

Course Syllabus
Contemporary Family Therapy & Spiritual Care
Regis College, Toronto School of Theology
Winter, 2017
(Offered Every Second Year)

Course Identification

Course Number: RGP3565 & RGP6565
Course Name: **Contemporary Family Therapy and Spiritual Care**
Campus: St. George
Telephone: General (416) 922-5474
E-mail: desmond.buhagar@utoronto.ca
Office Hours: By appointment

Instructor Information

Instructor: Desmond Buhagar, S.J., RP, Ph.D.
E-mail: desmond.buhagar@utoronto.ca

Course Prerequisites or Requisites

None, however, prior course work or clinical experiencing in counselling and spiritual care an asset.

Course Description

This interdisciplinary course will examine a wide range of family systems therapies and spiritual care issues, with introductory exposure to: Intergenerational (Bowen, McGoldrick); Contextual (Böszöményi-Nagy); Milan Systemic (Boscolo, Cecchin, Hoffman); Structural (Minuchin), Strategic (Haley, Madanes) Experiential Family Therapies (Whittaker, Satir), Narrative & Solution-Focused Family Therapies (White, DeShazer), Emotionally-Focused (Johnson, Greenberg). Whether directly engaged in family therapy or not, systemic conceptualization – with origins in the work of Gregory Bateson – reflects an essential theoretical bridge between the Analytic and Postmodern Schools.

This enriched, theoretical and practical course (3-credit hours) is designed to fulfill the course requirements for the College of Registered Psychotherapist of Ontario (CRPO), the Canadian Association for Spiritual Care (CASC), and the American Association for Marriage and Family Therapy (AAMFT). Theological and spiritual reflection in multicultural contexts is encouraged. Lectures, class discussions, practice counselling and interviewing, instructional videos, reflection papers, final paper (AD).

Course Methodology

The course will be comprised of lectures, discussions on assigned readings, reflection papers, clinical interviewing exercises, and a final research paper (AD).

Course Outcomes

Course Objectives

BD/3000 Level Students will be able to:

- 1) To acquire a **basic grasp** of the major modalities of family systems therapy from both a theoretical and intervention standpoint.
- 2) To **make useful links** between these theories and practices and how they may be interpreted through the lenses of sacred scriptures, pastoral theology, and spiritual care.
- 3) To **reflect upon oneself**, in terms of how one's own family experience may be interpreted through these various theoretical and philosophical perspectives.
- 4) To **consider one's past and present clinical practice** and how these theories and practices may be used to enhance one's clinical effectiveness.
- 5) To **engage in classroom exercises** designed to concretize the modalities and make them more available for practical use.

At the AD/6000 Level students will be able to:

- 1) To **acquire a depth understanding** of the major modalities of family systems therapy from both theoretical and intervention perspectives.
- 2) To **explore significant links** between these theories and practices and how they may be interpreted through the lenses of sacred scripture, pastoral theology, and spiritual care.
- 3) To **reevaluate, with greater sophistication**, one's past and present clinical practice and how these theories and practices may be used to enhance one's clinical effectiveness.
- 4) To **reflect upon oneself and gain greater self-mastery** with respect to one's own family experience in order to enhance one's clinical effectiveness.
- 5) To engage in **classroom exercises** with one's peers by taking a **greater leadership role** in the use of these modalities, making them more available for practical use.

Course Resources

Required Course Texts

- Linda Metcalf (Editor), *Marriage and Family Therapy A Practice-Oriented Approach* (Springer 2011).
- *Spiritual Resources in Family Therapy*, 2nd. Edition. Edited by Froma Walsh, New York: Guilford, 2009.
- A variety of additional peer-reviewed journal articles.

Course Website(s)

- Blackboard <https://weblogin.utoronto.ca/>

This course uses Blackboard for its course website. To access it, go to the UofT portal login page at <http://portal.utoronto.ca> and login using your UTORid and password. Once you have logged in to the portal using your UTORid and password, look for the **My Courses** module, where you will find the link to the website for all your Blackboard-based courses. (Your course registration with ROSI gives you access to the course website at Blackboard.) Note also the information at:

<http://www.portalinfo.utoronto.ca/content/information-students>. Students who have difficulty accessing Blackboard should ask their Registrar for further help.

- Personal Website: http://www.regiscollege.ca/faculty/desmond_buhagar

Evaluation

Requirements

Basic Degree (3000)

Students will be required to complete:

- 1) **Ten Reflection Papers** (2 pages each) (50%) (see schedule). A numerical mark out of 100 for each.
- 2) **Class Participation**, attendance, punctuality (10%).

