



UNIVERSITY OF BIAŁYSTOK

FACULTY OF EDUCATION

ACADEMIC YEAR 2021/2022

Course: Introduction to family system therapy	ECTS Points: 4
Course Code:	
Language: English	
Course description: Students will have a chance to get to know the basic therapeutic methods in terms of the main schools of family therapy: structural (S. Minuchin), Milan School (Selvini Palazzola) and strategic (J. Haley). They will study the stages and rules of conducting an initial interview with the family and creating diagnostic hypotheses in the form of the so-called "Family maps".	
Lecturer: dr hab. Beata Mirucka	
Semester: winter	Number of hours: 30
	Lecture: 15
	Classes: 15
Courses to be completed before enrolment to the course: general psychology	
Substantive content: <ol style="list-style-type: none">1. Family referring to the general theory of systems: system and system characteristics2. Stages of family life: challenges and development crises3. Phases of development of the reconstructed family4. Normative model of family functioning - structural family therapy according to Salvador Minuchin5. Techniques for solving family problems - strategic family therapy according to Jay Haley6. Therapist neutrality, circular questions and hypotheses of family functioning - Milan School7. Emotional processes in the family - family therapy according to Bowen8. The mourning process in the family9. Selected concepts from marital therapy10. The conduct of the first interview with family11. Family therapy after the first interview12. Basic techniques in working with the family13. Principles of genogram construction and interpretation	

Aim of the course: The aim of the course is to introduce to students the systemic approach to family phenomena and processes, as well as the various methods of working with the family.

Teaching methods: lecture and workshop activities

Literature:

1. Carr A. (2006). Family Therapy. Concepts, Process and Practice
2. Fryszer A., Schwing R. (2014). Handbook of Systemic Therapy

Forms and conditions of credit: knowledge test