

# ALAGAPPA UNIVERSITY

(Accredited with A+ Grade by NAAC (CGPA: 3.64) in the Third Cycle), Graded as Category-I University and granted autonomy by MHRD-UGC)

## DIRECTORATE OF COLLABORATIVE PROGRAMMES



### **Certificate in Family Therapy**

Regulations and Syllabus

[For those who join the Course in July 2023 and after]

CHOICE BASED CREDIT SYSTEM

**REGULATIONS AND SYLLABUS  
FOR THE  
CERTIFICATE IN FAMILY THERAPY**

**OBJECTIVES**

- To learn and practise basic counselling skills, plus Couple counselling and Family counselling skills.
- To learn and practise the art and science of the various Family Therapies.
- To provide the students a platform to practise and hone their Family Therapy skills under supervision.

**REGULATIONS**

**1. Eligibility for the Course**

Candidates for admission to the Certificate in Family Therapy should possess a plus-2 pass-certificate (12<sup>th</sup> Standard) or an examination accepted as equivalent thereto by the Syndicate for Admission to Certificate in Family Therapy.

**2. Eligibility for the Award of the Certificate**

The candidate shall be eligible for the award of the certificate once he/she has completed the prescribed course of study and has passed the prescribed examination.

**3. Admission Procedure**

Application for admission to the certificate course may be made in the prescribed form. This prescribed form is obtainable at the office of the institution offering the course, i.e., Anugraha Institute of Counselling, Psychotherapy and Research (AICPR), Nochodaipatti, Dindigul, Tamil Nadu, India - 624003; Mobile phone: (+91) 9486486899; Web-site: [www.anugraha.info](http://www.anugraha.info); Email: [anugrahacentre@gmail.com](mailto:anugrahacentre@gmail.com).

The admission will be subject to the scrutiny of the application form and the enclosed photocopies of the certificates. The selection of candidates will be made based on the minimum pass requirement of the qualifying examination, viz. plus-2, or its equivalent. The admission of the candidates to the course shall be completed before 31 January in every academic year. The decision of the admission committee shall be final in all cases of admission.

**4. Duration of the Certificate Course**

The Certificate Course in Family Therapy shall be of 120 contact-hours duration – consisting of theoretical input sessions (80 hours) and intensive practice sessions (40 hours). The Manual-cum-Notes for the Certificate in Family Therapy will be given to all the students at the time of enrolment. The academic year is non-semester.

**5. Programme Education Objectives**

<b>PEO-1</b>	Understand the scope and importance of psychology.
<b>PEO-2</b>	Develop a basic understanding of the concepts, and theories relating to psychology.
<b>PEO-3</b>	Develop the required competence to practice psychology in different settings.

## 6. Programme Specific Outcome (PO)

PSO-1	Understand psychology as a profession that empowers people.
PSO-2	Practice psychology by developing the necessary competence.
PSO-3	Imbibe and practice the value of compassion and the importance of connectedness.

## 7. Programme Outcome

By completing the program, the students will

PO-1	Understood and acquired the fund a mental knowledge of psychology.
PO-2	Analyzed the field scenario and understood the scope of the practice of psychology.
PO-3	Understood the complexities in social life and developed a solution-focused perspective to problems.
PO-4	Developed the skills relating to the practice of psychology and used these skills to investigate and develop a holistic understanding of problems.
PO-5	Strengthened their psychosocial competence and used this competence to bring change.
PO-6	Become sensitive to the cultural diversity that exists in society and leverage the diversity to trans form society.
PO-7	Imbided the value of compassion towards people and the environment.
PO-8	Understoodthevalueofethicalpracticesinestablishingprofessionalcredibility.
PO-9	Become creative in developing change proto cols.
PO-10	Developed competence in communication and used this competence to influence people in administration and the community

## 8. Programme Specific Outcome

**By completing the program, students will be able to:**

PSO-1	Appreciate psychology as a tool to empower people and communities.
PSO-2	Explore and find the scope to practice psychology in different settings.
PSO-3	Apply the acquired competence and demonstrate changes.

