



## CNSK 1409: Family Systems-an Overview

---

### EFFECTIVE DATE

January 2021

### DEPARTMENT

Counselling Skills

### DESCRIPTION

This course examines supporting families using a systems perspective. Specific approaches to supporting families will be explored including family of origin and solution-focused counselling. Content areas include theoretical assumptions, family life cycle, parenting approaches, family violence, ethical issues, and counselling and support strategies. In addition, students will explore their own family experience and become aware of how their experience may impact the way they work with families.

### CREDITS

2.0

### YEAR OF STUDY

### PREREQUISITES

None

### COREQUISITES

None

### COURSE LEARNING OUTCOMES

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

- Discuss the basic principles underlying family systems theory.
- Describe the function of roles, rules, communication patterns and boundaries in a family system.
- Discuss the impact of dysfunction on a family system in terms of role rigidity, behavioural rules, boundary difficulties, and dysfunctional communication patterns.
- Develop and discuss their own genograms.
- List the principles and assumptions underlying the solution-focused approach.
- Explain the concept of “client-centred” using a solution-focused perspective.
- Discuss the importance of goal setting in solution-focused work.
- Describe their own counter-transference issues when working with a family.
- Discuss appropriate expectations for their own skill level for working with a family, including ongoing work,

and referral.

- Describe ethical issues when working with a family, related to respect for the dignity and rights of persons, confidentiality, informed consent, integrity, and competence.

## **PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)**

Family Counselling Skills (CNSK 1105) At the discretion of the program coordinator

## **HOURS**

Lecture: 29

Other: 6

## **INSTRUCTIONAL STRATEGIES**

### **GRADING SYSTEM**

Letter Grade (A-F)

### **PASSING GRADE**

60%

## **EVALUATION PLAN**

Type	Percentage	Assessment activity
Final Exam	35	Final take home exam
Quizzes/Tests	55	
Project	35	Multi-Generational Genogram
Participation	15	

## **COURSE TOPICS**

- Introduction to family counselling
- Introduction to 'systems thinking'
- Bowenian Family Systems Theory
- Introduction to Multigenerational genograms
- The Role of the Family Counsellor
- Ethics in Family Counselling
- Family Life Cycle
- Birth Order

- Parenting Styles
- Client service
- Introduction to Solution-Focused Family Counselling
- Goal-Setting in Solution-Focused Counselling
- Six Useful Questions, Compliments, Homework
- Families in a cultural context

## LEARNING RESOURCES

None

### Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:  
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

---

### Broadway campus

1155 East Broadway  
Vancouver, B.C. Canada  
V5T 4V5

### Downtown campus

250 West Pender Street  
Vancouver, B.C. Canada  
V6B 1S9

### Annacis Island campus

1608 Cliveden Avenue  
Delta, B.C. Canada  
V3M 6P1

604.871.7000

**VCC.ca**

Generated at: 6:56 am on Apr. 10, 2021