

R.L. Weiss
Spring 1985

Psych. 532

BEHAVIOR CHANGE II
MARITAL, FAMILY, AND SMALL GROUP THERAPIES

SYLLABUS

I. INTRODUCTION AND HISTORICAL OVERVIEW: April 8th

Gottman, J.M. Marital interaction: Experimental investigations.
New York: Academic Press, 1979. Chapter 1 (Historical Traditions)

*Gottman, J.M. (1982). Temporal form: toward a new language for
describing relationships. Journal of Marriage and The Family, 44,
943-962.

*Jacobson, N. S. & Bussod, N. (1983). Marital and family therapy. In
Hersen, Kazdin, & Bellack (Eds.), The clinical psychology handbook.
New York: Pergamon Press. Pp. 611-630.

Olson, D.H., Russell, C.S. & Sprenkle, D.H. (1980). Marital and family
therapy: a decade review. Journal of Marriage and the Family, 42,
973-993.

Prochaska, J. & Prochaska, J. (1978). Twentieth century trends in
marriage and marital therapy. In T.J. Paolino and B.S. McCrady (Eds.)
Marriage and marital therapy. New York: Brunner/Mazel. Pp. 1-24.

*Stuart, R.B. (1980) Helping Couples Change. New York: The Guilford Press.
Pp. 1-15.

2. ASSESSMENT OF RELATIONSHIP FUNCTIONS: April 15th

*Emery, R.E. (1982). Interparental conflict and the children of discord
and divorce. Psychological Bulletin, 92, 2, 310-330.

Gottman, J.M. Marital interaction: Experimental investigations.
New York: Academic Press, 1979. Pp. 45-76.

*Haynes, S.N. & Chavez, R.E. (1983). The interview in the assessment of
marital distress. In E.E. Filsinger, (Ed.) A Source Book of
Marriage and Family Assessment. Beverly Hills: Sage. Pp. 23-43.

*Margolin, G. An interactional model for the behavioral assessment of
marital relationships. Behavioral Assessment, 1983, 5 2, 103-127.

Peterson, D.R. (1979). Assessing interpersonal relationships by means of
interaction records. Behavioral Assessment, 1, 221-236.

3. PSYCHODYNAMIC HERITAGE OF INTERPERSONAL BEHAVIOR CHANGE: April 22nd

Ables, E.S. & Brandsma, J.M. (1977). Therapy for Couples. San Francisco: Jossey-Bass.

*Meissner, W.J. (1978). The conceptualization of marriage and marriage disorders from a psychoanalytic perspective. In T.J. Paolino & B. McCrady (Eds.) Marriage and Marital Therapy. New York: Brunner/Mazel. Pp. 25-88.

*Sager, C.J. (1981). Couples therapy and marriage contracts. In A.S. Gurman & D.P. Kniskern (Eds.) Handbook of Family Therapy. New York: Brunner/Mazel. Pp. 85-130.

4. BEHAVIORAL APPROACHES TO DYADS AND FAMILIES: April 29th

Jacobson, N. S. & Margolin, G. Marital therapy: Strategies based on social learning and behavior exchange principles. New York: Brunner/Mazel, 1979.

*Jacobson, N.S. & Weiss, R.L. (1978). Behavioral marriage therapy: "The contents of Gurman et al., may be hazardous to our health." Family Process, 17, 149-164.

Weiss, R.L. (1978). The conceptualization of marriage from a behavioral perspective. In T.J. Paolino & B. McCrady (Eds.) Marriage and Marital Therapy. New York: Brunner/Mazel. Pp. 165-239.

*Margolin, G. (1981). The reciprocal relationship between marital and child problems. Advances in Family Intervention, Assessment and Theory, (Vol. 2), p. 131-182. JAI Press Inc.

5. COGNITIVE-BEHAVIORAL APPROACHES: May 6th

*Berley, R.A., & Jacobson, N.S. (1984). Causal attributions in intimate relationships: toward a model of cognitive-behavioral therapy. Advances in Cognitive-Behavioral Research and Therapy, (Vol. 3). New York: Academic Press. Pp. 1-60.

Weiss, R. L. Cognitive and behavioral measures of marital interaction. In K. Hahlweg & N. S. Jacobson (Eds.), Marital interaction: Analysis and modification. New York: Guilford Press, 1984. Pp. 232-252.

