



McMaster Divinity College

MS 5XM5/6XM6 Marriage and Family Therapy

Kelvin F. Mutter, DTh
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Wednesdays, Winter 2021
9:00 am – 10:50 am

1. Course Description

Although this course is primarily about Marriage and Family Therapy, the themes and concepts it explores are relevant for anyone who works with families (e.g., youth workers, pastors, etc.). This course will introduce students to selected theories of marital and family therapy and key intervention methods related to each theoretical orientation. These therapeutic models are examined in terms of their theoretical tenets, views of family functioning and dysfunction, methods of assessment, therapeutic goals, treatment process & techniques, role of the counsellor/therapist and evaluation.

Doctor of Practical Theology (DPT): DPT students should refer to the Advanced Elective Template in preparing their learning objectives for this course.

Research Degree (MA, PhD) students who enroll in this course are expected to participate in class discussions. Research degree students will complete a major research assignment that integrates the practice of spiritual care with the focus of their research program and/or their vocational goals.

2. Course Format

This course will be delivered using in a modified hybrid format in which the class meets in-person on alternate weeks and for a synchronous online class for the weeks between in-person classes. In-person and online class sessions will include a mix of didactic instruction, discussion, video presentations and case studies as appropriate. Reading material is assigned for all sessions. Students are expected to participate in class discussions and to incorporate the class readings and lectures when discussing case studies.

In addition to the scheduled weekly classes, two additional 90 min. seminars will be scheduled for DPT / MA / PhD students for input, dialogue, and collaboration related to their research projects. These will be scheduled with the group. A draft presentation/outline of their paper will be shared with the group for feedback and revision before final submission.

3. Course Objectives

3.1. Knowing

- To understand systemic thinking as it applies to marital and family relations.
- To envision strategies for responding to the challenges of marital and family life.
- To be able to reflect on marital and family life using at least two different perspectives.

3.2. Being

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- To reflect on one's own experience of marriage and family, how this influences the student, and how it may impact the counselling relationship.

3.3. **Doing**

- To be able to provide a relationship-centred approach to assessment and care that sensitively connects with people and engages them in the healing process.
- To be able to facilitate hope by strengthening relational connections within marital and family systems.
- To be able to support couples and families as they seek reconciliation, learn to resolve conflict, and experience forgiveness.
- To know when and how to make a referral to a qualified counsellor or therapist.

4. **Course Texts:**

All required textbooks for this class are available from the College's book service, READ On Bookstore, Room 145, McMaster Divinity College. Texts may be purchased on the first day of class. For advance purchase, you may contact READ On Bookstore, 5 International Blvd, Etobicoke, Ontario M9W 6H3: phone 416.620.2934; fax 416.622.2308; email books@readon.ca. Other book services may also carry the texts.

4.1. **Required Texts**

Balswick, Jack O., et al. *The Family: A Christian Perspective on the Contemporary Home*, 5th edition. Grand Rapids: Baker Books, 2021.

Yarhouse, M. A. & Sells, J. N. *Family Therapies: A Comprehensive Christian Appraisal*, 2nd Edition. Downers Grove: Intervarsity, 2017.

5. **Course Instructor:**

Biography: Dr. Kelvin Mutter is an Associate Professor (part-time) at McMaster Divinity College, Dr. Mutter is a Registered Psychotherapist (CRPO); an AAMFT Clinical Fellow and Approved Supervisor; a Certified Psychospiritual Therapist Educator (CASC/ACSS); and, a Registered Marriage and Family Therapist (CAMFT). Dr. Mutter's ministry and counselling experience includes both his current work as an individual, couple and family therapist as well as over twelve years in pastoral leadership. Dr. Mutter is married and has three adult children.

Availability: Dr. Mutter will be available for one-on-one consultation after class and during breaks on the days class is scheduled. Otherwise, students may contact him at mutterk@mcmaster.ca.

