WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Family Systems
COURSE NUMBER: PSY 319

I. COURSE DESCRIPTION

This course focuses on how families function as a system; aspects of assessment and treatment are also considered.

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about families and trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
The student will demonstrate an understanding of theoretical frameworks for family systems.

Learning Outcomes: The student will:

A-1 Identify key family theorists, such as:
   • Minuchin
   • Haley
   • Bradshaw
   • Bowen

GOAL B:
The student will demonstrate an understanding of families as a system.

Learning Outcomes: The student will:

B-1 Identify functioning styles common to many families.
B-2 Identify common family strengths and weaknesses.
B-3 Identify roles commonly played by family members.
B-4 Assess impact of roles upon all family members.

**GOAL C:**
The student will demonstrate an understanding of assessment procedures used with families.

**Learning Outcomes:** The student will:

C-1 Identify assessment procedures such as interviews and various needs-based assessment scales and genograms.
C-2 Recognize various family strength scales used to determine family functioning style.
C-3 Define the various types of support available for families such as informational, emotional or kinship.
C-4 Identify various social support scales used to determine existing an potential sources of support for families.
C-5 Demonstrate understanding of how family systems interact with community systems and society at large.

**GOAL D:**
The student will demonstrate an understanding of strategies for helping families.

**Learning Outcomes:** The student will:

D-1 Identify various models for helping and empowering families.
D-2 Compare and contrast the concepts of each model.

**GOAL E:**
The student will use appropriate written and oral communication skills.

**Learning Outcomes:** The student will:

E-1 Communicate information orally in a logical and grammatical manner.
E-2 Present written information using standard APA style.