HB483

RELATIONSHIPS AND FAMILY 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.
Unit Name | Relationships and Family Issues
---|---
Unit Code | HB483
Award | Graduate Certificate in Couple Counselling
| Master of Counselling
Credit Points | 10
Core/Elective | Core - Graduate Certificate in Couple Counselling
Pre/co-requisites | 50 credit points of Counselling units - Master of Counselling
Modes | Internal
| External
Delivery/Contact hrs | Internal
Lectures and Tutorials | 39 hours
Reading, study and preparation for lectures | 39 hours
Assignment preparation | 52 hours
TOTAL | 130 hours
External
Engagement with study materials | 78 hours
Assignment preparation | 52 hours
TOTAL | 130 hours
Teaching Staff | Phil Henry
Unit Rationale | Many of the problems that bring people to counselling are issues arising from their relationships, which are an essential part of being human. Those in the people-helping profession must therefore have an understanding of the theories that bring understanding to the various aspects of the person in relationship, as well as the types of issues that couples and families face, for which they may require counselling or related support.

This unit provides opportunity for students not only to examine and analyse the issues which people commonly face at different stages of the life span, but to also reflect on their own family dynamics and the implications of a Christian worldview on relationship and family functioning. Opportunity is also given for critical reflection on various counselling and ethical responses and the current research on these topics.

Learning Outcomes:
On completion of this unit students will have provided evidence that they have:

1. Identified and analysed a broad variety of issues relating to family and relationship functioning and counselling;
2. Critically reflected on personal beliefs concerning family and relationships as foundational to the development and evaluation of appropriate responses to specific issues;
3. Reflected on influence that their own life stage and family of origin patterns of relating has on the student’s counselling practice;
4. Examined and analysed the theories and research that define healthy relationships;
5. Reflected on the impact of ethical and Christian principles on the issues commonly encountered in relationships and family;
6. Written at an appropriate tertiary standard with special attention to correct grammar, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing and presentation.
### Content:

<table>
<thead>
<tr>
<th>No.</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>What is a family? Theological, sociological and psychological definitions of family and relationships</td>
</tr>
<tr>
<td>2</td>
<td>Families – history, diversity</td>
</tr>
<tr>
<td>3</td>
<td>Models of family functioning</td>
</tr>
<tr>
<td>4</td>
<td>Family life cycle development theory</td>
</tr>
<tr>
<td>5</td>
<td>Marriage (Part 1) – Working with families: initial stage treatment procedures</td>
</tr>
<tr>
<td>6</td>
<td>Marriage (Part 2) – Working with families: termination</td>
</tr>
<tr>
<td>7</td>
<td>Counselling – Specialised treatment procedures</td>
</tr>
<tr>
<td>8</td>
<td>Family life (Part 1) – Parenting</td>
</tr>
<tr>
<td>9</td>
<td>Family life (Part 2) – Midlife and aging</td>
</tr>
<tr>
<td>10</td>
<td>Gender and sexuality</td>
</tr>
<tr>
<td>11</td>
<td>Communication and conflict – referral and consultation procedures</td>
</tr>
<tr>
<td>12</td>
<td>Family and social issues – risk management procedures</td>
</tr>
<tr>
<td>13</td>
<td>The family in a postmodern society</td>
</tr>
</tbody>
</table>

### Set Text Requirements:


### Recommended Readings:

### Journals
- Journal of Psychology and Theology
- Journal of Psychology and Christianity
- The Family Journal
- Journal of Couple and Relationship Therapy

### Assessment:

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Topic/s</th>
<th>Learning Outcomes assessed</th>
<th>Week Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Book Review</td>
<td>1000 words Select a text from the recommended readings list and prepare a critical book review including a summary and critical analysis of the book’s main theses, Christian worldview reflection and personal and professional response.</td>
<td>1, 2, 4-6</td>
<td>Week 8</td>
<td>25%</td>
</tr>
</tbody>
</table>
| Reflective Essay              | 2000 words Personally reflect on your own family situation (either your current family or your family of origin), using each of the following theoretical perspectives:  
  • Life Cycle Theory;  
  • A Genogram;  
  • An Adlerian Life-Style Analysis;  
  • And one model chosen from the Beavers Systems, the Circumplex or the McMasters approaches. | 1-6                       | Week 10  | 35%       |
| Research Paper                | 2500 words Examine one topic covered in the course. Choose a topic not discussed in the Reflective Essay. The paper must include a thorough theoretical analysis, an evaluation from a Christian perspective and an application to counselling or related people-helping practice. | 1, 4-6                    | Week 14  | 40%       |