### 9. Standard of Passing and Award of Division:

- a. Students shall have a minimum of 40% of total marks of the University examinations in each subject. The overall passing minimum is 40% both in aggregate of Continuous Internal Assessment and external in each subject.
- b. The minimum marks for passing in each theory / Lab course shall be 40% of the marks prescribed for the paper / lab.
- c. A candidate who secures 40% or more marks but less than 50% of the aggregate marks, shall be awarded **THIRD CLASS**.
- d. A candidate who secures 50% or more marks but less than 60% of the aggregate marks, shall be awarded **SECOND CLASS**.
- e. A candidate who secures 60% or more of the aggregate marks, shall be awarded **FIRST CLASS**.
- f. The Practical / Project shall be assessed by the two examiners, by an internal examiner and an external examiner.

### 10. Attendance:

Students must have earned 75% of attendance in each course for appearing for the examination.

Students who have earned 74% to 70% of attendance to be applied for condonation in the prescribed form with the prescribed fee.

Students who have earned 69% to 60% of attendance to be applied for condonation in the prescribed form with the prescribed fee along with the medical certificate.

Students who have below 60% of attendance are not eligible to appear for the examination. They shall re-do the semester(s) after completion of the programme.

### 11. Examination:

Candidate must complete course duration to appear for the university examination. Examination will be conducted with concurrence of Controller of Examinations as per the Alagappa University regulations. **University may send the representatives as the observer during examinations.** University Examination will be held at the end of the each semester for duration of 3 hours for each subject. Certificate will be issued as per the AU regulations. Hall ticket will be issued to the candidates upon submission of the list of enrolled students along with the prescribed course fee.

### 13. Miscellaneous

- a. Each student possess the prescribed text books for the subject and the workshop tools as required for theory and practical classes.
- b. Each student is issued with an identity card by the University to identify his / her admission to the course
- c. Students are provided library and internet facilities for development of their studies.
- d. Students are to maintain the record of practical conducted in the respective laboratory in a separate Practical Record Book and the same will have to be presented for review by the University examiner.
- e. Students who successfully complete the course within the stipulated period will be awarded the degree by the University.

**14. Fee structure**

Course fee shall be as prescribed by the University and 50% of the course fee should be disbursed to University. Special fees and other fees shall be as prescribed by the Institution and the fees structure must be intimated to the University. Course fees should be only by Demand draft / NEFT and AU has right to revise the fees accordingly.

**15. Other Regulations:**

Besides the above, the common regulation of the University shall also be applicable to this programme.

**16. Course Structure:**

The Certificate Course in Family Therapy consists of TWO theory papers, plus the THIRD Paper Practicum.

<b>Sem.</b>	<b>Course Code</b>	<b>Title of the Paper</b>	<b>Credits</b>	<b>Hours</b>	<b>Internal marks</b>	<b>External marks</b>	<b>Total marks</b>
I	97311	Introduction to Family Counselling	3	8	25	75	100
	97312	Principles and Techniques of Family Counselling	3	8	25	75	100
	97313	Practicum in Family Counselling	3	14	75	25	100
		<b>Total</b>	<b>9</b>	<b>30</b>	<b>125</b>	<b>175</b>	<b>300</b>

## 17. SYLLABUS

### CERTIFICATE IN FAMILY THERAPY

(2023 Onwards)

<b>Title of The Course</b>		<b>Introduction to Family Counselling</b>					
<b>Paper Number</b>		<b>CFT 1</b>					
<b>Category</b>	<b>Core</b>	<b>Duration</b>	<b>3 Months</b>	<b>Credits</b>	<b>3</b>	<b>Course Code:97311</b>	
<b>Instructional Hours Per week</b>		<b>Lecture</b>	<b>Tutorial</b>		<b>Lab Practice</b>		<b>Total</b>
		<b>8</b>			<b>---</b>		<b>8</b>
<b>Pre-requisite</b>							
<b>Objectives of the course</b>		<ol style="list-style-type: none"> <li>1. To give insight into the various concepts in family therapy and acquire skill of family therapist.</li> <li>2. To be able to employ various techniques for counselling family members.</li> </ol>					
<b>Course Outline</b>		<p><b>Unit 1</b> What is Family Counselling? Understanding Family: Definition of Family – the family life cycle and tasks. Family myths. What is marriage: Definition – Characteristics - merits - the U-shaped curve of marital satisfaction.</p> <p><b>Unit 2</b> Psychoanalytic Family Counselling: Sketches of Leading Figures - Theoretical Formulations: Freudian Drive Psychology - Self Psychology - Object Relations Theory. Normal Family Development - Development of Behaviour Disorders - Goals of Therapy - Treatment Techniques</p> <p><b>Unit 3</b> Family Systems Counselling of Murray Bowen – Key concepts: Differentiation of Self -Triangles/Triangulation -Nuclear Family Emotional Process - Family Projection Process -Multigenerational Transmission Process - Basic Types of Sibling Position -Emotional Fusion -Emotional Cut-off - Societal Emotional Process -Normal Family Development. Basic tenets: How do problems arise, How do problems persist, Objective of the therapy, What produces change, How does change occur, How does treatment proceed, and Therapist’s roles. Therapeutic techniques: Genograms – Going home task – I-Positions – The Therapy Triangle – Relationship Experiments – Coaching – Multiple Family Therapy – Displacement stories.</p>					
<b>REFERENCE BOOKS:</b>		<ol style="list-style-type: none"> <li>1. <i>Family Counselling: The Classic Schools</i>, D. John Antony, Dindigul:Anugraha Publications, 2005.</li> <li>2. <i>Types of Counselling</i>, D. John Antony, Dindigul: Anugraha Publications (1996) &amp;Dindigul: Guru Publications, (2011).</li> </ol>					

## COURSE OUTCOMES

On completion of the course, students will be able to

<b>CO1</b>	Introduced to what is family, marriage, marriage myths and marriage satisfaction	K2
<b>CO2</b>	Learns psychoanalytic family counselling, self-psychology, object relations theory and their therapeutic techniques.	K2
<b>CO3</b>	Learns Family systems of Murray Bowen and the key concepts.	K2,K4

### Mapping Course Outcomes vs Programme Outcomes

<b>CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PO9</b>	<b>PO10</b>
<b>CO1</b>	S(3)	S(3)	S(3)	L(1)	L(1)	M(2)	M(2)	L(1)	L(1)	L(1)
<b>CO2</b>	S(3)	S(3)	S(3)	L(1)	L(1)	S(2)	S(3)	M(2)	M(2)	L(1)
<b>CO3</b>	S(2)	S(3)	S(2)	L(1)	L(1)	M(2)	M(2)	L(1)	L(1)	L(1)
<b>W.Av</b>	<b>2.6</b>	<b>3</b>	<b>2.6</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2.3</b>	<b>1.3</b>	<b>1.3</b>	<b>1</b>

### Mapping Course Outcome Vs Programme Specific Outcomes

<b>CO</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>
<b>CO1</b>	S(3)	L(1)	M(2)	S(2)	S(2)
<b>CO2</b>	S(2)	L(1)	L(1)	S(3)	M(2)
<b>CO3</b>	S(3)	L(1)	L(1)	M(2)	L(1)
<b>W.Av</b>	<b>2.6</b>	<b>1</b>	<b>1.3</b>	<b>2.3</b>	<b>1.6</b>

<b>Title of The Course</b>		<b>Principles and Techniques of Family Counselling</b>					
<b>Paper Number</b>		<b>CFT 2</b>					
<b>Category</b>	<b>Core</b>	<b>Duration</b>	<b>3 Months</b>	<b>Credits</b>	<b>3</b>	<b>Course Code:97312</b>	
<b>Instructional Hours Per week</b>		<b>Lecture</b>	<b>Tutorial</b>		<b>Lab Practice</b>		<b>Total</b>
		<b>8</b>			<b>---</b>		<b>8</b>
<b>Pre-requisite</b>							
<b>Objectives of the course</b>		<ol style="list-style-type: none"> <li>1. To impart to the student's knowledge of structural family counselling of Salvador Minuchin, Cognitive behavioural family counselling, Strategic Family Counselling of Jay Haley and Cloe Madanes and Solution Focused Therapy,</li> <li>2. Current Status of Family Counselling and also to practice the techniques to be applied in the Family Counselling</li> </ol>					
<b>Course Outline</b>		<p><b>Unit 1</b> Structural Family Counselling of Salvador Minuchin: Theoretical Formulations - Family Structure – Subsystems – Boundaries -- Rigid Boundaries -- Diffuse Boundaries -- Clear Boundaries -Normal Family Development - Basic tenets. Treatment Techniques: Joining and Accommodating - Working with Interaction - Diagnosing - Highlighting and Modifying Interactions -- Boundary Making – Unbalancing -- Challenging the Family's Assumptions</p> <p><b>Unit 2</b> Cognitive-Behavioural Family Counselling: Sketches of leading Figures. Key concepts: Responses - Reinforcements - Development of Behaviour Disorders - Basic tenets. Treatment Techniques: Behavioural Parent Training -Behavioural Couples Counselling. A Cognitive-Behavioural Approach to Family Counselling. The treatment of sexual dysfunction.</p> <p><b>Unit 3</b> New Emergences in Family Therapy –Special techniques, Family sculpture, Network therapy, Gestalt therapy, Psychodrama, Videotape -- Working with one-parent families – Family counselling and genetic counselling. -- Developing One's Own Method.</p>					
<b>REFERENCE BOOKS:</b>		<ol style="list-style-type: none"> <li>1. John Antony, D. (2003). <i>Psychotherapies in Counselling</i>. Dindigul: Anugraha Publications, 2003.</li> <li>2. John Antony, D. (2005).<i>Family Counselling: The Classic Schools</i>, Dindigul:Anugraha Publications.</li> <li>3. Alan S. Gurman&amp; David P. Kniskern. (1981). <i>Handbook of Family Therapy</i>. New York: Brunner/Mazel.</li> </ol>					

**CERTIFICATE IN FAMILY THERAPY**

**(2023 Onwards)**

## COURSE OUTCOMES

On completion of the course, students will be able to

<b>CO1</b>	Learns structural family counselling of Munchin and the therapeutic techniques	K2
<b>CO2</b>	Gain an understanding of cognitive-behavioural family counselling and its therapeutic techniques	K2
<b>CO3</b>	Develop an understanding of new emergence in therapy and be able to develop one's own model of family therapy	K2,K4

### Mapping Course Outcomes vs Programme Outcomes

<b>CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PO9</b>	<b>PO10</b>
<b>CO1</b>	S(3)	S(3)	S(3)	L(1)	L(1)	M(2)	M(2)	L(1)	L(1)	L(1)
<b>CO2</b>	S(3)	S(3)	S(3)	L(1)	L(1)	S(3)	S(3)	M(2)	M(2)	L(1)
<b>CO3</b>	S(3)	S(3)	S(3)	L(1)	L(1)	M(2)	M(2)	L(1)	L(1)	L(1)
<b>W.Av</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>2.3</b>	<b>2.3</b>	<b>1.3</b>	<b>1.3</b>	<b>1</b>

### Mapping Course Outcome Vs Programme Specific Outcomes

<b>CO</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>
<b>CO1</b>	S(3)	L(1)	M(2)	S(3)	S(3)
<b>CO2</b>	S(3)	L(1)	L(1)	S(3)	M(2)
<b>CO3</b>	S(3)	L(1)	L(1)	M(2)	L(1)
<b>W.Av</b>	<b>3</b>	<b>1</b>	<b>1.3</b>	<b>2.6</b>	<b>2</b>

