

**AMBERTON UNIVERSITY**  
**SYLLABUS FOR LECTURE/CLASSROOM COURSE**

**CSL6792.21 Couples Therapy**  
**Winter 2024**  
**Location: Frisco Center**

**PROFESSOR INFORMATION:**

Name: Dr. Don Hebbard  
Phone Number: 972-279-6511 ext. 157  
Faculty Fax #: 972-686-5890  
Office Location: Frisco Center Room # F1  
Office Hours: Office Hours by appointment before class  
Email Address: DHebbard@Amberton.edu

**COURSE INFORMATION:**

CSL6792.21 Couples Therapy  
Level: Graduate  
Beginning Date of Session: Saturday, December 2nd  
Ending Date of Session: Thursday, Enter Date  
The first class meeting is **December 9**, in Room **INSERT #F3 (Frisco Center)**

All Monday-Thursday lecture classes begin promptly at 6:30 p.m.  
All Saturday lecture classes begin promptly at 8:30 a.m.

**Winter Holiday Break:**

**Tuesday, December 19<sup>th</sup>, 2023, through Monday, January 1<sup>st</sup>, 2024**  
**(Classes resume on Tuesday, January 2<sup>nd</sup>, 2024)**

**COURSE PREREQUISITES:**

None

**TEXTBOOK(S) AND REQUIRED MATERIALS:**

Title: Cognitive Behavioral Therapy With Couples  
Author: Datillio  
Publisher: Guilford  
Year Published: 2014  
Edition: 1st  
ISBN: 10: or 13: 9781606234532  
Price: Available at <http://amberton.ecampus.com>

Title: Doing Couple Therapy  
Author: Robert Taibbi  
Publisher: Guilford  
Year Published: 2017  
Edition: 3rd  
ISBN: 10: or 13: 9781462530137  
Price: Available at <http://amberton.ecampus.com>

Amberton University has an agreement with eCampus.com to provide a full-service online bookstore to students. The Amberton University Virtual Bookstore is accessible through the University's website, [www.Amberton.edu](http://www.Amberton.edu). There is also a bookstore link in the Student Portal.

The AU Virtual Bookstore provides an easy to use interface, online buyback of books, and same day shipment of most titles with an average delivery time of 2-3 days depending on the student's location. Textbook options include new, used, rental, and electronic media as available.

Since no books are sold on campus, students should plan accordingly and purchase their books in advance of the first day of class, allowing time for shipping. Be certain you are enrolled in the course before purchasing your book(s). All textbook information (Title, Author, ISBN, etc.) is available in course syllabi so students can shop competitively. Most textbooks can be purchased from many different textbook vendors. Some textbooks may only be available on the University's Virtual Bookstore. Students should be careful to obtain the exact resource(s) required for the course.

## **LINKS TO COUNSELING HANDBOOKS**

### **MA in Professional Counseling**

[https://amberton.edu/wp-content/uploads/2023/06/LPC\\_Handbook\\_2023\\_2024.pdf](https://amberton.edu/wp-content/uploads/2023/06/LPC_Handbook_2023_2024.pdf)

### **MA in Marriage and Family Therapy**

[https://amberton.edu/wp-content/uploads/2023/06/MFT\\_Handbook\\_2023\\_2024.pdf](https://amberton.edu/wp-content/uploads/2023/06/MFT_Handbook_2023_2024.pdf)

### **MA in School Counseling**

<https://amberton.edu/wp-content/uploads/2023/04/2021-2022-School-Counselor-Handbook.pdf>

## **APA Requirement**

APA (American Psychological Association) style is most commonly used to cite sources within the social sciences. This resource, revised according to the 7<sup>th</sup> edition, offers examples for the general format of APA research papers, in-text citations, endnotes/footnotes, and the reference page. For more information, please consult the *Publication Manual of the American Psychological Association*, (7<sup>th</sup> ed.). All coursework at Amberton University will comply with the standards contained in the APA Publication Manual.

## **COURSE COMPETENCIES:**

The following represents the course competencies for this class. Competencies are equivalent for all lecture and distance learning courses. Following each competency is the assignment used to gain mastery of this area of study.

