



CHRISTIAN HERITAGE COLLEGE

**CO383**

## **FAMILY RELATIONSHIP ISSUES**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

<b>Unit code</b>	CO383														
<b>Unit name</b>	Family Relationship Issues														
<b>Associated higher education awards</b>	Bachelor of Counselling														
<b>Duration</b>	One semester														
<b>Level</b>	Advanced														
<b>Core/elective</b>	Elective														
<b>Weighting</b>	Unit credit points: 10 Course credit points: 240														
<b>Delivery mode</b>	Face-to-face on site External														
<b>Student workload</b>	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td> <td>35 hours</td> </tr> <tr> <td>Reading, study and preparation</td> <td>55 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p><i>External</i></p> <table> <tr> <td>Engagement with study materials</td> <td>90 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>	Contact hours	35 hours	Reading, study and preparation	55 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>	Engagement with study materials	90 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>
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<b>Prerequisites/ co-requisites/ restrictions</b>	<p><i>Prerequisites</i></p> <p>60 credit points of Introductory Social Sciences units <i>including</i></p> <p>SO110 The Person of the Practitioner SO112 Introduction to Human Behaviour SO114 Foundational Interpersonal Skills</p> <p><i>Pre or Corequisite</i></p> <p>CO220 Development Through the Lifespan</p>														
<b>Rationale</b>	<p>Much of counselling work focuses on the person in relationship, especially in regards to family relationships as a primary relational context. Those in people-helping professions, therefore, must have an understanding of the theories and skills that underpin relationship counselling, as well as the kinds of issues that couples and families may face and seek help with.</p> <p>This unit focuses specifically on relational issues that people commonly face at different stages of their life span within a family context. It provides a broad overview of a range of family relationship issues which may be the focus of counselling for many people. Opportunity is also given for a preliminary consideration of counselling responses that may prove effective when counselling couples and families experiencing specific areas of need.</p> <p>The unit also provides opportunities for reflection on family relationships and issues in a counselling context from a Christian perspective.</p>														

<b>Prescribed text(s)</b>	Noller, P. & Karantzas. (Eds.). (2012). <i>The Wiley-Blackwell handbook of couples and family relationships</i> . Chichester, UK: Blackwell.
<b>Recommended readings</b>	<p><b>Books</b></p> <p>Anderson, S. A., &amp; Sabatelli, R. M. (2011). <i>Family interaction: A multigenerational developmental perspective</i> (5th ed.). Boston, MA: Allyn &amp; Bacon.</p> <p>Balswick, J. K., &amp; Balswick, J. O. (2007). <i>The family: A Christian perspective on the contemporary home</i> (3rd ed.). Grand Rapids, MI: Baker.<sup>1</sup></p> <p>Carr, A. (2012). <i>Family therapy: Concepts, process and practice</i> (3rd ed.). West Sussex, UK: Wiley.</p> <p>Caselman, T. &amp; Hill, K. (2014). <i>Working therapeutically with families: Creative activities for diverse family structures</i>.</p> <p>McGoldrick, M. (2011). <i>Genogram journey: Reconnecting with your family</i>.</p> <p>Nichols, M. P., &amp; Davis, S. (2017). <i>Family therapy: Concepts and methods</i> (11th ed.). Needham Heights, MA: Pearson Education Company.</p> <p>Rasheed, J., Rasheed, M., &amp; Marley, J. (2011). <i>Family therapy: Models and techniques</i>. Los Angeles, CA: Sage.</p> <p>Vangelisti, A. L. (2013). <i>The Routledge handbook of family communication</i> (2nd ed.). New York, NY: Routledge.</p> <p><b>Journals</b></p> <p><i>Australian and New Zealand Journal of Family Therapy</i></p> <p><i>Family Relations Journal of Marriage and the Family</i></p> <p><i>The Family Journal</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<b>Specialist resource requirements</b>	Nil
<b>Content</b>	<ol style="list-style-type: none"> <li>1. Theological perspectives on family and relationships</li> <li>2. The contemporary family; family diversity</li> <li>3. Models of family functioning</li> <li>4. Family life cycle development theory</li> <li>5. Basic skills and techniques for working with families</li> <li>6. Managing conflict</li> <li>7. Family life- Gender and sexuality; Parenting; Midlife and aging; Violence and abuse</li> <li>8. Family breakdown</li> <li>9. Sociological and multicultural perspectives on the family</li> <li>10. Ethical, legal and Christian worldview issues for working with families</li> </ol>

<sup>1</sup> Seminal text.

<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. identified and explained patterns of relating and personal beliefs concerning family and relationships;</li> <li>2. analysed major principles of healthy family relationships;</li> <li>3. identified and reflected on a broad variety of issues relating to family and relationship counselling;</li> <li>4. developed and applied responses and interventions to specific relational issues, especially those that are personally relevant;</li> <li>5. demonstrated awareness of ethical, legal, and Christian worldview dimensions of family relationship issues; and</li> <li>6. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.</li> </ol>
<b>Assessment tasks</b>	<p><b>Task 1: Reflective Essay</b></p> <p>Reflect on you own family situation (either your current family or your family of origin), using theoretical models of family functioning studied in this unit.</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 1-3, 6</p> <p>Assessed: Week 7</p> <p><b>Task 2: Case Study Analysis</b></p> <p>Analyse a given case study.</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 3-6</p> <p>Assessed: Week 10</p> <p><b>Task 3: Research Essay</b></p> <p>Examine one topic covered in the unit, discussing the theory and skills that would inform your professional approach to working with an individual, couple, or family experiencing this particular issue.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Week 16</p>
<b>Unit summary</b>	<p>This unit focuses specifically on the issues that people commonly face at different stages of their life span, and provides a broad overview of a range of relationship issues which may be the focus of counselling for many people in our community. A preliminary consideration is also given to effective counselling responses for working with families and relationship issues.</p>