



The Hebrew University of Jerusalem

Syllabus

Intimate Relationships: Theory Research and Practice - 3147

Last update 22-08-2018

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Osnat Zamir

Coordinator Email: osnat.zamir@mail.huji.ac.il

Coordinator Office Hours:

Teaching Staff:

Dr. Zamir Osnat

Course/Module description:

What predicts successful marriages? How do traumatic relationships in childhood affect marital relationships in adulthood? Why do people tend to re-experience destructive violent relationships? And is it possible to avoid such patterns? How does everyday stress and traumatic stress affect communication between intimate partners? What defines destructive couple communication and why is it relevant to intimate partner violence and divorce? How can we identify communication patterns when working with couples? And what are the effective interventions for building constructive couple communication?

The course will address these and other issues related to intimate relationships. The course will present major theories and research on intimate relationships, and principles for clinical practice with couples through different perspectives, such as, psychodynamic, attachment, cognitive-behavioral, systematic framework, and more. Students will be provided with knowledge on classical and contemporary research in the field of marital relations. Special attention will be given to practical applications of theories when working with couples. Classes will incorporate a variety of pedagogical approaches in order to demonstrate theories and their application in therapy, including videos and case studies.

The course will provide a comprehensive understanding of processes between intimate partners and the factors underlying these processes, including intra-psychic, systematic, and environmental factors. The course will provide knowledge for clinicians who work or aim to work with couples, families, children, and adults.

Course/Module aims:

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

- 1. Students will acquire knowledge about theories, research, and practice in intimate relationships*
- 2. Students will learn how to conceptualize family processes by the application of key concepts from psychodynamic, behavioral, cognitive and systematic frameworks.*
- 3. Students will understand the interface between couples and extended family systems and ecosystems.*
- 4. Students will become knowledgeable about major theories and research that inform couples therapy approaches.*
- 5. Students will learn how to recognize patterns of behaviors, structure,*

intergenerational processes, and belief systems within intimate partners, and understand how different theories explain these patterns.

6. Students will acquire knowledge about the major theoretical approaches used by couple therapists.

7. Students will learn how to critically evaluate the validity of theories and the effectiveness of clinical interventions using empirical evidence

8. Students will develop the capacity to apply concepts, theories, and clinical principles learned in class in clinical cases.

Attendance requirements(%):

At least 80%

Teaching arrangement and method of instruction:

Course/Module Content:

Introduction - What defines intimate relationships and how do researchers study intimate relationships

Psychodynamic framework of intimate relationships

Basic concepts in object relations theory of intimate relationships

Psychodynamic psychotherapy with couples

Theory and research on attachment theory and intimate relationships

Application of attachment theory in emotion-focused therapy

Re-victimization of violent relationships: theory, research, and prevention

Behavioral approaches for marital systems

Couple communication: theory, research and behavioral assessment of couple communication

Principles of behavioral couples therapy

Attributions and marital relationships

Stress and the marital system

Transmission of emotions and stress across couples

Traumatic stress and secondary traumatization in couples

Required Reading:

Cascardi, M. (2016). From violence in the home to physical dating violence victimization: the mediating role of psychological distress in a prospective study of female adolescents. Journal of youth and adolescence, 45, 777-792

Dekel, R., & Monson, C. M. (2010). Military-related post-traumatic stress disorder and family relations: Current knowledge and future directions. Aggression and Violent Behavior, 15 (4), 303-309.

Fincham, F. D., & Beach, S. R. (2010). Marriage in the new millennium: A decade in

review. *Journal of Marriage and Family*, 72, 630-649.

Gottman, J. M., & Notarius, C. I. (2000). Decade review: Observing marital interaction. *Journal of Marriage and Family*, 62, 927-947.

Gurman, A. S. (Ed.). (2008). *Clinical handbook of couple therapy*. Forth edition. New York: Guilford Publications

Karney, B. R., & Bradbury, T. N. (2000). Attributions in marriage: State or trait? A growth curve analysis. *Journal of personality and social psychology*, 78, 295- 309.

Lavner, J. A., Karney, B. R., & Bradbury, T. N. (2016). Does Couples' Communication Predict Marital Satisfaction, or Does Marital Satisfaction Predict Communication? *Journal of Marriage and Family*, 78, 680-694.

Lavee, Y. (2013). Stress processes in families and couples. In G. W. Peterson & K. R. Bush (Eds.), *Handbook of marriage and the family*, 3rd edition (pp. 159-176). New York, NY: Springer.

Lavee, Y., & Ben-Ari, A. (2007). Relationship of dyadic closeness with work-related stress: a daily diary study. *Journal of Marriage and Family*, 69, 1021-1035.

Makinen, J. A., & Johnson, S. M. (2006). Resolving attachment injuries in couples using emotionally focused therapy: Steps toward forgiveness and reconciliation. *Journal of consulting and clinical psychology*, 74(6), 1055-1078.

Monson, C. M., Fredman, S. J., & Adair, K. C. (2008). Cognitive-Behavioral Conjoint Therapy for Posttraumatic Stress Disorder: Application to Operation Enduring and Iraqi Freedom Veterans. *Journal of clinical Psychology*, 64, 958-971

Neff, L. A., & Karney, B. R. (2007). Stress crossover in newlywed marriage: A longitudinal and dyadic perspective. *Journal of Marriage and Family*, 69, 594-607.

Roisman, G. I., Padrón, E., Sroufe, L. A., & Egeland, B. (2002). Earned-secure attachment status in retrospect and prospect. *Child Development*, 73, 1204-1219.

Willi, J. (1984). The Concept of Collusion: A Combined Systemic-Psychodynamic Approach to Marital Therapy. *Family process*, 23, 177-185.

Zamir, O., & Lavee, Y. (2014). Psychological mindedness as a protective factor against revictimization in intimate relationships. *Journal of clinical psychology*, 70, 847-859.

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Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 100 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 0 %
Assignments 0 %
Reports 0 %
Research project 0 %

Quizzes 0 %
Other 0 %

Additional information: