



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

Confirmation

This course syllabus was confirmed by Faculty of Social Sciences on 2010-02-23 and was last revised on 2022-05-31 by Department of Social Work to be valid from 2022-08-29, autumn semester of 2022.

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

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 the course, Degree of Bachelor of Science in Social Work of 210 credits is required containing a degree project extensive at least 15 credits or equivalent academic vocational education and training in the psychosocial field.

For entry requirements, it been also required that the applicant can demonstrate certificate from employer that he/she works in psychosocial, psychiatric or care and have possibility to carry out treatment during the training period.

Learning outcomes

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

Knowledge and understanding

- have knowledge of the possibilities and limitations of family treatment, and fields of use
- have advanced understanding of the implications of age, sex, ethnicity and social contexts for analysis and choice of treatment method
- have knowledge in theory of science and research methodology that is relevant for the clinical work
- have knowledge of evaluation methods connected to the family and network
- show advanced knowledge of conversation and interview technique with individuals and families.

Competence and skills

- have skills to be able to work with family therapy and network meetings under supervision
- be able to foster dialogue and user participation in the treatment
- be able to apply a children's perspective in analysis and method choice in the clinical work
- independently apply conversation's and interview techniques with individuals and families.

Judgement and approach

- be able to evaluate and apply an ethical perspective in the professional activities
- have acquired professional identity and a therapeutic approach in the clinical work
- have advanced ability to understanding, self-reflection and empathetic treatment.

Course content

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

The course consists of four different parts:

A Family therapy and systems theory, JO credits

- Family research and the family's historical development.
- General systems theory and different family therapy theories.
- Gender and Multicultural Perspective.

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 own therapy, 15 credits

- 120 hours of supervision in groups about a maximum of six participants in each group.

To pass the course, each participant should furthermore have gone through own treatment extensive at least 50 hours of individual therapy, or 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 a large group where theory will be connected to clinical practice.

Continuously during the whole education, each participant writes an independent degree project in the form of a structured treatment report which is assessed at the end of the course both individually by an examiner, and via reflections in respective clinical supervisory group.

The component own therapy is organised and paid by the individual course participant but should be completed to obtain the course passed.

It is desirable that the own therapy is carried out in parallel with the education. If this is not possible the treatment must have been started within a year from the day the education was completed.

For including of previously completed own therapy should the time between the treatment final and the beginning of the education be no more than 10 years.

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.