R.E. Ingram (Eds.) *Handbook of psychological change* (pp. 500-519). New York: John Wiley & Sons.

3/29 Structural Family Therapy

Goldenberg, I., & Goldenberg, H. (2004). *Family therapy: An overview*. Pacific Grove, CA: Brooks/Cole. Ch. 9: The Structural Model (pp. 212-238).

4/5 Psychoeducational Family Therapy

Goldenberg, I., & Goldenberg, H. (2004). *Family therapy: An overview*. Pacific Grove, CA: Brooks/Cole. Ch. 15: Psychoeducational Family Therapy (pp. 356-376).

4/12 Comparative View of Family Theories and Therapies

Goldenberg, I., & Goldenberg, H. (2004). *Family therapy: An overview*. Pacific Grove, CA: Brooks/Cole. Ch. 19: Family Theories and Family Therapies (pp. 449-467).

4/19 Groups as Change Agents

Forsyth, D.R. (2000). Groups as change agents. In C.R. Snyder & R.E. Ingram (Eds.), *Handbook of psychological change* (pp. 309-336.). New York: John Wiley & Sons, Inc.

4/26 Interpersonal Group Psychotherapy

Kline, W.B. (2003). *Interactive group counseling and therapy*. Upper Saddle River, NJ: Merrill Prentice Hall. Ch. 7: The interpersonal approach and group theory summary (pp. 95-109).

\*Written Project due\*

\*Receive Exam\*

5/3 Group Leader Skills and Facilitation

Gladding, S.T. (2003). *Group work: A counseling specialty* (4th ed.). Upper Saddle River, NJ: Merrill Prentice Hall. Ch. 4: Effective group leadership (pp. 74-107). Ch. 5: Beginning a group (pp. 108-132).

5/10 \*Final Exam due\*