

College of San Mateo
Official Course Outline

1. **COURSE ID:** SOSC 307 **TITLE:** Family Systems in Addiction **C-ID:** ADS 180X
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
Method of Grading: Letter Grade Only
Prerequisite: SOSC 301, and SOSC 302 and SOSC 304

2. **COURSE DESIGNATION:**

Degree Credit
Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Designed to assist the significant persons (family, employer, etc.) in the lives of chemically dependent persons. The AOD (alcohol and other drug) counselor will develop strategies to address the dynamics of the interrelationships of the family members.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Identify the nature, characteristics, and dynamics of families, couples, and significant others affected by substance abuse.
2. Analyze the basic concepts of family systems theory and chemically dependent family systems theory.
3. Describe the intergenerational nature of family dynamics (including child abuse/neglect) and the factors which increase risk for substance abuse.
4. Describe dysfunctional family roles, values, norms, and the various consequences of chemical dependency on a family system.
5. Describe available client resources on psycho-education and dysfunctional family dynamics.
6. Describe how to support clients in developing a cognitive behavioral change plan for family of origin issues by identifying typical characteristics of adult children from dysfunctional families, risk factors for addictive behaviors in family history, and patterns of codependency.
7. Describe a basic understanding and overview of the history and origins of Family Systems Theory and Treatment.
8. Identify the nature, characteristics, and communications dynamics in families, couples, and significant others affected by substance abuse.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Identify the nature, characteristics, and dynamics of families, couples, and significant others affected by substance abuse.
2. Examine the basic concepts of family systems theory and chemically dependent family systems theory.
3. Describe the intergenerational nature of family dynamics (including child abuse/neglect) and the factors which increase risk for substance abuse.
4. Describe dysfunctional family roles, values, norms, and the various consequences of chemical dependency on a family system; Describe available client resources on psycho-education and dysfunctional family dynamics.
5. Describe how to support clients in developing a cognitive behavioral change plan for family of origin issues by identifying typical characteristics of adult children from dysfunctional families, risk factors for addictive behaviors in family history, and patterns of codependency.
6. Describe a basic understanding and overview of the history and origins of Family Systems Theory and Treatment.
7. Identify the nature, characteristics, and communications dynamics in families, couples, and significant others affected by substance abuse.

6. **COURSE CONTENT:**

Lecture Content:

1. Dynamics of family, friends, and social institutions.
2. Assisting the family of the chemically dependent person.
3. Rehabilitation issues and theories.

4. Culturally specific family counseling theories.
5. Community resources, referrals and networking.
6. Counseling skills.
7. History of Family Therapy
8. Family system and Systems Theory
9. Typs of Functionality of Families
10. Ethical, Legal and Professional Issues
11. Addiction and Family Counseling
12. Models of Family Therapy: Experiential
13. Models of Family Therapy: Structural
14. Model of Family Therapy: Strategic

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Discussion
- C. Guest Speakers

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Students write personal family systems paper and other research reports.

Reading Assignments:

Weekly readings from the assigned textbooks.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Exams/Tests
- C. Oral Presentation
- D. Papers
- E. Research Projects
- F. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Samuel Gladding. *Family Therapy: History, Theory and Practice*, 7th ed. Pearson, 2019

Origination Date: August 2020

Curriculum Committee Approval Date: September 2020

Effective Term: Fall 2021

Course Originator: Angela Stocker