SOC 394 Introduction to Marriage and Family Therapy

Instructor Information
Name: Dr. Thom Curtis
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Biography: Dr. Thom Curtis is a licensed Marriage and Family Therapist in both Hawaii and Utah. He is a Clinical Member of the American Association of Marriage and Family Therapy and has been recognized as a Certified Family Life Educator by the National Council on Family Relations. He has received awards for service to the profession from the American Red Cross for his work around the country following major catastrophes as a Disaster Mental Health Specialist and from the International Association of Marriage and Family Counselors for his work on that organization's ethics committee. He has twice served as president of the Hawaii Association for Marriage and Family Therapy. In 1999, Dr. Curtis received the "Friend of the Family Award" for his efforts with the state legislature and the governor to pass legislation creating licensure for Hawaii's MFTs. He has had numerous articles published in leading scientific journals and has made research presentations around the country at meetings of the American Association for Marriage and Family Therapy, the American Psychological Association, the National Conference on Family Relations, and the American Counseling Association.

Course Information
Course title: Introduction to Marriage and Family Therapy
Course number: SOC 394
Course discipline: Sociology
Course description: Students in this course will be introduced to the newest of the recognized mental health professions, Marriage and Family Therapy. In addition to learning about the history and development of the profession, participants will be introduced to skills used by Marriage and Family Therapists to help individuals, couples and entire families deal with psychological, emotional and behavioral problems. In addition to learning the systems theory on which this mental paradigm is grounded, students will view video tapes of leading therapists
working with families and couples, demonstrating the range of techniques used by family therapists.

Course date:  Monday, January 12, 2004 through Thursday, May 13, 2004
Location:  WebCT

**Course Goals**

Course goals:  Each student should be familiar with the basic theories on which Marriage and Family Therapy are grounded. They will have a clear understanding how Marriage and Family Therapy differs from and is similar to other mental health professions. They will be exposed to some of the skills and techniques used by Marriage and Family Therapists. They will understand that this course is a very basic introduction to the subject and that it does not qualify them to use the skills and techniques demonstrated during the semester.

**Course Requirements**

Introduction:  This course will be taught entirely online using UH's WebCT technology. This course consists of sixteen modules. Fifteen of these are learning modules. The sixteenth is a combined learning and final exam module. The videos will be available for viewing online. It is recommended that students use high speed internet connections for best audio and video transmission. The first time videos are viewed, students will be instructed how to download and install the player.

Requirements:  Each module includes an assigned reading and a video. A worksheet assignment which students will complete while reading the text and watching the videos. Some modules will vary from this format. For example, in Module #2, students will be asked to evaluate their own families based on an assigned reading. Assignments will be due by 11:55 PM on the Monday following the week for which that module was assigned. Assignments may be turned in late for up to ten days following the due date. Assignments over ten days late will not be accepted without a legitimate excuse. Late assignments will be penalized 10% per day they are late unless the student provides an acceptable reason for the tardiness of the assignment.

**Textbooks**


**Grading**

Grading:  Each module, including the final will be worth a maximum of 50 points. Late assignments will be accepted up to ten days after the due date. Late assignments will be penalized 10% for each day tardy unless the student provides an acceptable excuse.

Grades:  
A = > 93%  A- = 90-93%  B+ = 87-89%  B = 83-86%  B- = 80-82%  C+ =
77-79% C = 73-76% C- = 70-72% D = 60-69% F = <60%

**WARNINGS**

**Warning #1:** The material contained in this course may generate emotional reactions in some students. This is particularly true if they were raised or are currently living in dysfunctional families. If you begin to feel any changes in your emotions such as feeling depressed, agitated or anxious, have trouble sleeping at night, or notice differences in your eating patterns or have digestive difficulties, these may be signs that the class is having an emotional impact on you. If you experience these or other bothersome changes, please talk to Dr. Curtis or some other mental health professional.

**Warning #2:** One introductory class in Marriage and Family Therapy does not a Marriage and Family Therapist make. The course offers only the briefest of introductions of the skills and techniques learned by Marriage and Family Therapists during their two or three additional years of college and two or three years of supervised work after they have obtained their Master's degree. Please don't deceive yourself into believing you are competent to use the skills and techniques you have been exposed to this semester. If you do, you are taking very serious risks of harming the people you are "counseling" and placing yourself at possible criminal and civil jeopardy.