**CERTIFICATE IN FAMILY THERAPY**

**(2023 Onwards)**

<b>Title of The Course</b>		<b>Practicum in Family Counselling</b>					
<b>Paper Number</b>		<b>Practical</b>					
<b>Category</b>	<b>Core</b>	<b>Duration</b>	<b>3 Months</b>	<b>Credits</b>	<b>3</b>	<b>Course Code:97313</b>	
<b>Instructional Hours Per week</b>		<b>Lecture</b>	<b>Tutorial</b>		<b>Lab Practice</b>		<b>Total</b>
					<b>14</b>		<b>14</b>
<b>Pre-requisite</b>							
<b>Objectives of the course</b>		<ul style="list-style-type: none"> <li>• To provide practical exposure to assess, diagnose, and interpret various psychological concepts.</li> <li>• Continuous internal assessment of the Skills learned and demonstrated by the candidate: 30 marks.</li> <li>• The Record of Psychological Test: 35 marks.</li> <li>• The following paper-pencil tests shall be done, and the results recorded.</li> </ul>					
<b>Course Outline</b>		Ex. No. 1 – Multi-modal Life History Questionnaire Ex. No 2 – The Dysfunctional Family Questionnaire Ex. No. 3 – Co-dependency Questionnaire Ex. No. 4 – Index of marital Satisfaction (IMS) Ex. No. 5 – Kansas Marital Counselling Ex. No. 6 – 20 Hours of Counselling Practice					
<b>Case Study</b>		Case Presentation – 10 Marks					
<b>Viva Voce</b>		Viva Voce – 25 Marks					
<b>REFERENCE BOOKS:</b>							
1. John Antony, D. (2003). <i>Psychotherapies in Counselling</i> . Dindigul: Anugraha Publications, 2003. 2. John Antony, D. (2005). <i>Family Counselling: The Classic Schools</i> , Dindigul: Anugraha Publications. 3. John Antony, D. (1996). <i>Types of Counselling</i> , Dindigul: Anugraha Publications. 4. Alan S. Gurman & David P. Kniskern. (1981). <i>Handbook of Family Therapy</i> . New York: Brunner/Mazel. 5. Alan S. Gurman & Neil S. Jacobson (Eds.). (2002). <i>Clinical Handbook of Couple Therapy</i> . 3 <sup>rd</sup> ed. New York: The Guilford Press.							

## Course Outcomes

At the end of the course, the students will

<b>CO1</b>	Understand the various types of tests to be used in family counselling	K2
<b>CO2</b>	Understand the counselling situation from its theoretical background and apply them to the situation	K2, K3
<b>CO3</b>	Gain the ability to conduct counselling sessions with the families	K4

## Mapping Course Outcomes vs Programme Outcomes

<b>CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PO9</b>	<b>PO10</b>
<b>CO1</b>	S(3)	S(3)	S(3)	L(1)	L(1)	M(2)	M(2)	S(3)	M(2)	L(1)
<b>CO2</b>	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)	M(2)
<b>CO3</b>	S(3)	S(3)	S(3)	M(2)	M(2)	L(1)	L(1)	M(2)	M(2)	L(1)
<b>W.Av</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1.6</b>	<b>1.6</b>	<b>1.6</b>	<b>1.6</b>	<b>2.3</b>	<b>2</b>	<b>1.3</b>

## Mapping Course Outcome Vs Programme Specific Outcomes

<b>CO</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>
<b>CO1</b>	S(3)	L(1)	M(2)	S(3)	S(3)
<b>CO2</b>	S(3)	M(2)	M(2)	S(3)	M(2)
<b>CO3</b>	S(3)	M(2)	M(2)	M(2)	M(2)
<b>W.Av</b>	<b>3</b>	<b>1.6</b>	<b>2</b>	<b>2.6</b>	<b>2.3</b>

## Certificate Programme

### **Passing minimum**

- A candidate shall be declared to have passed in each course if he/she secures not less than 40% marks in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 40% in the aggregate, taking Continuous assessment and End Semester Examinations marks together.
- The passing minimum for CIA shall be 40% out of 25 marks (i.e.10 marks) in Theory/ Practical Examinations.
- The passing minimum for University Examinations shall be 40% out of 75 marks (i.e. 30 marks) for Theory /Practical papers.
- The candidates not obtain 40% in the Internal Assessment are permitted to improve their Internal Assessment marks in the subsequent semesters (2 chances will be given) by writing the CIA tests or by submitting assignments.
- Candidates, who have secured the pass marks in the End-Semester Examination and in the CIA but failed to secure the aggregate minimum pass mark (E.S.E + C I.A), are permitted to improve their Internal Assessment mark in the following semester and/or in University examinations.
- A candidate shall be declared to have passed in the Dissertation/Project report/Internship report if he/she gets not less than 40% marks in the Internal Assessment and End Semester Examinations and not less than 40% in the aggregate, taking Continuous assessment and End Semester Examinations marks together.
- A candidate who gets less than 40% in the Dissertation / Internship/ Project Report must resubmit the thesis. Such candidates need to take again the Viva-Voce on the resubmitted report/thesis.