This course will focus on the theory and practice of marital therapy. Relevant theories and techniques addressing the formation, growth and renegotiation of the couple relationship will be explored. Therapeutic approaches to understanding attraction, mate selection, couples therapy along with special issues such as extra-marital affairs, divorce, and attachment will be discussed. The ethical and professional role of the therapist in the process of couple's therapy will be examined.

## **UPON COMPLETION OF THE COURSE, THE STUDENT WILL BE COMPETENT IN:**

1. Examining the major theories of couple's therapy including traditional approaches, integrative approaches, and post-modern approaches.
2. Explain the major concepts of cognitive-behavioral couple's therapy.
3. Describe the methods of clinical assessment in couple's therapy.
4. Discuss the stages of couple's therapy including initial contact, assessment and developing a treatment protocol, therapeutic contracts, and conducting therapy with a couple.
5. Explore strategies for restoring commitment and trust in a relationship.
6. Examine strategies for building effective communication skills in the couple relationship.
7. Discuss approaches to resolving conflict in marital interactions.
8. Identify approaches to problem solving, decision-making and the allocation of power in decision making with couples.
9. Explore the role of the family of origin in mate selection, attachment, and the formation of the unconscious marriage.
10. Describe the theories of attraction, mate selection and the process of pre-marital counseling.
11. Describe the types of extra-marital affairs and the various treatment protocols appropriate to each.
12. Explain the process of separation and divorce and the role of therapy in the decision-making and reconstruction phases.
13. Discuss the impact of sexual abuse and trauma on marital interaction patterns.
14. Examine the role of neurobiological process as they impact the marriage.

- |   |
|---|
| 15. Explore the role of the marriage and family therapist professionally and personally as a facilitator of growth in couple's relationships.       |
| 16. Understand the AAMFT professional code of ethics and the Texas LMFT professional code of ethics in the practice of marriage and family therapy. |

### **COURSE POLICIES:**

Regular attendance at class is mandatory. Missing one class or 20% of the course automatically lowers the grade to a B, no exceptions. For an A students must be present the first day of class to receive all assignment instructions. All assignments are due on the due date. Late assignments will have the grade lowered at the discretion of the professor. No work is accepted after one week late. Incomplete grades are only given in extreme circumstances with the prior approval of the professor and may result in a lowering of the final grade. Any evidence of cheating will result in a failing grade for assignment and reporting to Academic Services and reduction or failure of the course grade. All students are required to have all materials on the first day of class. Hard copies of the text are required for book marking system. Additional course policies are given for the first class and failure to comply with any of them will result in a reduction of grade, reporting to Academic Services and dropping from the course. Academic protocol and respect is demanded in this class and any deviation from that will not be allowed by any student at any time without exception.

### ***Student's Responsibilities***

This syllabus contains information, policies, and procedures for a specific course. By enrolling, the student agrees to read, understand, and abide by the policies, rules, regulations, and ethical standards of Amberton University as contained in the current university catalog and schedule of classes.

### ***Attendance Policy:***

Regular and punctual class attendance and engagement is expected at Amberton University. In case of an absence, it is the student's responsibility to contact the professor as soon as possible. If a student intends on withdrawing from a course, it is the student's responsibility to follow the university's policy on formally withdrawing from a course. **Ceasing to attend classes does not constitute an official withdrawal.**

Attendance in a lecture course is defined as punctual arrival to, and engagement in, a full lecture session. Attendance in a distance learning course is defined as active participation in the weekly online class sessions. "Active participation" can be defined as: submitting an academic assignment, taking an exam, engaging in an interactive tutorial, participating in an online discussion forum (or chat session), or initiating (or responding to) a communication with a faculty member about an academic assignment or the subject matter of the course. A student not meeting these requirements may be dropped at the discretion of Amberton University.

### **Plagiarism Policy**

Plagiarism is the presentation of someone else's work as though it were your own. If you use another person's words, ideas, or information; or if you use material from an outside source – whether a book, magazine, newspaper, business publication, broadcast, speech, or electronic media – you must acknowledge that source. Plagiarism is a violation of the University's code of student ethical conduct and is one that is taken seriously. Amberton University operates on an honor system; therefore, honesty and integrity are essential characteristics of all who are associated with the institution. All Amberton students are expected to abide by the honor system and maintain academic integrity in all their work. Amberton University and its instructors monitor student work for plagiarism and reserve the right to submit such work to technology-based plagiarism detection services and applications at any time.