6. **Course Schedule:**

Date	Location	Educational Foci / Assignments
Jan 12, 2022 (9:00–10:50 am)	In-Person at MDC	Orientation to Course Movements in Caring for and Counselling Couples and Families
First Generation Theories: Focusing on Structure, Function, Communication, and Interactions.		
Reading for next Class: (All) Yarhouse & Sells ch. 3		

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Date	Location	Educational Foci / Assignments
Jan 19, 2022 (9:00–10:50 am)	Synchronous on-line session	Bowen Family Systems Therapy
Reading for next Class: (All) Yarhouse & Sells ch. 5		
Jan 26, 2022 (9:00–10:50 am)	In-Person at MDC	Structural Family Therapy
Reading for next Class: (All) Yarhouse & Sells ch. 10		
Feb 2, 2022 (9:00–10:50 am)	Synchronous on-line session	Behavioural Family Therapy
Reading for next Class: (All) Yarhouse & Sells ch. 7		
Feb 9, 2022 (9:00–10:50 am)	In-Person at MDC	Contextual Therapy
Second Generation Theories: Extension, Diversification and Integration		
Reading for next Class: (All) Yarhouse & Sells ch. 9		
Feb 16, 2022 (9:00–10:50 am)	Synchronous on-line session	Solution-Focused Family Therapy Due: Literature Review (DPT, MA & PhD Students)
Feb 23, 2022 (9:00–10:50 am)	In-Person at MDC	Solution Building Couples Therapy
Mar 2, 2022	READING WEEK	
Reading for next Class: (All) Yarhouse & Sells ch. 11		
Mar 9, 2022 (9:00–10:50 am)	Synchronous on-line session	Narrative Family Therapy Due: Critical Book Review (DPT, MA & PhD Students)
Third Generation Theories: Refinement and Empirical Verification		
Reading for next Class: (All) Yarhouse & Sells ch. 10		
Mar 16, 2022 (9:00–10:50 am)	In-Person at MDC	Behavioural Marital Therapy
Reading for next Class: (All) Yarhouse & Sells ch. 8		
Mar 23, 2022 (9:00–10:50 am)	Synchronous on-line session	Emotionally Focused Couples Therapy
Mar 30, 2022 (9:00–10:50 am)	In-Person at MDC	Emotionally Focused Family Therapy Due: Integration Essay (DPT, MA & PhD Students)
Integration: The Whole is Greater than the Sum of Its Parts		
Reading for next Class: (all) Yarhouse & Sells, chs. 1 & 12		
April 6, 2022 (9:00–10:50 am)	Synchronous on-line session	Integrative Models for Marriage and Family Counselling / Therapy

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7. Course Requirements:

Assignments	Assignments			
	Due	DPT	MA	PhD
Literature Review Essay	Feb 16, 2022	30	30	30
Critical Book Review	Mar 9, 2022	30	30	30
Integrative Project	Mar 30, 2022	40	40	40

7.1. Participation (Knowing, Being, Doing).

Class sessions will include a mixture of lecture, discussion and case reflection. The participation grade will be assessed on the basis of the student’s engagement with class activities as well as the student’s ability to respect others in their interactions, to demonstrate familiarity with the readings and texts, and apply the course material in specific situations.

7.2. Written Assignments

DPT, MA, & PhD degree students will focus their research on a topic that integrates themes related to the theory and practice of working with couples and families in either a ministry or counselling setting and/or the theology of marriage and family.

To facilitate student success, DPT, MA, & PhD students will complete two assignments.

The final form of these research assignments may take the form of a publishable paper, a conference presentation, a course syllabus, a multi-week training program for volunteers, etc.

Learning Objectives:

- To develop the student’s skills in research through reading the research, counselling and theological literature on a specific topic.
- To analyze research findings critically.
- To determine the applicability of research findings to particular clinical or ministry situations.
- To integrate knowledge of research methods and practices with the student’s counselling practice or practice of ministry.