Reflection Papers and Final Paper will be graded using the following guide:

- 1) Clarity, Conciseness, and Fidelity to Chicago Manual Style. (16th edition, 2010, and other Instructions (25%)
- 2) Accuracy & Critical Thinking Ability (25%)
- 3) Creativity and Scope (25%)
- 4) Pastoral and Spiritual Reflection and Integration (25%):

TOTAL 100%

+++++

Advanced Degree (6000)

Students will be required to complete:

- 1) **Five Reflection Papers** (2 pages each) (50%) (see schedule). A numerical mark out of 100 for each.
- 2) **Final Research Paper:** 12-15, maximum (40%). Students will be docked 5% for every day that papers are late, except in the case of documented medical reasons or emergencies.
- 3) **Class Participation**, attendance, punctuality (10%).

Reflection Papers and Final Paper will be graded using the following guide:

- 1) Clarity, Conciseness, and Fidelity to Chicago Manual Style. (16th edition, 2010), and other formatting instructions (25%)
- 2) Accuracy & Critical Thinking Ability (25%)
- 3) Creativity and Scope (25%)
- 4) Pastoral and Spiritual Reflection and Integration (25%):

TOTAL 100%

+++++

Grading System

A+	(90-100)
A	(85-89)
A-	(80-84)
B+	(77-79)
B	(73-76)
B-	(70-72)
Failure	(69 and below)

Please see the appropriate handbook for more details about the grading scale and non-numerical grades (e.g. SDF, INC, etc).

Late work (BD & AD). No late Reflection Papers accepted unless for documented medical reasons or emergencies. My policy regarding late Final Research Papers (AD) is a 5% reduction per-day, up to a maximum of three days. After three days, accepting any assignment is strictly at the discretion of the professor, and will usually result in a "0" or Failure (FZ) for the item(s) in question. All situations of genuine disability are considered in grading, provided the student provides either physician's note explaining the situation, or is duly registered with the University of Toronto's Accessibility services <http://www.accessibility.utoronto.ca/>.

Course grades. Consistent with the policy of the University of Toronto, course grades submitted by an instructor are reviewed by a committee of the instructor's college before being posted. Course grades may be adjusted where they do not comply with University grading policy or college grading policy. <http://www.governingcouncil.utoronto.ca/policies/grading.htm>

Policies

Accessibility. Students with a disability or health consideration are entitled to accommodation. Students must register at the University of Toronto's Accessibility Services offices; information is available at <http://www.accessibility.utoronto.ca/>. The sooner a student seeks accommodation, the quicker we can assist.

Plagiarism. Students submitting written material in courses are expected to provide full documentation for sources of both words and ideas in footnotes or endnotes. Direct quotations should be placed within quotation marks. Failure to document borrowed material constitutes plagiarism, which is a serious breach of academic, professional, and Christian ethics.

An instructor who discovers evidence of student plagiarism is not permitted to deal with the situation individually but is required to report it to his or her head of college or delegate according to the TST *Basic Degree Handbook* (linked from <http://www.tst.edu/content/handbooks>) and the University of Toronto *Code of Behaviour on Academic Matters* <http://www.governingcouncil.utoronto.ca/AssetFactory.aspx?did=4871>.

Students will be assumed to have read the document "Avoidance of plagiarism in theological writing" published by the Graham Library of Trinity and Wycliffe Colleges (http://www.trinity.utoronto.ca/Library_Archives/Theological_Resources/Tools/Guides/plag.htm).

Other academic offences. TST students come under the jurisdiction of the University of Toronto Code of *Behaviour on Academic Matters* <http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>).

Back-up copies. Please make back-up copies of essays before handing them in.

Obligation to check email. At times, the course instructor may decide to send out important course information by email. To that end, all students are required to have a valid utoronto email address. Students must have set up a utoronto email address which is entered in the ROSI system. Information is available at www.utorid.utoronto.ca. The course instructor will not be able to help you with this. 416-978-HELP and the Help Desk at the Information Commons can answer questions you may have about your UTORid and password. *Students should check utoronto email regularly* for messages about the course. **Forwarding** your utoronto.ca email to a Hotmail, Gmail, Yahoo or other type of email account is not advisable. In some cases, messages from utoronto.ca addresses sent to Hotmail, Gmail or Yahoo accounts are filtered as junk mail, which means that emails from your course instructor may end up in your spam or junk mail folder.

Email communication with the course instructor. The instructor aims to respond to email communications from students in a timely manner. *All email communications from students should be sent from a utoronto email address.* Email communications from other email addresses are not secure, and also the instructor cannot readily identify them as being legitimate emails from students. The instructor is not obliged to respond to email from non-utoronto addresses.
