



The Hebrew University of Jerusalem

Syllabus

Couples therapy: between theory and practice in social work - 3987

Last update 17-04-2024

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: Dr Alon Aviram

Coordinator Email: alon.aviram1@mail.huji.ac.il

Coordinator Office Hours:

Teaching Staff:

Dr. alon aviram

Course/Module description:

This course delves into the multifaceted elements of the marital framework. The curriculum is bifurcated into two primary segments:

Comprehending the dyadic life cycle, diagnostic methodologies in couples therapy, and evaluative procedures.

Exploring advanced applications in couples therapy, including the utilization of genograms, and addressing relational conflicts and infidelities.

Course/Module aims:

Course Objectives: This course aims to provide a comprehensive understanding of the multifaceted dimensions of marital life. We will critically examine the evolution of marital relationships, influenced by cultural, sociological, and psychological determinants. Emphasis will be placed on the mechanisms that reinforce and transform marital ties, patterns of child-rearing and parenting, and the complexities associated with the dissolution of marriage. Furthermore, we will probe into the clinical perspectives, analyzing the underlying causes of conflicts within marital partnerships. The course will also review theoretical frameworks and interventions designed to assist couples navigating crisis situations.

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

Learning Outcomes: By the end of this course, students will have the ability to:

Articulate the systemic structure of families, with a particular emphasis on the integration of couple dynamics within this framework.

Comprehend the diagnostic procedures employed in couples therapy.

Elucidate and conceptualize the utilization of a Genogram as an instrumental tool in couples therapy.

Define and conceptualize the genesis of conflicts between spouses.

Attendance requirements(%):

Teaching arrangement and method of instruction:

Course/Module Content:

List of subjects / curriculum in the course:

Lesson 1: Introduction (08.05.2024)

Lesson 2: The marital life cycle (15.05.24)

Lesson 3: First session(22.05.24)

Lesson 4-5: Assessment in couples therapy(29.05.24, 05.06.24)

*Lesson 6-7: Using the Genogram in couples therapy
(19.06.24, 26.06.24)*

*Lesson 8-9: Expanding favorite stories (narrative therapy)
(03.07.24, 10.07.24)*

*Lesson 10: Dealing with conflicts and divorce
17.07.24*

*Lesson 11: Extramarital relationships
24.07.24*

Required Reading:

(08.05.2024)

*Gurman, A. S. (Ed.). (2008). Clinical casebook of couple therapy. Guilford Press.
1-15*

(15.05.24)

*Tobore T. O. (2020). Towards a Comprehensive Theory of Love: The Quadruple
Theory. Frontiers in psychology, 11, 862. <https://doi.org/10.3389/fpsyg.2020.00862>*

(22.05.24)

*Bor, R., Chaudry, S. & Miller, R. (2017). The first session with a new client: five
stages. In: Bor, R. & Watts, M. (Eds.), The Trainee Handbook: A Guide for
Counselling &
Psychotherapy Trainees. (pp. 269-294). Sage Publications Limited.*

(29.05.24, 05.06.24)

Gurman, A. S. (Ed.). (2008). Clinical casebook of couple therapy. Guilford Press.

16-23)

Lavee, Y. and Avisar, Y. (2006), *USE OF STANDARDIZED ASSESSMENT INSTRUMENTS IN COUPLE THERAPY: THE ROLE OF ATTITUDES AND PROFESSIONAL FACTORS*. *Journal of Marital and Family Therapy*, 32: 233-244.
<https://doi.org/10.1111/j.1752-0606.2006.tb01602.x>

(19.06.24, 26.06.24)

Stagoll, B. and Lang, M. (1980), *Climbing the Family Tree: Working with Genograms*. *Australian Journal of Family Therapy*, 1: 161-170.
<https://doi.org/10.1002/j.1467-8438.1980.tb00022.x>

(03.07.24, 10.07.24)

Gurman, A. S. (Ed.). (2008). *Clinical casebook of couple therapy*. Guilford Press. 229-231.