7.2.1. Literature Review (DPT, MA & PhD students) due on Feb 16, 2022

Students will submit an integrative literature review (5000 words) based on academic texts they have read on their chosen topic. Students are expected to read at least 3000 pages of text that includes no fewer than 20 relevant academic (i.e., peer-reviewed) articles.

7.2.2. Critical Book Review (DPT, MA & PhD students) due on March 9, 2022

Students will submit a Critical Book Review (4000 words) of the text by Balswick et al. Students are expected to devote no less than 65% of their paper to analysis of and critical reflection on the outline and structure, the authors’ foundational assumptions, and/or the authors’ engagement of key themes.

7.2.3. Integrative Project (DPT, MA & PhD students) due on Mar 30, 2022

Students will submit a final project (e.g., design a course or lay training program, analytical essay) on a spiritual care topic of their choice. Although the written form of this project will vary depending on the focus and intent of the project, all submissions are expected to meet the following criteria.

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- The written submission is to be 10,000 words (40 pages) in length; inclusive of footnotes and bibliography.
- The written submission will demonstrate a working knowledge of the field.
- The written submission will exhibit a high level of critical thinking and academic writing.
- Students who elect to develop either a training program or a course syllabus will identify the purpose or intent of the course or training program as well as the purpose of the individual components within the project.
- Students who elect to develop either a training program or a course syllabus will include within their final project a written background paper (20 pp.) that describes, examines, critiques, etc. a body of scholarship related to one key topic that is included in the course or program. The intent of this expectation is that the student will demonstrate their knowledge of the topic, their ability to work with the source material, and their ability to communicate their knowledge.
- Students who elect to develop either a training program or a course syllabus will include an outline of the entire program or course schedule as an appendix to the paper.

8. Course Administration:

College Style for Submission of Written Work: All stylistic considerations (including but not limited to questions of formatting, footnotes, and bibliographic references) must conform to the McMaster Divinity College Style Guidelines for Essays and Theses <https://mcmasterdivinity.ca/resources-forms/mdc-style-guide/>.

Failure to observe appropriate form will result in grade reductions.

Statement on Academic Honesty: Academic dishonesty is a serious offence that may take any number of forms, including plagiarism, the submission of work that is not one's own or for which previous credit has been obtained, and/or unauthorized collaboration with other students. Academic dishonesty can result in severe consequences, e.g., failure of the assignment, failure of the course, a notation on one's academic transcript, and/or suspension or expulsion from the College.

Students are responsible for understanding what constitutes academic dishonesty. Please refer to the Divinity College Statement on Academic Honesty ~ <https://mcmasterdivinity.ca/rules-regulations/>

Gender Inclusive Language: McMaster Divinity College uses inclusive language for human beings in worship services, student written materials, and all its publications. It is expected that inclusive language will be used in chapel services and all MDC assignments. In reference to biblical texts, the integrity of the original expressions and the names of God should be respected, but you will need to use gender-inclusive language for humans, and you will need to quote from a gender-inclusive version such as the following: NRSV (1989), NCV (1991), TEV/GNB/GNT (1992), CEV (1995), NLT (1996), TNIV (2005), and the Common English Bible (CEB 2011).

Submission of Written Work: Hard copies of all assignments are due at the beginning of class on the day indicated. Students unable to submit their paper at the beginning of class are requested to speak with the professor to discuss when they plan to submit their assignment. ***Late submission of assignments will be deducted two grade points for every late day beginning 5 pm the day after the assignment was originally due.***

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Length: Students are expected to adhere to the word count. If a paper exceeds the word count, grace will be accorded for the first 10%. However, the grade will be reduced by 1/3 of a letter grade for each additional 10% a paper exceeds the stipulated word count.