Self-plagiarism means reusing work that you have already published or submitted for a class. It can involve:

- Resubmitting an entire paper
- Copying or paraphrasing passages from your previous work

Self-plagiarism misleads your readers by presenting previous work as completely new and original. Students may not submit the same paper in substance in two or more classes without prior written permission of the instructors involved.

Amberton University students who use Artificial Intelligence (AI) generated content must adhere to the following policies:

**Originality:** Students must avoid presenting AI generated content as their own original work. It is essential to acknowledge the involvement of AI in the content creation process in order to maintain academic and ethical standards.

**Paraphrasing:** When using AI generated content, students must rephrase and/or modify the generated text. Paraphrased AI generated content should also be properly cited.

**Acknowledgement:** When using AI generated content in any assignment, proper credit must be given to the AI system that generated the content. <https://apastyle.apa.org/blog/how-to-cite-chatgpt>

Students agree that by taking this course, all required assignments may be subject to submission for a textual similarity review to Turnitin.com for the detection of plagiarism and self-plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism in future papers. Use of Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com website.

Turnitin is a writing improvement and plagiarism prevention tool which uses special algorithms, to compare text-based student submissions to the Turnitin database and other online sources. Turnitin produces a detailed **similarity report** that can be customized and viewed by instructors and students.

Turnitin "Draft Coach" is a Google based add-on to Turnitin which supports students in developing high-quality academic writing; and serves as an integrity coach. Draft Coach, helps address errors and improve the quality of student's writing by highlighting grammar mistakes, identifying incorrectly cited sources, and scanning for similarity across several databases. By providing formative feedback on how to address citation issues, incorrect grammar, and matches with the Turnitin database, Draft Coach provides explanations to help students become more confident writers, capable of producing higher quality work both in academics and in the workplace.

#### **COURSE DELIVERY METHODOLOGY:**

This course is offered as a Lecture/Classroom course. This course requires that students meet at a designated time in the classroom.

The course uses lectures, class discussions, class readings, out of class role play, videos, and reports to teach couple's therapy.

#### **COURSE OUTLINE AND CALENDAR:**

Week	Topic	Assignment	Competencies Covered	Due Date
1	Introduction, Cognitive Behavioral Therapy	Course Readings	1, 2, 3, 4	
2	Cognitive Behavioral Therapy	Course Readings	2, 4	
3	Cognitive Behavioral Therapy	Course Readings	5, 6, 7	Receive Midterm
4	Techniques in CBT	Course Readings and Role Play	6, 7	
5	Doing Couple Therapy	Course Readings	8, 9, 10	Midterm Due, Book Due
6	Extra Marital Affairs	Course Readings	9, 10	
7	Extra Marital Affairs	Course Readings	11, 12	
8	Emotionally Focused Couples therapy	Course Readings	13	EFT Videos

9	EFT Therapy	Course Readings	14	
10	Developmental Couples Therapy for Complex Trauma	Course Readings	15	Course final, Notebook, Books Due

### GRADING CRITERIA:

This is a Contract Course. Students wishing to earn an A will do all of the following:

Midterm 20%  
 Final 20%  
 Notebook 20%  
 Datillio Reading 10%  
 Taibbi Reading 10%  
 Videos 10%  
 Speaker Listener 10%

### Graduate

92 – 100 A  
 82 – 91 B  
 72 – 81 C  
 62 – 71 D  
 Below 62 F

### GRADE NOTIFICATION AND INSTRUCTOR FEEDBACK:

Each assignment/exam submitted will be reviewed, graded, and returned to the student in a timely manner, along with appropriate commentary.

Final grades are processed approximately one week after the last day of the session and may be located in the My Grades section of the online registration portal as well as being emailed to the student's Amberton University email. Amberton University staff will not release grades over the phone. University instructors will not leave a message with comments or grades in any type of media that is not secure.

For questions regarding grades after the semester has ended, students should use their email account and contact the instructor at the faculty email address as provided above in *Professor Information* area.