17.07.24

Vanhee, G., Lemmens, G.M.D., Stas, L., Loeys, T. and Verhofstadt, L.L. (2018), *Why are couples fighting? A need frustration perspective on relationship conflict and dissatisfaction*. *Journal of Family Therapy*, 40: S4-S23.
<https://doi.org/10.1111/1467-6427.12126>

Gurman, A. S. (Ed.). (2008). *Clinical casebook of couple therapy*. Guilford Press. 459-523.

24.07.24

Gurman, A. S. (Ed.). (2010). *Clinical casebook of couple therapy*. Guilford Press. 429-459.

Additional Reading Material:

- Gurman, A. S. (Ed.). (2010). *Clinical casebook of couple therapy*. Guilford Press.
- Simon, V.A., Aikins, J.W. and Prinstein, M.J. (2008), *Romantic Partner Selection and Socialization During Early Adolescence*. *Child Development*, 79: 1676-1692.
<https://doi.org/10.1111/j.1467-8624.2008.01218.x>
- Simpson, J.A. and Gangestad, S.W. (1992), *Sociosexuality and Romantic Partner Choice*. *Journal of Personality*, 60: 31-51.
<https://doi.org/10.1111/j.1467-6494.1992.tb00264.x>
- Devenport, S., Davis-McCabe, C. & Winter, S. *A Critical Review of the Literature Regarding the Selection of Long-Term Romantic Partners*. *Arch Sex Behav* (2023).
<https://doi.org/10.1007/s10508-023-02646-y>
- Vanhee, G., Lemmens, G.M.D., Stas, L., Loeys, T. and Verhofstadt, L.L. (2018), *Why are couples fighting? A need frustration perspective on relationship conflict and dissatisfaction*. *Journal of Family Therapy*, 40: S4-S23.
<https://doi.org/10.1111/1467-6427.12126>

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- Musick, K. and Bumpass, L. (2012), Reexamining the Case for Marriage: Union Formation and Changes in Well-being. *Journal of Marriage and Family*, 74: 1-18. <https://doi.org/10.1111/j.1741-3737.2011.00873.x>
 - Carr, D., Freedman, V.A., Cornman, J.C. and Schwarz, N. (2014), Happy Marriage, Happy Life? Marital Quality and Subjective Well-being in Later Life. *Fam Relat*, 76: 930-948. <https://doi.org/10.1111/jomf.12133>
 - Robles, T. F., Slatcher, R. B., Trombello, J. M., & McGinn, M. M. (2014). Marital quality and health: A meta-analytic review. *Psychological Bulletin*, 140(1), 140–187. <https://doi.org/10.1037/a0031859>
 - Wagner, S. A., Mattson, R. E., Davila, J., Johnson, M. D., & Cameron, N. M. (2020). Touch me just enough: The intersection of adult attachment, intimate touch, and marital satisfaction. *Journal of Social and Personal Relationships*, 37(6), 1945–1967. <https://doi.org/10.1177/0265407520910791>
 - Goldberg, S., Muir, R., & Kerr, J. (Eds.). (2000). *Attachment Theory: Social, Developmental, and Clinical Perspectives* (1st ed.). The Analytic Press, Inc.
 - Lebow, J.L. (2020), Editorial: The Systemic in Couple and Family Research and Couple and Family Therapy. *Fam. Proc.*, 59: 3-9. <https://doi.org/10.1111/famp.12529>