Cell Phone/Computer Policy: Students are to refrain from texting or conducting cell phone conversations while class is in session. Should you need to maintain contact with family members and/or your church or ministry, please turn off the ringer so as to avoid disturbing others; upon receipt of an urgent call, you may discretely excuse yourself from the classroom. The same policy applies to all computer generated sound schemes or other electronic annunciation systems.

9. Bibliography:

The following bibliography focuses on texts relevant to students enrolled in either an Advanced Professional Degree (DPT) or a seminary-based Research Degree (MA, PhD). Students researching a specific model of Marriage or Family Therapy or topic of interest relevant to marriage and family are encouraged to consult the reference lists at the end of the relevant chapter(s) in the course text and assigned articles, the holdings of McMaster University's Mills Library relevant to that approach, as well as periodical databases such as Psycinfo, Scholars Portal Journals, and ATLASerials—all of which are available through the Mills Library.

Part 1: Review Articles

Gurman, Alan S., and P. Fraenkel. (2002). "The history of couple therapy: A millennial review." *Family Process*, 41(2), 199-260.

Hook, Joshua N., and Everett L. Worthington. "Christian Couple Counseling by Professional, Pastoral, and Lay Counselors from a Protestant Perspective: A Nationwide Survey." *The American Journal of Family Therapy*, 37 (2009), 169–183.

Hook, Joshua N., et al. "Christian approaches for helping couples: review of empirical research and recommendations for clinicians." *Journal of Psychology and Christianity*, 30 (2011), 213-222.

Kaslow, Florence W. "Continued Evolution of Family Therapy: The Last Twenty Years." *Contemporary Family Therapy*, 22 (2000), 357–386.

McLuckie, Alan, et al. "Couple and Family Therapy within the Current Pan-Canadian Context." *Contemporary Family Therapy*, 35(2013), 329–341.

Mutter, Kelvin F. (2013). "Pastoral and Christian Marital Therapies: Complementary and Divergent Traditions." *Christian Psychology*, 7(1), 51-74. http://christianpsych.org/wp_scp/wp-content/uploads/2007/04/Christian-Psychology-7.2-2013-The-Agency-of-Christ.pdf

Nwoye, Augustine. "History of Family Therapy: The African Perspective." *Journal of Family Psychotherapy*, 12 (2001), 61–77.

Part Two: Important and Seminal Texts On Marriage and Family Therapy

Ariel, S. *Culturally Competent Family Therapy*. Westport, CT: Greenwood Press, 1999.

Boszormenyi-Nagy, Ivan, and Barbara R. Krasner. *Between Give and Take: A Clinical Guide to Contextual Therapy*. New York: Brunner/Mazel, 1986.

