



Course Syllabus

Course name and code: PRT109 Family Counselling

Course name and code (Estonian): PRT109 Perenõustamine

Course name and code (Russian): PRT109 Семейное консультирование

Course value: 2 EAP

Goals of the course: To give an overview of emotional dynamics in family, family crises, and possible ways to help families in crisis.

Outcomes of the course: Upon completion of the course the student will have an understanding of the emotional family dynamics and the main typical family issues. The student will be aware of how their own emotional family background impacts the way they help others. The student will know how to possibly help families in crisis. The student will be able to assess his/her own competence and limits in helping families.

Content of the course: Family life cycle. Emotional family dynamics over three generations. Differentiating from the family of origin. The symptomatic cycle. Helper's possibilities and limits.

Evaluation method: Pass/Fail

Pre-requisites: -

Class and semester: Spring semester 2023

Course taught by: Dr. Maire Latvala

email address: maire_i@yahoo.com

Course Schedule:

Date: 21.01.2023 Hours: 6. Form of study: seminar.

Topics

- Explanation of terms, person's life span, religious development, developmental phases in family life.
- Emotional family dynamics.
- Family myths, legends, scripts.
- Genogram.

Date: 18.02.2023. Hours: 6. Form of study: seminar.

Topics

- The symptomatic cycle.
- Symptoms in children and adults within a family system: diseases, behavioural problems, drug addiction.

- Extrafamilial triangles.
- Divorce.
- Binuclear (blended) families.
- Helper as a tool – possibilities and limits. Introspection.

Assessment:

Requirements for receiving credit: Class participation at least 75% and completion of assignments according to the course syllabus.

Means of liquidating academic debts: Missing assignments must be submitted by the end of the semester (31.08.2023). Replacement assignments as required by the teacher.

All written assignments may be sent through the Ouriginal plagiarism detection system. If plagiarism is detected, the student may be required to rewrite the assignment. Plagiarism to a larger extent, may require the retaking of the subject. The student has the right to dispute the teacher's decision by appealing to the Rector's Council.

Required reading:

Choose one of the following:

„Abielu lihtsad tõesed“ / *Making Marriage Simple* / „Любовь на всю жизнь“ / „Ansaitsen rakkauden“ (Harville Hendrix & Helen La Kelly Hunt)

„Emotsionaalselt terve vaimsus“ / *Emotionally Healthy Spirituality* / „Tunneterve hengellisyys“ (Peter Scazzero)

Recommended reading:

(„Eluterve kärgpere käsiraamat“ (Katrín Saali Saul))

Assignment 1: Genogramm

Description: Draw your genogram of three generations, use relational symbols.

Length: A3 format or its equivalent.

Deadline: Bring to the class on February 18th.

Assignment 2: Reflection *My family background and how it impacts the way I work with people.*

Description: Write a self-reflection in an essay form, where you observe your family system over three generations. The reflection should be based on the topics covered in the seminars and have references to the required reading (one book from the list)

Length: 6-7 pages, *Times New Roman 12, double spaced.*

Deadline: 18.03.2023.

Evaluation criteria:

1. Class participation: 30%
The student has participated in most of the seminars. One seminar day = 15%
2. Genogram: 20%
The student presents his/her own genogram with correct symbols.
3. Reflection and engagement with required reading: 50%
The student has read one book from the required reading list and refers to it in their assignment. The essay is a combination of self-reflection regarding their family, topics covered in the seminars, and required reading. Content 40%, formatting 10%

To pass the course the student has to achieve at least 80%.