*Weiss, R.L. (1980). Strategic behavioral marital therapy: Toward a model for assessment and intervention. In J.P. Vincent (Ed.), Advances in Family Intervention, Assessment, and Theory. Greenwich, CO: JAI Press. Pp. 229-271.

Weiss, R.L. & Wieder, G. (1982). Marital distress. In A. Bellack, M. Hersen, & A. Kazdin, (Eds.) International handbook of behavior modification and therapy. New York: Plenum Press. Pp. 767-809.

6. SYSTEMS THEORY FORMULATIONS: May 13th

Olson, D.H., Sprenkle, D.H. & Russell, C.S. (1979). Circumplex model of marital and family systems: I. Cohesion and adaptability dimensions, family types, and clinical applications. Family Process, 18, 3-28.

*Olson, D.H., Russell, C.S. & Sprenkle, D.H. (1980). Circumplex model of marital and family systems: III. Empirical studies and clinical intervention. In J.P. Vincent, (Ed.), Advances in family intervention. (Vol. 1). Greenwich, CN: JAI Press. Pp. 129-179.

*Steinglass, P. (1978). The conceptualization of marriage from a systems theory perspective. In T.J. Paolino & B. McCrady (Eds.) Marriage and Marital Therapy. New York: Brunner/Mazel. Pp. 298-365.

7. SYSTEMS APPROACHES/GROUP AND INTERACTIONAL THERAPIES: May 20th

(A) Haley, J. (1963). Marriage therapy. Archives of General Psychiatry, 8, 213-234.

*Stanton, M.D. (1981). Strategic approaches to family therapy. In A.S. Gurman & Kniskern, D.P. (Eds.) Handbook of Family Therapy. New York: Brunner/Mazel. Pp. 361-402.

*Andolfi, M. (1979). Family therapy: An interactional approach. New York: Plenum. Pp. 1-13, 49-70.

(B)*Yalom, I.D. (1975). The theory and practice of group psychotherapy. (2nd ed.) New York: Basic books, Inc.

Moreno, J.L. & Elefthery, D.G. (1975). An introduction to group psychodrama. In G.M. Gazda (Ed.) Basic approaches to group psychotherapy and group counseling. (2nd ed.) Springfield, Ill.: Charles C. Thomas.

Rose, S.D. (1977). Group Therapy: A behavioral approach. Englewood Cliffs, NJ: Prentice Hall.

8. EVALUATION: PROCESS AND OUTCOME RESEARCH APPROCHES: May 27th*

*Baucom, D.H. (1983). Conceptual and psychometric issues in evaluating the effectiveness of behavioral marital therapy. In J.P. Vincent (Ed.), Advances in family intervention, assessment and theory: A reserch annual (Vol. 3). Greenwich, Connecticut: JAI Press. Pp. 91-117.

Jacobson, N. S. (1984). A component analysis of behavioral marital therapy: the relative effectiveness of behavior exchange and communication/problem-solving training. Journal of Consulting and Clinical Psychology, 52, 2, 295-305.

(8. EVALUATION: PROCESS AND OUTCOME RESEARCH APPROCHES: May 27th* Cont'd)

*Jacobson, N.S. & Follette, W.C., Revenstorf, D., Baucom, D.H. Hahlweg, K., and Margolin, G. (1984). Variability in outcome and clinical significance of Behavioral marital therapy: A reanalysis of outcome data. Journal of Consulting and Clinical Psychology, 52, 4, 497-504.

*Kniskern, D.P. & Gurman, A.S. (1981). Advances and Prospects for Family Therapy Research. In J.P. Vincent (Ed.), Advances in family intervention, assessment and theory (Vol. 2), p. 215-339. JAI Press Inc. Greenwich, Connecticut: JAI Press.

Pinsoff, W.M. (1981). Family therapy process research. In A.S. Gurman & Kniskern, D.P. (Eds.) Handbook of Family Therapy. New York: Brunner/Mazel. Pp. 699-741.

*Markman, H.J., Floyd, F. & Dickson-Markman, F. (1982). Towards a model for the prediction and primary prevention of marital and family distress and dissolution. In S. Duck (Ed.), Personal Relationships 4: Dissolving Personal Relationships, (Vol. 4), 233-261. New York: Academic Press.

*O'Leary, D.K. & Turkewitz, H. (1978). Methodological errors in marital and child treatment research. Journal of Consulting and Clinical psychology, 46, 747-758.