 - Aviram, A., & Nadan, Y. (2022). Online clinical supervision in couple and family therapy: A scoping review. *Family Process*, 61(4), 1417–1436. <https://doi.org/10.1111/famp.12809>
 - Aviram, A., & Nadan, Y. (2023). “I miss not being able to offer my couples a box of tissues...”: Couples’ and Therapists’ perspectives on the therapeutic Alliance with the transition to online couple therapy. *Family Process*. <https://doi.org/10.1111/famp.12853>
 - Caldwell, B. E., Bischoff, R. J., Derrig-Palumbo, K. A., & Liebert, J. D. (2017). Best Practices in the Online Practice of Couple and Family Therapy (pp. 1–18). AAMFT.
 - Carr, A. (2019). Couple therapy, family therapy and systemic interventions for adult-focused problems: the current evidence base. *Journal of Family Therapy*, 41(4), 492–536. <https://doi.org/10.1111/1467-6427.12225>
 - Davis, S. D., & Hsieh, A. L. (2019). What does it mean to be a common factors informed family therapist? *Family Process*, 58(3), 629–640. <https://doi.org/10.1111/famp.12477>
 - de Boer, K., Muir, S. D., Silva, S. S. M., Nedeljkovic, M., Seabrook, E., Thomas, N., & Meyer, D. (2021). Videoconferencing psychotherapy for couples and families: A systematic review. *Journal of Marital and Family Therapy*, 47(2), 259–288. <https://doi.org/10.1111/jmft.12518>
 - Doss, B. D., Roddy, M. K., Wiebe, S. A., & Johnson, S. M. (2022). A review of the research during 2010-2019 on evidence-based treatments for couple relationship distress. *Journal of Marital and Family Therapy*, 48(1), 283–306. <https://doi.org/10.1111/jmft.12552>
 - Doss, B. D., Simpson, L. E., & Christensen, A. (2004). Why do couples seek marital therapy? *Professional Psychology: Research and Practice*, 35(6), 608–614. <https://doi.org/10.1037/0735-7028.35.6.608>
 - Friedlander, M. L., Escudero, V., Heatherington, L., & Diamond, G. M. (2011). Alliance in couple and family therapy. *Psychotherapy (Chicago, Ill.)*, 48(1), 25–33.

<https://doi.org/10.1037/a0022060>

- Goldstein, S., & Thau, S. (2004). Integrating attachment theory and neuroscience in couple therapy. *International Journal of Applied Psychoanalytic Studies*, 1(3), 214–223. <https://doi.org/10.1002/aps.73>
- Gossner, J. D., Fife, S. T., & Butler, M. H. (2022). Couple healing from infidelity: a deductive qualitative analysis study. *Sexual and Relationship Therapy*, 1–22. <https://doi.org/10.1080/14681994.2022.2086231>
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- Gurman, A. S., & Fraenkel, P. (2002). The history of couple therapy: a millennial review. *Family Process*, 41(2), 199–260. <https://doi.org/10.1111/j.1545-5300.2002.41204.x>
- Hardy, N. R., Maier, C. A., & Gregson, T. J. (2021). Couple teletherapy in the era of COVID-19: Experiences and recommendations. *Journal of Marital and Family Therapy*. <https://doi.org/10.1111/jmft.12501>
- Helmeke, K. B., & Sprenkle, D. H. (2000). Clients' perceptions of pivotal moments in couples therapy: a qualitative study of change in therapy. *Journal of Marital and Family Therapy*, 26(4), 469–483. <https://doi.org/10.1111/j.1752-0606.2000.tb00317.x>
- Hertlein, K. M., & Earl, R. M. (2019). Internet-delivered Therapy in Couple and Family Work. In H. Weinberg & A. Rolnick (Eds.), *Theory and Practice of Online Therapy: Internet-delivered Interventions for Individuals, Groups, Families, and Organizations* (pp. 123–136). Routledge. <https://doi.org/10.4324/9781315545530-11>
- Johnson, S., & Lebow, J. (2000). The “coming of age” of couple therapy: a decade review. *Journal of Marital and Family Therapy*, 26(1), 23–38. <https://doi.org/10.1111/j.1752-0606.2000.tb00273.x>
- Johnson, S. M., & Denton, W. (2002). Emotionally focused couple therapy: Creating secure connections. 221–250.
- Johnson, S. M., & Greenberg, L. S. (1985). Emotionally Focused couples therapy: An outcome study. *Journal of Marital and Family Therapy*, 11(3), 313–317. <https://doi.org/10.1111/j.1752-0606.1985.tb00624.x>
- Jordan, K., & Fisher, U. (2016). History and future trends. In K. Jordan (Ed.), *Couple, marriage, and family therapy supervision*. Springer Publishing Company. <https://doi.org/10.1891/9780826126795.0001>
- Kysely, A., Bishop, B., Kane, R., Cheng, M., De Palma, M., & Rooney, R. (2019). Expectations and experiences of couples receiving therapy through videoconferencing: A qualitative study. *Frontiers in Psychology*, 10, 2992. <https://doi.org/10.3389/fpsyg.2019.02992>
- Lebow, J., & Snyder, D. K. (2022). Couple therapy in the 2020s: Current status and emerging developments. *Family Process*, 61(4), 1359–1385. <https://doi.org/10.1111/famp.12824>
- Machluf, R., Abba Daleski, M., Shahar, B., Kula, O., & Bar-Kalifa, E. (2021). Couples Therapists' Attitudes Toward Online Therapy During the COVID-19 Crisis. *Family Process*. <https://doi.org/10.1111/famp.12647>
- Nelson, T. S., & Sullivan, N. J. (2007). Couple therapy and addictions. *Journal of*

