



The Hebrew University of Jerusalem

Syllabus

THE FAMILY AS A SOCIAL UNIT - 3139

Last update 31-10-2019

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Social Work

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Dr. Ben Shahr

Coordinator Email: Ben.Shahr@mail.huji.ac.il

Coordinator Office Hours: Wednesdays 11:00-12:00

Teaching Staff:

Dr. Ben Shahar

Course/Module description:

This is an introductory course focusing on family structure and function. The course is based on two components: First, we will discuss sociological, historical, demographic, anthropological, and psychological processes related to family life, and second, we will discuss clinical aspects regarding the development of family conflict and emotional difficulties and their family-based treatment.

Course/Module aims:

The aim of this course is to provide knowledge on several aspects of family life. We are going to examine the cultural, sociological, and psychological factors that led to major changes in family structure and function during history. We are going to look at factors affecting romantic relationships, dating, co-habitation, marriage, parenting, and divorce. Finally, we are going to examine clinical processes: How conflicts emerge between romantic partners and between parents and children, and how clinicians go about helping couples and families resolve conflicts.

Learning outcomes - On successful completion of this module, students should be able to:

- At the end of this introductory course, student should be able to:*
- 1. Appreciate the influence of historical transitions on family development and on the role of family members.*
 - 2. Recognize the factors that affect healthy romantic relationship, and to understand what leads conflict and distress among couples.*
 - 3. Describe the treatment phases in emotion focused therapy for couples, and to identify the mechanisms of change in this treatment (i.e., how people actually change during successful treatment).*
 - 4. Describe different family structures according to the principles of structural family therapy (SFT), understand what causes family dysfunction according to SFT, and to demonstrate how SFT therapist would intervene in order to restructure dysfunctional family structures.*
 - 5. Describe how attachment-based family therapy (ABFT) conceptualizes the development of emotional difficulties among adolescents, and demonstrate how an ABFT therapist would intervene to help families overcome these difficulties.*

Attendance requirements(%):

100%

Teaching arrangement and method of instruction: Frontal lecture

Course/Module Content:

Course topics

- 1. Sociological, demographic, and cultural aspects regarding family structure and function.*
- 2. Romantic relationship, dating, co-habitation, and marriage.*
- 3. Why couples fight and how clinicians can help ameliorate relationship distress: Emotion focused therapy for couples.*
- 4. The structure of the family as a system: Examining how structural family therapy (SFT) conceptualize family dysfunction and this type of family therapy can be helpful.*
- 5. The role of the attachment system in family life: How can attachment theory can be used to understand family conflict and the development of emotional difficulties among adolescents. How family therapy that is based on attachment theory (attachment-based family therapy) can help families overcome their difficulties.*

Required Reading:

Appears on the syllabus course page in MOODLE

Additional Reading Material:

Appears on the course page in MOODLE

Course/Module evaluation:

End of year written/oral examination 70 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 10 %

Assignments 20 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

Additional information appears in the syllabus which can be found in the course Moodle page.