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- Boszormenyi-Nagy, Ivan, and Geraldine M. Spark. *Invisible Loyalties*. New York: Brunner/Mazel, 1984.
- Bowen, Murray. *Family Therapy in Clinical Practice*. New York: Aronson, 1989.
- Boyd-Franklin, N. *Black Families in Therapy: Understanding The African American Experience*, 2nd Edition. New York: Guilford, 2006.
- Connie, Elliott. *Solution Building in Couples Therapy*. New York: Springer, 2012.
- Donovan, J. M. *Short-Term Objects-Relations Couples Therapy: The Five-Step Model*. New York: Brunner-Routledge, 2003.
- Gottman, John M. *The Marriage Clinic: A Scientifically Based Marital Therapy*. New York: W. W. Norton, 1999.
- Greenberg, Leslie S., and Susan M. Johnson. *Emotionally Focused Therapy for Couples*. New York: Guilford, 1988.
- Halford, W. Kim. *Brief Therapy for Couples*. New York: Guilford, 2001.
- Hiebert, William J., et al. *Dynamic Assessment in Couple Therapy*. New York: Lexington, 1993.
- Hughes, Daniel A. *Attachment-Focused Family Therapy*. New York: W. W. Norton, 2007.
- Johnson, Susan M. *Emotionally Focused Couple Therapy with Trauma Survivors*. New York: Guilford, 2002.
- Johnson, Susan M. *The Practice of Emotionally Focused Marital Therapy: Creating Connection*. New York: Brunner/Mazel, 1996.
- Johnson, Susan M., and Leslie S. Greenberg (eds.). *The Heart of the Matter: Perspectives on Emotion in Marital Therapy*. New York: Brunner/Mazel, 1994.
- Johnson, Susan M., and Valeri E. Whiffen (eds.). *Attachment Processes in Couple and Family Therapy*. New York: Guilford, 2003.
- Kilpatrick, Allie C., and Thomas P. Holland. *Working with Families: An Integrative Model by Level of Need*. Boston, MA: Allyn & Bacon, 2006.
- Madanes, Chloe. *Strategic Family Therapy*. San Francisco: Jossey-Bass, 1981.
- McGoldrick, Monica, and Randy Gerson. *Genograms in Family Assessment*. New York: W. W. Norton & Co., 1985.
- McGoldrick, Monica, et al. (eds.). *Women in Families: A Framework for Family Therapy*. New York: Norton, 1989.
- McGoldrick, Monica. (ed.). *Re-visioning Family Therapy: Race, Culture, and Gender in Clinical Practice*. Guilford, 2002.
- Minuchin, Salvador. *Families and Family Therapy*. Cambridge, MA: Harvard, 1974.
- Napier, Augustus, and Carl Whitaker. *The Family Crucible: The Intense Experience of Family Therapy*. New York: Harper, 1978.
- Nichols, William C. *Marital Therapy: An Integrated Approach*. New York: Guilford, 1988.

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- O'Hanlon Hudson, Patricia, and William Hudson O'Hanlon. *Rewriting Love Stories*. New York: Norton, 1991.
- Patterson, Gerald R. *Families: Applications of Social Learning to Family Life*. Champaign, IL: Research Press, 1971.
- Satir, V. *Conjoint Family Therapy*. Palo Alto: Science and Behavior Books, 1964.
- Scharff, D. E., and J. S. Scharff. *Object Relations Couple Therapy*. New York: Jason Aronson, 1991.
- Sherman, Robert, and Don Dinkmeyer. *Systems of Family Therapy: An Adlerian Integration*. New York: Brunner/Mazel, 1987.
- Stuart, Richard B. *Helping Couples Change: A Social Learning Approach to Marital Therapy*. New York: Guilford, 1980.
- Walters, Marianne, et al. (eds.). *The Invisible Web: Gender Patterns in Family Relationships*. New York: Guilford, 1988.
- Worthington, Everett L., Jr. *Hope-Focused Marriage Counseling: A Guide to Brief Therapy*. Downers Grove, IL: Intervarsity, 2005.
- Worthington, Everett L., *Marriage Counseling: A Christian Approach to Counseling Couples* Downers Grove, IL: Intervarsity, 1989.
- Wright, H. Norman. *How to Counsel a Couple in Six Sessions or Less*. Ventura, CA: Regal, 2002.
- Wright, H. Norman. *Marriage Counselling: A Practical Guide for Pastors and Counsellors*. Ventura, CA: Regal, 1995.

Part Three: Theological and Historical Perspectives

- Airhart, Phyllis D., and Margaret Lamberts Bendroth (eds.). *Faith Traditions and the Family*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1996.
- Anderson, Herbert, et al. *The Family Handbook*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1998.
- Anderson, Ray S. *Something Old, Something New: Marriage and Family Ministry in a Postmodern Culture*. Grand Rapids, MI: Eerdmans, 2007.
- Anderson, Ray, and Dennis B. Guernsey. *On Being Family: A Social Theology of the Family*. Grand Rapids: Eerdmans, 1985.
- Anthony, Michael, and Michelle Anthony. *A Theology for Family Ministries*. Nashville: B&H Publishing, 2011.
- Aquinas, Thomas. "Matrimony, Questions 41–67." In *Summa Theologica Volume 6 – Supplement*. Albany, OR: AGES Software, 1997.
- Ayers, David J. *Christian Marriage: A Christian Introduction*. Bellingham, WA: Lexham, 2018.

