

Family Systems

An investigation of the family as a system that has a structure and organization of its own. Interactions between family members are seen from a systematic perspective, thereby deepening the student's understanding of their family of origin and the families of others. The course provides an introduction to the history of family therapy and to the major theorists in the field. A variety of family structures are explored from different therapeutic models. The course combines readings, lectures, discussions, and experiential exercises. Prerequisite: PSYB101.

Course Number: PSYB225

Unit: 3.0

Program: UNDG Contemplative Psych