



## DEPARTMENT OF SOCIAL WORK

### **SW2228 Basic Psychotherapeutical Course in Family and Network Therapy, 45 credits**

Grundläggande psykoterapiutbildning med inriktning mot familjeterapi och nätverksarbete, 45 högskolepoäng

*Second Cycle*

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#### **Confirmation**

This course syllabus was confirmed by Faculty of Social Sciences on 2010-02-23 and was last revised on 2023-04-11 by Department of Social Work to be valid from 2024-01-15, spring semester of 2024.

*Field of education:* Nursing Science 40%, Social Sciences 25% and Medicine 35%

*Department:* Department of Social Work

#### **Position in the educational system**

The course, Basic psychotherapy course with a specialisation in family therapy and network, 45 credits, is an advanced course at second cycle level in social work of 45 credits. It can also be given as a free standing course.

#### *Main field of studies*

Social Work

#### *Specialization*

A1F, Second cycle, has second-cycle course/s as entry requirements

#### **Entry requirements**

To be eligible for admission to Basic Psychotherapy Education, the applicant must have, in addition to the general entry requirements for higher education, completed:

- 1) Bachelor of Social Work
- 2) Degree in psychology according to the 1982 study regulations (or later regulations).
- 3) Medical degree with specialist competence in psychiatry or child and adolescent psychiatry or
- 4) Other equivalent professional qualification in health and social care of at least 210

credits (including 30 credits at advanced level).

### Selection

Selection to the programme is based on the applicants' merits. In doing so, an overall assessment is made of (1) professional experience, (2) professional activities, (3) received supervision, (4) own psychotherapy, and (5) Scientific publications/research experience.

### Learning outcomes

On completion of the course the student must be able to:

#### *Knowledge and understanding*

- be able to discuss the possibilities, limitations and uses of family treatment
- demonstrate an understanding of scientific theoretical concepts and research methodology relevant to clinical work
- be able to describe evaluation methodology linked to family and network work
- demonstrate in-depth knowledge of conversation and interview techniques with individuals and families
- demonstrate knowledge of men's violence against women and violence in close relationships

#### *Competence and skills*

- demonstrate the ability to work with family therapy and network meetings under supervision
- be able to carry out an intersectional analysis and identify its possible implications for change in psychotherapeutic work
- be able to apply dialogue and user participation in the treatment work
- be able to apply a child perspective in clinical conversations and meetings where children are included and meetings where children may be affected
- independently apply conversation and interview techniques with individuals and family.

#### *Judgement and approach*

- be able to evaluate and apply an ethical perspective in professional activities
- have acquired a professional identity and a therapeutic approach in clinical work
- demonstrate in-depth capacity for insight, self-reflection and empathic treatment.

### Course content

The main content of the course is to provide basic knowledge in family therapy theory, analysis and methodology.

The course consists of four different parts:

*A Family Therapy and Systems Theory, 10 credits*

Family Research and Family Historical Development. General systems theory and different family therapy schools. Intersectional analysis.

*B Therapeutic processes, target groups and application field, 12 credits*

- Theory and method in the therapeutic work.
- Communication, structure and process.
- Crisis concept.
- Language-systemic method.
- Network.
- Psychopedagogical interventions.
- Special target groups.

*C Theory of knowledge and research, 8 credits*

- Scientific activities; theory and method that is relevant for the clinical work.
- Clinical evaluation.
- Treatment report.

*D Supervision and self-therapy, 15 credits*

120 hours of group supervision of a maximum of six participants in each group. To pass the course, each participant must also have undergone their own therapy comprising at least 40 hours of individual therapy, or alternatively 120 hours of group therapy.

**Distribution of course components from the four course modules over the three semesters of the education**

*Semester 1*

Theory and method I:

- Systems theory.
- Family life.
- Professional approach. 10 credits
- Clinical supervision 5 credits

*Semester 2*

Theory and method II:

- The family life cycle.
- Schools and target groups 10 credits
- Clinical Supervision 5 credits

*Semester 3*

### Theory and method III:

- Research and evaluation.
- Treatment report 10 credits
- Clinical Supervision 5 credits

### Form of teaching

Due to the applying character of the education, compulsory attendance applies for both lectures and seminars and supervision.

Absence is made up with written home assignments as agreed with course coordinator.

Supervision on own clinical work is started during the first semester of the education and is distributed regularly over the three semesters of the education.

*Language of instruction:* Swedish

### Assessment

Examination takes place through individual written home assignments and through reflections in large groups where theory is linked to practice. In supervision, the student's ability to translate new skills into clinical practice is examined. Continuously throughout the education, each participant writes an independent degree project in the form of a structured therapy report, which is examined at the end of the education partly individually by the examiner and partly through reflections in the respective clinical management group.

The element self-therapy is arranged and paid for by the individual course participant, but must be completed to get the course approved. It is desirable that your own therapy is carried out in parallel with the education. If this is not possible, therapy must have started within one year from the date of completion of the training.

A student who has failed a test twice has the right to change examiner, unless weighty argument can be adduced. The application shall be sent to the board of the department and has to be in writing.

In cases where a course has been discontinued or undergone major changes, the student should be guaranteed access to at least three examination sessions based on the earlier planning of the course (including regular examination session) during a period of at least one year.

### Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

For the theoretical parts A, B and C, the grading scale includes the grades Fail (U), Pass (G) and Pass with distinction (VG).

Pass with distinction requires demonstrated ability to constructively critical reflection over the concerned subject area.

Current part D, Supervision and self-therapy include the grading scale the grades Fail (U) and Pass (G).

The final grade Pass with distinction is received if all theoretical components has been given the grade Pass with distinction.

### **Course evaluation**

The course is evaluated both orally and in writing at each end of term according to special utvärderingsmall, and the result is returned to the course participants at the beginning of the course of following semester.

The education is also evaluated in full in connection with the end of the course.

### **Additional information**

The course gives, together with adequate first-cycle courses and study programmes, entry requirements to search to licensure psychotherapist education.