

## COURSE OUTLINE

### 1. GENERAL

<b>SCHOOL</b>	SOCIAL SCIENCES		
<b>DEPARTMENT</b>	PSYCHOLOGY		
<b>LEVEL</b>	<i>Undergraduate</i>		
<b>COURSE CODE</b>	<b>PSY-3703</b>	<b>SEMESTER</b>	5 <sup>th</sup>
<b>COURSE TITLE</b>	FAMILY AND SYSTEMIC THEORIES		
<b>TEACHING ACTIVITIES</b>	<b>WEEKLY HOURS</b>	<b>ECTS</b>	
	Lectures	<b>3</b>	<b>6</b>
<b>COURSE TYPE</b>	Skills Development (Optional)		
<b>PREREQUISITES COURSES:</b>	PSY-3602 (Adult Psychopathology) PSY-3614 (Developmental Psychopathology)		
<b>INSTRUCTION/EXAM LANGUAGE:</b>	Greek		
<b>OFFERED TO ERASMUS STUDENTS</b>	YES (independent study of english literature and term paper)		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://elearn.uoc.gr/course/view.php?id=381">https://elearn.uoc.gr/course/view.php?id=381</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><i>This course provides an introduction to systemic theory and its relevance in helping us gain a better understanding of individuals and families. Moreover, this course offers a broader perspective and understanding of the application of systemic theory on the interpretation of family dynamics, both theoretically and practically. In addition, this course aims to introduce the students to the field of systemic theory, practice and research and educate students' in the use of genogram as an assessment tool in clinical practice.</i></p> <p>At the end of the course, students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate a critical understanding of the development of systemic theory in the context of other therapies,</li> <li>• identify the importance of intrafamilial relationships,</li> <li>• demonstrate a critical understanding of family functioning assessment,</li> <li>• evaluate the various schools of thought pertaining to family therapy,</li> <li>• reflect on the impact of systemic theory in clinical practice,</li> <li>• understand the use of genogram as an assessment tool in clinical practice.</li> </ul>
<b>General Competences</b>
<ul style="list-style-type: none"> <li>• Search, analysis and synthesis of data and information, with the use of the necessary technology</li> </ul>

- Respect for difference and multiculturalism
- Showing social, professional and ethical responsibility and sensitivity to gender issues
- Criticism and self-criticism
- Production of free, creative and inductive thinking

### 3. COURSE CONTENT

1. Introduction to Systemic Theory
2. Family Systems Theory and the family as a system. Basic concepts of Systemic Theory. Family cycle across the life span.
3. Transgenerational Models of Family Therapy (Murray Bowen, Ivan Boszormenyi-Nagy)
4. Structural Family Therapy (Salvador Minuchin)
5. Strategic Family Therapy (Cloe Madanes & Jay Haley)
6. Milan Model (Gianfranco Cecchin, Luigi Boscolo, Mara Selvini Palazzoli, Giuliana Prata, Lynn Hoffman)
7. Postmodern/Poststructuralist Family Therapies
  - Solution Focused Brief Therapy (Steve de Shazer, Insoo Kim Berg)
  - Narrative Family Therapy (Michael White, David Epston)
  - Family Reflective Therapy (Tom Andersen)

### 4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

<b>INSTRUCTION METHOD</b>	In class		
<b>INFORMATION AND COMMUNICATION TECHNOLOGIES USED</b>	Use of ICT in teaching Support for learning through the E-learn online platform		
<b>TEACHING ORGANIZATION</b>	<i>Activity</i>	<i>Semester Work load</i>	<i>ECTS credits</i>
	Lectures	39	1,56
	Group exercise	60	2,4
	Individual exercise	30	1,2
	Presentation of group exercise	20	0,8
	<b>Course Total</b>	<b>149</b>	<b>5,96</b>
<b>STUDENT EVALUATION</b>	<p>Evaluation is in Greek and in English for Erasmus students.</p> <p>I. <u>Written group assignment</u> based on a systematic literature review (60%).</p> <p>II. <u>Presentation</u> of the literature review (20%).</p> <p>III. <u>Written assignment</u> focusing on the creation and evaluation of students' own genogram (20%).</p>		

	Evaluation criteria are accessible to students via the web-site of course on the UoC e-learn platform.
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## 5. BIBLIOGRAPHY

- Goldenberg, I., & Goldenberg, H. (2005). *Family Therapy* (Ed. E. Kotrotsiou). Athens: Ellin Publications.
- McGoldrick, M., & Gerson, R. (1999). *Genograms in Family Assessment* (Ed. A. Nikas, K. Nikolaou). Athens: Kedros Publications.
- Papadioti-Athanasiou, V. (2000). *Family Boundaries*. Athens: Ellinika Grammata.
- Papadioti-Athanasiou, V., & Softas-Nall, L. (2006). *Family-Systemic Therapy*. Athens: Ellinika Grammata.
- Von Schlippe, A., & Schweitzet, J. (2008). *Manual of Systemic Therapy and Counselling* (Ed. V. Ioannidou). Thessaloniki: University Studio Press.
- Watzlawick, P., Beavin-Bavelas, J., & Jackson, D. D. (2005). *Pragmatics of Human Communication: A Study of Interactional Patterns, Pathologies and Paradoxes* (Ed. K. Charalambaki). Athens: Ellinika Grammata.
- Selected articles from scientific journals: Family Process, Family Relations, Journal of Child and Family Studies, Journal of Family Issues, Journal of Family Psychology, Journal of Family Psychotherapy, Journal of Family Studies, etc.