

SYLLABUS
Faculty of Art and Science

Course Code	Course Title		Credits	ECTS Value
PSY 441	Family Therapy		(3-0-3)	6
Prerequisite Courses:	None			
Course Language:	English	Course Delivery Mode:	Face to face	
Course Type and Level:	Selective/4 th Year/Fall Semester			
Instructor's Title, Name, and Surname		Course Hours	Office Hours	Contact
Assist. Prof. Dr. Çağrı UTKAN		3	It will be shared by the course instructor.	cagriutkan@ca g.edu.tr
Course Coordinator:	Assist. Prof. Dr. Çağrı UTKAN			
Course Objectives				
Course Learning Outcomes	Upon successful completion of this course, the student will be able to;		Relations	
			Program Outcomes	Net Contribution
	1	Can describe the system and dynamics of the family structure.	1,4	5,5
	2	Explains the basic concepts of family therapy.	1,4	5,5
	3	Defines the differences between healthy and unhealthy family structures.	1,4	5,5
	4	Explains the basic psychotherapy theories used in family therapy.	1,4	5,5
	5	It can structure the family therapy process.	1,4	5,5
	6	Knows the techniques used in family therapy.	1,4	5,5
7				
Course Content:		In this course, it is aimed for students to gain awareness about family, family interactions and close relationships within the framework of family therapy theories and to apply this awareness to the problems that may arise within the family and the psychological problems that family members may experience. In this course, family life and gender issues will be discussed in the context of the relationship of the family as a system with the broader systems of culture and society. Additionally, intervention techniques will be discussed in the context of marital problems.		
Course Schedule (Weekly Plan)				
Week	Topic	Preparation		Teaching Methods and Techniques
1	Introduction, sharing course content and process			Lecture Method / Question and Answer
2	The evolution of family	Chapter 2*		Lecture Method
3	The fundamental concepts of family therapy	Chapter 4*		Lecture Method / Discussion
4	The stages of family therapy	Chapter 3*, Chapter 7**		Lecture Method / Case Study

5	Structural Family Therapy	Chapter 7*, Chapter 12**	Lecture Method / Case Study
6	Bowen Family Therapy	Chapter 2*	Lecture Method / Demonstration
7	Experiential Family Therapy	Chapter 8*, Chapter 10**	Lecture Method / Case Study
8	Midterm Exam		
9	Midterm Exam		
10	Solution-Focused Family Therapy	Chapter 12*, Chapter 14**	Lecture Method / Case Study
11	Narrative Family Therapy		Lecture Method / Case Study
12	Gottman Method Couples Therapy		Lecture Method / Case Study
13	Integrative Family Therapy	Chapter 14*	Lecture Method / Problem Solving
14	Fundamental techniques used in family therapy	Part 2*, Part 2**	Demonstration / Role-Playing
15	Case Studies	Part 2*, Part 2**	Case Study / Role-Playing
16	Review		Discussion / Question and Answer
17	Final Exam		
18	Final Exam		

Course Resources

Textbook:

Nichols, P. (2014). The Essentials of Family Therapy (6th edition). New Jersey: Pearson Education Inc. *

Gladding, S. T. (2015). Family Therapy: History, Theory and Practice (6th edition). Essex: Pearson Education Limited.**

Recommended References:

Dallos, R., Draper, R. (2010). An Introduction to Family Therapy: Systemic Theory and Practice (3th edition). Berkshire: Open University Press, McGraw Hill.

Course Assessment and Evaluation

Activities	Number	Percentile	Notes
Midterm Exam	1	40%	Test
Project	-	-	-
Assignment	5	0%	Assignments will be given only for skill acquisition.
Presentation	-	-	-
Portfolio	-	-	-
Final	1	60%	Test

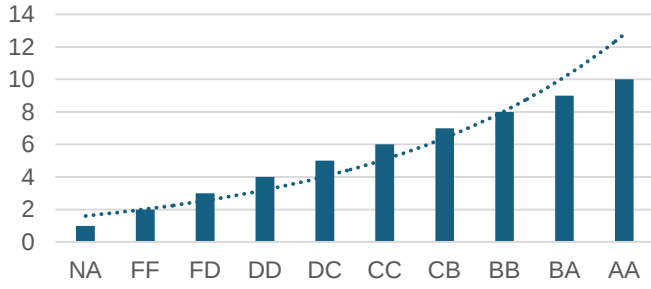
ECTS Table

Content	Number	Hours	Total
Course Duration	42	42	42
Out-of-Class Study	42	42	42
Assignment	25	25	25
Presentation	-	-	-

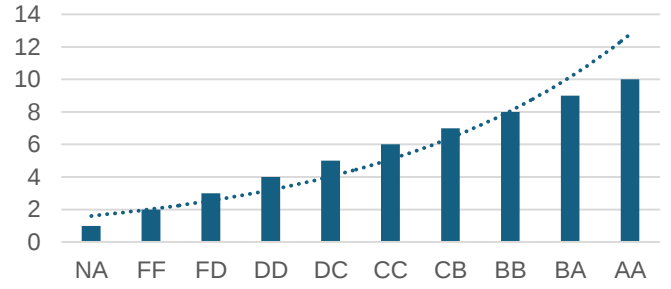
Project	-	-	-
Midterm Exam (Midterm Exam Duration + Midterm Exam Preparation)	35	35	35
Final Exam (Final Exam Duration + Final Exam Preparation)	36	36	36
Total:			180
Total / 30:			180/30=6
ECTS Credit:			6

Past Term Achievements

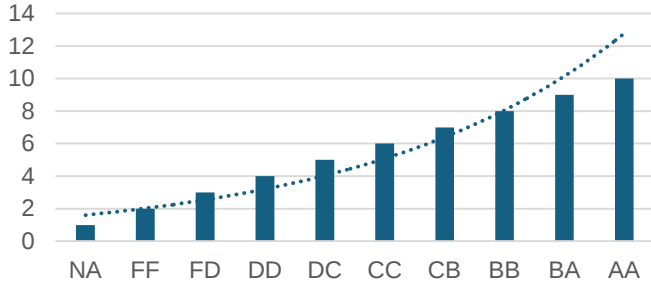
2024-2025 Fall Semester
Course Code and Name



2024-2025 Spring Semester
Course Code and Name



2025-2026 Fall Semester
Course Code and Name



2025-2026 Spring Semester
Course Code and Name