### ***Incomplete Grades***

An "I" (incomplete grade) is given at the discretion of the professor and may be given only when an emergency or illness prevents the student from completing course requirements. Should an "I" be granted, the student has 30 days from the end of the session to complete the conditions of the incomplete. An "I" which is not properly removed within 30 days following the session enrolled will become an "F" grade.

### ***How to Withdraw From a Course***

To be official, the class withdrawal must be in writing and signed by the student requesting the withdrawal; no withdrawal is accepted verbally. Please review the "Schedule of Classes" (online or in-print) for procedures for class changes or withdrawals and the refund policy and schedule.

### COURSE COMMUNICATIONS:

This course is offered as a lecture course; however, several technological options are available to faculty and students that can enhance communication both during the session and after the session has ended. The **Student Portal** is the gateway to email, Remote Research, General Tools, and Electronic Instructor Folders (FTP). The Student Portal may be accessed through a link on the University's website, <http://www.Amberton.edu>, or at <http://apps.Amberton.edu>.

After selecting the "Student Portal" link, you will be prompted for a Username and Password. Use your assigned **username and password** (AUID) as described below:

**Username** = your capitalized firstname **initial**+lastname+last 3 digits of your SSN.

\* Use your name exactly as it is listed on the University's records, including any suffixes or hyphenations, such as Jr, Sr, or II, as a part of your username.

For example: James Jones, Jr. SSN: 123-45-6789

Username: JJonesJr789

**Password** = your Amberton University ID# (AUID) **including the dashes**

For example: 04-999-999

Once your login has been validated, you may select from a variety of menu options, including online course materials, email access, Remote Research, General Tools, all Syllabi, Research Tutorials and Electronic Instructor Folders (FTP).

### **Email Communication**

Each student enrolled is assigned an Amberton email account, which gives the student access to the Amberton email system (my.Amberton.edu). This email account is provided by Google Apps for Education. Students are encouraged to check their email regularly for University news, notices, and to communicate with instructors.

The student's assigned email address would be Username@my.Amberton.edu

Example: LJones-Smith789@my.Amberton.edu

The student Username is determined by:

firstname initial+lastname+last 3 digits of student ssn.

For example: Linda Jones-Smith SSN: 123-45-6789

Email Address = LJones-Smith789@my.Amberton.edu

Students will be prompted for a Username and Password when accessing their email account. Use the Username portion of the email address as the username (Example: LJones-Smith789) and your Amberton ID# (including the dashes) as the password.

If you already have a Google gmail account, you might be prompted to add this account to your current settings. Click 'Yes' and you will be logged into your my.Amberton.edu email account. It will be a separate email account from your personal gmail account.

If you need assistance with your email account, please visit <https://support.google.com/mail>

### **COURSE EVALUATION:**

Each session, all Amberton students are requested to evaluate their courses. The evaluation process is an important one and provides students with an anonymous and confidential way to give meaningful feedback to the University. Summary information and comments are provided to faculty after the close of the session. Students' identities are not disclosed.

Students will be notified through the Amberton email system of the Course Evaluation procedures. Usually, the evaluations take place in class during week 9 of the session. Please take advantage of this opportunity and participate in the evaluation process.

### **RESEARCH RESOURCES:**

The Library provides access to full-text, and peer reviewed articles, and digital research tools. Students can search Library holdings through the online catalog and databases search engines available on the Library website or browse the physical library space and holdings located at the Garland campus.

Research items not contained in the Amberton Library collection can be located through interlibrary Loan (ILL) or through the TexShare program with the help of the Library staff. Students with questions about available services, resources, or research, may contact the Library via email at [Library@amberton.edu](mailto:Library@amberton.edu).

### **RESEARCH ACCESS:**

Databases can only be accessed by authorized users, and students at Amberton must enter their Amberton ID credentials-same as Moodle login-to gain access when off-campus. Use an Amberton website, such as the University site ([Amberton.edu](http://Amberton.edu)) or the library site ([Library.amberton.edu](http://Library.amberton.edu)) to find links to databased and digital books. Online resources are available all day, every day.

### ***Library Live Chat Feature***

Library staff are available to assist students with research problems or questions during Library hours through a live online chat feature, telephone, email, "How-to" videos, or in person. The library telephone is (972-279-6511 ext. 185. You can email questions to [library@amberton.edu](mailto:library@amberton.edu) or visit the library in person on the Garland campus for assistance.