

Paper name: **Family Counselling**

Assignment Topic: **Family with Mental Illness. Role of Family Counsellor in the same.**

-Must be in APA format with references

-Must have context in relation to Indian culture

-Must include counselling strategies and techniques applicable in such settings (wrt to the topic)

-Pointers such as influence/ impact of the illness in the patient and the family members, decreasing stigma, benefits of counselling in these scenarios...etc. must be covered

-No cover page needed

- Word document is required

Papers I have found that are relevant to the assignment topic :

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7001353/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2719446/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2927880/>
- <https://pubmed.ncbi.nlm.nih.gov/29478419/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4298308/>
- <https://www.researchgate.net/publication/265211410> Working in a family therapy setting with families where a parent has a mental illness Practice dilemmas and strategies
- <https://www.researchgate.net/publication/298855607> Mental Illness- Role of Family
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1289513/pdf/jrsocmed00198-0027.pdf>

Syllabus for reference and gaining conceptual clarity:

### Counselling the Family

To enable the student as a counsellor appreciate the specifics in addressing family counselling in terms of the following:

- Evolving relationships - marriage and family
- Family as an institution, its building and effective maintenance

#### Unit 1: Marriage and Family

Family: Definition, Changing trends in family structure, types of families, characteristics of Indian families - family strengths.; Marriage: Definition, changing trends, divorce and re marriage, cohabitation, stages of marriage, factors affecting spouse selection, reasons for marrying, remaining single; Family Welfare in India: Legislations, Policies and programs. Marriage and Divorce: Legislations and policies. Role of family courts, View of Marriage and Families from major religious and cultural backgrounds.

#### Unit 2: Family across a Life Span

#### Unit 3: Families Dynamics

Stages of family life cycle-key developmental and emotional issues in the following stages-Young Adulthood, newly married, child bearing, families with preschool children, Families with school age children. Families with teenage children, Launching stage, Middle aged adult, Retirement.

Stage specific issues including preparation for marriage, dating and mate selection, parenting and parenting styles. Handling mid life issues, handling sexual problems, handling old age issues, common marital problems.

Power and gender roles, communication, conflict and conflict resolution, managing economic resources - Family Stress and Coping- Impact of death, chronic illness, physical and mental disability, Alcoholism and addiction, violence and abuse, divorce on the family life cycle

Unit 4: Assessment of couples and families - The standard initial interview, genogram Interview and genogram as a tool for family assessment - structural mapping in assessing family interactions, circular interview method of assessing family interactions, behavioural family and marital assessment - diagnostic treatment planning of couples-Grunebaum et al., reflecting team- Tom Anderson.

Unit 5: Classical schools of family Counselling

Unit 6: Recent Developments in family Counselling

Theoretical Formulations. Normal Family Development. Development of Behaviour Disorders, Goals, Conditions for Behaviour Change, Process, Evaluation. Theory and Results for Bowen Family Systems Therapy, Strategic Family Therapy, Problem solving family Therapy- development of behaviour Disorders, Goals - Conditions for Behaviour Change. Process, Evaluation. Theory and Results for structural Family Therapy -Experiential Family Therapy, Cognitive-Behavioural Family Therapy - Theoretical Formulations, Normal Family Development, Development of Behaviour Disorders, Goals - condition for Behaviour Change, Process. Evaluation, Theory and Results for Solution-Focused Therapy and Narrative Therapy - Other developments: Feminist critique, Family policy model, family therapy and family medicine. Psycho educational models, families with mental illness, disability. Family act working and symptom focused therapy.

## Unit 7: Other Modalities of Family Therapy

Individual family therapy, Couple therapy, Group family therapy. Couples group therapy, Multiple family therapy. Family networking. Symptom focused treatments - Conjoint Family Therapy- Virginia Satir, Brief Marital Therapy-Hudson and O'Hanlon. Program development in marriage and family counselling: Pre marital counselling, parenting programs, communications skills, conflict management, and emotional management, relations enhancement, Family Life education.

### References:

1. Becvar, D.S. & Becvar, R.J. (2005) Ed. Family Therapy-A systemic integration Massachusetts, Allyn & Bacon
2. Carter, M., & McGoldrick, M (2004) Ed. The Expanded Family Life Cycle Individual, Family, and Social
3. Epstein, N.B., Bishop, D., Ryan, D., Miller, I., & Keitner, G. (1993) The McMaster model: View of healthy family
4. Functioning, In F. Walsh (Ed.) Normal family processes (pp. 138-160). New York, NY: Guilford Press.
5. Olson, D. H & De Frain, J (1999) Ed. Marriage and the family-diversity and strengths, CA, Mayfield

6. McGolderick, M., Gerson, R and Shellenberger, S (1999) Genograms assessment and Intervention, New York: Norton

7. Bhatti, R. S., Varghese.M&Raguram. A (Eds). (2003) Changing marital and family systems- challenges to conventional models in mental health. Bangalore, NIMHANS Publication.

8. Becvar,D.S.&Beevar,R.J.(2005)Ed.Familytherapy-Asystemicintegration.Massachusetts. 9.

Allyn&Bacon,DeShazer,S.(1985)KeystosolutioninBrieftherapy.NewYork:Norton

12. Comprehensive clinical psychology-Vol 1, Amsterdam. Elsevier Science.

10.Hudson. P. O'Hanlon & O'Hanlon, W. H (1994) Ed. Rewriting love stories- Brief Martial therapy, New York, Norton.

11.Lebow. J.L&Gruman, A.S (1988). Family systems and family psychology. In Bellack A.S and Hersen, M. (ds)

13.Niclos. M. & Schwartz R.C (2004) Ed. Family therapy-concepts and methods. CA Allyn and Bacon