9. ETHICAL AND PROFESSIONAL ISSUES: June 3rd

Haley, J. (1977). Problem solving therapy. San Francisco: Jossey-Bass, Chaps. 7-8.

*Margolin, G. Ethical and legal considerations in marital and family therapy. (1982) American Psychologist, 37, 788-801.

*Widiger, T.A., & Rorer, L.G. (1984). The responsible psychotherapist. American Psychologist, 39, 5, 503-515.

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BEHAVIOR CHANGE II

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OBJECTIVES

This course will survey clinical theories and methods of behavior change whenever the target is (a) the marital relationship, (b) the family system or (c) the interactions of members within small therapy groups. Readings and discussions will focus on conceptual models supporting various forms of intervention and assessment technologies that may be associated with each.

There two major aims to the course: (a) To acquaint clinical students, as future clinicians, with some current approaches to behavior change from an interactional perspective --in contrast to the more typical focus on the individual as target of change), and (b) to examine the assumptions that underlie some of the specific clinical interventions that characterize interactional therapies either from an applied or from a research oriented perspective. Additionally we will address some specific clinical problems the treatment of which is best construed within the context of marital or family interactions, e.g., anorexia, alcoholism, adolescent acting out, etc.

ORGANIZATION

The course will consist of a single three-hour weekly meeting divided equally into (a) lecture/demonstration and (b) student presentations. The lecture material will draw upon the assigned and optional background readings as well as my own conception of these issues, e.g., examining assumptions about behavior change, illustrating clinical techniques, and discussing research issues.

Student presentations will be chosen from either an "Assessment" or "Clinical Problems" menu. Presentations from the Assessment menu of choices will cover techniques on assessment for some limited area of interactional therapy, e.g., measures of marital satisfaction, observational techniques, family assessment, etc. Presentations from the Clinical menu will present material on a specific clinical problem topic, e.g., depression, sexual dysfunction, alcoholism, etc., from the perspective of interactional therapies. The presentations will form the basis of a special interest paper which students will be able to obtain from members of the class. The papers will provide students with a useful compendium of material in the area of assessment and therapy of relationships.

EVALUATION

Grades will be based on two "midterm" take-home exams and the combination of class presentation and paper. (Exams will count 50% and the presentation-paper package will count the other 50%.) The take-home midterms will occur at midterm and during finals week and will be severely limited as to time and length of answers in order to prevent them becoming a major prelim. The exams will cover concepts, research findings where appropriate, comparisons among theories and techniques. Sample questions will be provided prior to each exam period.

MENUS

CLINICAL ASSESSMENT

Marital Satisfaction
 Sexual Dysfunction
 Family Assessment (General)
 Observational Methods (Couples,
 parent-child)
 Process or Outcome Measures
 Group Rx exercises
 Assessment interviews

 Your choice....

CLINICAL PROBLEM FOCUS

Acting-out adolescents
 Alcohol and drug dependency
 Anorexic/eating disordered families
 Depression
 Family abuse
 Incest
 Hypertension/Health related
 Sexual dysfunctions
 Schizophrenic families
 Your choice.....

Suggested possibilities for presentations schedule:

Class Topic:	Assessment	Problem
2. Assessment of Relationships	Marital Satisfaction Sexual dysfunction Assessment interviews	Sexual Dysfunction Hypertension/Health related
3. Psychodynamic Views	Family Assessment	Depression Incest Sexual Dysfunction
4. Behavioral Approaches	Observational Methods (Couples, parent-child) Marital Satisfaction	Acting-out adolescents Sexual Dysfunction Hypertension/Health Alcohol & Drug
5. Cognitive-Behavioral	Family Assessment Observational Methods (Couples, parent-child)	Process/Outcome Alcohol & Drug Depression Family Abuse Incest Sexual Dysfunction
6. Systems Theory	Family Assessment Assessment Interview Process or Outcome Measures	Schizophrenic Families Anorexic Depression Alcohol & Drug
7. Systems/Group Rx	Group Rx exercises Family Assessment Assessment interviews	Schizophrenic Families Anorexic Depression
8. Evaluation	Process or Outcome Sexual Dysfunction Family Assessment Observational Methods Couples, parent-child) Group Rx exercises Assessment interviews	Acting-out adolescents Alcohol and drug Anorexic/eating disordered families Depression Family abuse Incest Hypertension/Health related Sexual dysfunctions
9. Ethical Professional		Incest Sexual Dysfunctions