

## *The Hebrew University of Jerusalem*

### *Syllabus*

### *transgenerational - 3358*

*Last update 29-07-2021*

*HU Credits:* 4

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: Social Work*

*Academic year: 0*

*Semester: Yearly*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Miriam Schiff*

*Coordinator Email: [miriam.schiff@mail.huji.ac.il](mailto:miriam.schiff@mail.huji.ac.il)*

*Coordinator Office Hours: Wednesday 14:00-15:00*

*Teaching Staff:*

---

Prof Miriam Schiff

Course/Module description:

The practicum will focus on the treatment of individuals, couples or families based on family system theory of Murray Bowen . Like other family therapy theoretical models, this approach believes it is more appropriate to treat the family as a unit rather than as a collection of individuals. This approach sees a problem of an individual or of the whole family from an inter-generational perspective, finding the source of the problem in former generations. This approach basic assumption is that each family member struggles between the desire for bonding/cohesion with other family members versus the desire for separation. This tension creates anxiety and sometimes chronic anxiety which is a barrier for individual's development within the family as well as the growth of the family as a whole. The role of the therapist is to reduce this anxiety, among other things, by raising the differentiation of an individual or individuals within the family, self-reflection and taking personal responsibility (I-statements). The place of Bowen' therapeutic approach in different cultural and ethnic context will be discussed as well with reference to cases brought by the course participants.

Course/Module aims:

The course will be based on presentations of therapy sessions by each participant and formulating and conceptualizing the therapeutic process based on Bowen's and other family therapy conceptual models. The course will also examine the application of this approach among families seeking care of the social worker around specific problems such as addiction of one family member, domestic violence, trauma or marital crisis, or medical problem of one of the family members. It will also examine the weaknesses of the approach and the cases and context of which it is appropriate to incorporate other systemic approaches such as those that emphasize social and cultural contexts and their effects on the family.

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

At the end of this course, students will be able to deepen their understanding of the linkage between theory and actual practice of family therapy, develop an awareness to their clinical strategies and goals, and expand their repertoire of their clinical skills

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lecture, Asynchronous material,

Course/Module Content:

Basic concepts in Bowen's multi systemic trans-generational family therapy theory.

Family assessment

Couples with fusion relationships versus cutoffs

Family or individual therapy for individuals who experienced traumatic events according to Bowen's family therapy theory and other theories.

Treating other populations such as those who experienced family violence, drug addiction, disease or bereavement according to the cases that will be brought by the students;

Discussing Bowen's theory and its limitations in a multi-cultural and ethnic society.

Required Reading:

מאירס, י. (2011). המשגת מקרה. בתוך נ. מור, י. מאירס, צ. מרום, א. גלבוע-שכטמן (עורכים), טיפול קוגניטיבי-התנהגותי בילדים: עקרונות טיפוליים (עמ' 17-33). תל-אביב: דיונון.

Ballard, M. B., Fazio-Griffith, L., & Marino, R. (2016). Transgenerational Family Therapy: A Case Study of a Couple in Crisis. *The Family Journal*, 24(2), 109-113. doi:10.1177/1066480716628564

Brown, J., & Wright, J. (2010). Inviting each partner out of the fusion: Bowen Family Systems Theory and couple therapy. *The CAPA Quarterly*, 2, 17-20.

Erdem, G., & Safi, O. A. (2018). The cultural lens approach to Bowen family systems theory: Contributions of family change theory. *Journal of Family Theory & Review*, 10(2), 469-483. doi:10.1111/jftr.12258

Goff, B. S. N., & Smith, D. B. (2005). Systemic traumatic stress: The couple adaptation to traumatic stress model. *Journal of Marital and Family Therapy*, 31(2), 145-157. doi:10.1111/j.1752-0606.2005.tb01552.x

Kaplan, S. G., Arnold, E. M., Irby, M. B., Boles, K. A., & Skelton, J. A. (2014). Family systems theory and obesity treatment: Applications for clinicians. *ICAN: Infant, Child, & Adolescent Nutrition*, 6(1), 24-29. doi:10.1177/1941406413516001

Knauth, D. G. (2003). Family Secrets: An illustrative clinical case study guided by Bowen family systems theory. *Journal of Family Nursing*, 9(3), 331-344. doi:10.1177/1074840703255451

Kolbert, J. B., Crothers, L. M., & Field, J. E. (2012). Clinical interventions with adolescents using a family systems approach. *The Family Journal*, 21(1), 87-94. doi:10.1177/1066480712456826

Licht, C., & Chabot, D. (2006). The Chabot emotional differentiation scale: A theoretically and psychometrically sound instrument for measuring Bowen's intrapsychic aspect of differentiation. *Journal of Marital and Family Therapy*, 32(2), 167-180. doi:10.1111/j.1752-0606.2006.tb01598.x

MacKay, L. (2012). Trauma and Bowen family systems theory: Working with adults

---

who were abused as children. *Australian and New Zealand Journal of Family Therapy*, 33(3), 232-241. doi:10.1017/aft.2012.28

MacKay, L. M. (2017). Differentiation of self: Enhancing therapist resilience when working with relational trauma. *Australian and New Zealand Journal of Family Therapy*, 38(4), 637-656. doi:10.1002/anzf.1276

Murray, C. E. (2006). Controversy, constraints, and context: Understanding family violence through family systems theory. *The Family Journal*, 14(3), 234-239. doi:10.1177/1066480706287277

Sperry, L. (2005). Case Conceptualization: A Strategy for Incorporating Individual, Couple and Family Dynamics in the Treatment Process. *The American Journal of Family Therapy*, 33(5), 353-364. doi:10.1080/01926180500341598

van Ecke, Y., Chope, R. C., & Emmelkamp, P. M. (2006). Bowlby and Bowen: Attachment theory and family therapy. *Counseling & Clinical Psychology Journal*, 3(2), 81-81-108.

Wright, J. (2009). Self-Soothing — A recursive intrapsychic and relational process: The contribution of the Bowen theory to the process of self-soothing. *Australian and New Zealand Journal of Family Therapy*, 30(1), 29-41. doi:10.1375/anft.30.1.29

#### Additional Reading Material:

Additional reading material that is tailored to the specific case presentation will be distributed during the course.

#### Course/Module evaluation:

End of year written/oral examination 0 %  
Presentation 0 %  
Participation in Tutorials 0 %  
Project work 60 %  
Assignments 30 %  
Reports 10 %  
Research project 0 %  
Quizzes 0 %  
Other 0 %

#### Additional information:

Attendance in all classes is mandatory.

Throughout the course, the student will be required to treat three individuals, couples, or families based on Bowen or other family therapy theoretical framework.

- Maintaining a treatment diary for one client/family with records for all treatment sessions. The diaries will be submitted for feedback at the end of each semester. A total of 25 sessions should be submitted.
- Presentation of the treatment in class - Each student will present the treatment

---

*twice during the course using the diary excerpts.*

- *Mid-year exercise - will focus on a dilemma raised during the therapy sessions and its conceptualization in a theoretic model in family therapy (30%)*
- *Final paper will be submitted at the end of the academic year (60%)*
- *Submitting the treatment diary and presenting the cases in class are preconditions for submitting the final paper (10%)*