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- Balswick, Jack O., and Judith K. Balswick. *A Model for Marriage: Covenant, Grace, Empowerment and Intimacy*. Downers Grove, IL: Intervarsity, 2006.
- Balswick, Jack O., et al. *The Family: A Christian Perspective on the Contemporary Home*, 5th edition. Grand Rapids: Baker, 2021.
- Barth, Karl. "§54 Freedom in Fellowship, Man and Woman," S. T. MacKay et al. (trans.), in *Church Dogmatics*, Volume III – *The Doctrine of Creation*, Part Four, 116–240, G. W. Bromiley & T. F. Torrance (Eds.). Edinburgh: T&T Clark, 1961.
- Barth, Karl. "§54 Freedom in Fellowship, Parents and Children," S. T. MacKay et al. (trans.), in *Church Dogmatics*, Volume III – *The Doctrine of Creation*, Part Four, 240–285, G. W. Bromiley & T. F. Torrance (Eds.). Edinburgh: T&T Clark, 1961.
- Bromiley, Geoffrey W. *God and Marriage*. Grand Rapids, MI: Eerdmans, 1980.
- Browning, Don S., et al. *From Culture Wars to Common Ground: Religion and the American Family Debate*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1997.
- Carr, Anne, and Mary Stewart Van Leeuwen (ed.). *Religion, Feminism, and the Family*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1996.
- Clapp, R. *Families at the Crossroads*. Downers Grove, IL: InterVarsity, 1993.
- Grenz, Stanley J. *The Social God and The Relational Self*. Louisville: Westminster/John Knox, 2001.
- Hiebert, Dennis. *Sweet Surrender: How Cultural Mandates Shape Christian Marriage* by Eugene, OR: Cascade, 2013.
- Hunter, David G. [trans.]. *Marriage in the Early Church*. Minneapolis: Fortress Press, 1992.
- Kostenberger, Andreas J. *God, Marriage, and Family: Rebuilding the Biblical Foundation*, 2nd edition. Wheaton: Crossway, 2010.
- Lyon, K. Brynoll, and Archie Smith, Jr. (eds.). *Tending the Flock: Congregations and Family Ministry*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1998.
- Osiek, Carolyn, and David L. Balch. *Families in in the New Testament World: Households and House Churches*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1997.
- Perdue, Leo G., et al. *Families in Ancient Israel*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1997.
- Peters, Ted. *For the Love of Children: Genetic Technology and the Future of the Family*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1996.
- Rubio, Julie Hanlon. *A Christian Theology of Marriage and Family*. New York: Paulist Press, 2003.

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- St. Augustine. *Treatises on Marriage and Other Subjects*, Charles T. Wilcox, et al. (trans.). In *Fathers of the Church*, Volume 27, edited by Roy J. Deferrari. New York: Fathers of The Church, 1955.
- St. John Chrysostom. *On Marriage and Family Life*, Catherine P. Roth and David Anderson (trans.). Crestwood, New York: St. Vladimir's Seminary Press, 1986.
- Stackhouse, Max. *Covenants and Commitments: Faith, Family, and Economic Life*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1997.
- Thatcher, Adrian. *Marriage after Modernity: Christian Marriage in Postmodern Times*. New York: New York University, 1999.
- Thatcher, Adrian. *Theology and Families*. Madden, MA: Blackwell, 2007.
- Witte, John, Jr. *From Sacrament to Contract: Marriage, Religion, and Law in the Western Tradition*. The Family, Religion, and Culture Series, edited by Don S. Browning and Ian S. Evison. Louisville, KY: Westminster John Knox, 1997.

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