

## **Family Intervention Program**

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### **Description**

This course will incorporate the results of research, clinical experiences and scientific findings on the study of the family and the couples in Cuba. It will work with the concepts and practices of Family Therapy enriched substantially with new contributions, among others from Social and Health Psychology. These areas have introduced topics such as gender, violence, migration, transculturality, narratives and stories of life, which are significant topics within the study of the student' formation. This course seeks to provide a wide review of the central currents in systemic therapy as well as a deeper examination of the more recent constructionist practices and narratives.

### **Outcomes: Through this course the students will**

- Demonstrate an understanding from the perspective of psychological theory and methodology the changes in the current family;
- Demonstrate a basic ability to interact with families and couples from a complex approach that is holistic, procedurally and contextually sound;
- Be able to articulate various theoretical bases presented in the course, e.g. a theory of systems, social psychology and the complex approach.
- Demonstrate growth through reflection on their own family experiences, in understanding the human and the ethical dimensions of their intervention in the family groups and the couples, e.g. sensitivity, growth in self-knowledge, emotional maturity.

### **Topics**

- 1. The family as a complex unit of analysis.** Historical, evolutional and dynamics of the family as an institution and human group. Socio-psychological problems of the current family. The postmodern family. Cultural, legal, social, religious, historical, perspectives. Changes in the traditional family. Family diversities. The great challenges of the present day family.
- 2. An approach to the study of the family from psychological theories.** The transit from Individual Psychology to Family Psychology. First order cybernetics and second order cybernetics, the pragmatics of human communication, hermeneutics and constructionist models coming from a historical-cultural approach. Theoretical conceptual framework of the general theory of systems linked to social and health Psychology for the approach, study and relational understanding of families and couples in conflicts.
- 3. Family diagnostics and assessment.** Methods and techniques of assessment. Family interviews, life histories, standardized questionnaires. Graphic expression techniques. Family drawings, drawings in the family. Valuation scales. Indirect techniques, compositions, cloze tests. Genogram, echo-map, family map,

familygram, family coat of arms, photograph for my résumé. Content analysis of family photographs and the symbolic family heritage.

4. **Origins and characteristics of family therapy.** Contrast with individual and group therapy. Individual, group and family therapies. Similarities and differences. Brief history of Family Therapy (FT). Scope and limitations of FT. Indications and counterindications. Difficulties in teaching and learning about FT.
5. **Present models and systemic schools of therapeutic family and couple interventions** linked to contemporary Psychology. Conceptual bases and therapeutic intervention techniques. General characteristics of the principal FT schools. Different models of Diagnostics and Systemic Interview. Techniques of Systemic Family Therapy. Structural model. Strategic Model. Brief Therapy Model. Milan's Model. Solution oriented Brief Therapy Model. Intergenerational Model. (three meetings)
6. **Epistemological presuppositions of the Complex, Constructivist, and Social Constructionist, Paradigms.** More recent constructivist practices and narratives of FT. Postmodern Therapy.
7. **Couple Therapy.** Conceptual bases. Models, techniques and practices.
8. **Family Therapy and Gender Theory.** Gender and family. Critical thinking and feminist approaches.
9. **Families in Special situations.** Therapeutic approach. Dysfunctional Family. Specific strategies for change. Family and intra-familial violence. Family and addictions. Family and child sexual abuse. Family and disability.

## **Evaluation**

Required reading, active participation in role play, small group work and debates. Students will be evaluated on individual participation (15%), group work (35%), A synthesis and critical analysis of a Case Study demonstrating an understanding of the theories presented in the course (50%) must be handed in at the end of the course.

## **Bibliography**

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