Couple & Relationship Therapy, 6(1-2), 45-56.

https://doi.org/10.1300/J398v06n01_05

- Peluso, P. R. (2007). *Infidelity: A Practitioner's Guide To Working With Couples In Crisis (Family Therapy and Counseling)* (1st ed., p. 352). Routledge.

<https://www.proquest.com/docview/2645822840/abstract/BB49A0D5B5D847F9PQ/1>

- Pinsof, W. M., & Catherall, D. R. (1986). The integrative psychotherapy alliance: family, couple and individual therapy scales. *Journal of Marital and Family Therapy*, 12(2), 137-151. <https://doi.org/10.1111/j.1752-0606.1986.tb01631.x>

- Improving couple interventions for underserved populations. In K. S. Wampler & L. M. McWey (Eds.), *The handbook of systemic family therapy* (pp. 511-531). Wiley.

<https://doi.org/10.1002/9781119438519.ch81>

- Rait, D. S. (2000). The therapeutic alliance in couples and family therapy. *Journal of Clinical Psychology*, 56(2), 211-224.

[https://doi.org/10.1002/\(sici\)1097-4679\(200002\)56:2<211::aid-jclp7>3.0.co;2-h](https://doi.org/10.1002/(sici)1097-4679(200002)56:2<211::aid-jclp7>3.0.co;2-h)

- Roddy, M. K., Rothman, K., Cicila, L. N., & Doss, B. D. (2019). Why do couples seek relationship help online? Description and comparison to in-person interventions. *Journal of Marital and Family Therapy*, 45(3), 369-379.

<https://doi.org/10.1111/jmft.12329>

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- Stith, S. M., Spencer, C. M., & Mittal, M. (2020). Couple Violence: In-Depth Assessment and Systemic Interventions. In K. S. Wampler (Ed.), *The handbook of systemic family therapy* (pp. 99-122). Wiley.

- Person of the therapist in couple and family therapy. In J. Lebow, A. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of couple and family therapy* (pp. 1-8). Springer International Publishing. https://doi.org/10.1007/978-3-319-15877-8_1058-1

- Sullivan, C., & Cottone, R. R. (2006). Culturally based couple therapy and intercultural relationships: A review of the literature. *The Family Journal*, 14(3), 221-225. <https://doi.org/10.1177/1066480706287278>

- Tambling, R. B., & Johnson, L. N. (2010). Client expectations about couple therapy. *The American Journal of Family Therapy*, 38(4), 322-333.

<https://doi.org/10.1080/01926187.2010.493465>

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<https://doi.org/10.1080/01926180590962147>

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 100 %

Additional information: