



## FAMILY PSYCHOLOGY

<b>Credit points</b>	<b>3 CP</b>		
<b>Study course annotation</b>	This course introduces students to modern family models, the patterns of group dynamics associated with family, family roles distribution, modern family problems, and family counseling specifics. Students obtain basic skills in resolving conflicts and problems in various situations within a family unit.		
<b>Aim of the study course</b>	Provide with relevant knowledge and build an understanding of the idea of family relationships.		
<b>Objectives of the course</b>	<ul style="list-style-type: none"> <li>• introduce students to family psychology categories and concepts</li> <li>• introduce the basic laws of family dynamics;</li> <li>• form an understanding of family types and communication types in family units;</li> <li>• introduce to research methods and family counseling.</li> </ul>		
<b>Study course results</b>	<b>Knowledge</b>	<b>Skills</b>	<b>Competences</b>
	<ul style="list-style-type: none"> <li>• Know the basic concepts, methods and theoretical research areas relevant to family psychology.</li> <li>• Know the basic family models in modern society.</li> <li>• Understand the features of family counseling and theoretical approaches to family counseling. Know the principles of professional ethics and its application in family counseling.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply the acquired theoretical knowledge and skills in practice.</li> <li>• Develop the rapport with client and receive feedback in accordance with the goals of cooperation.</li> <li>• Systematize and analyze the causes of family problems.</li> <li>• Identify family problems in the family counseling process.</li> <li>• Choose appropriate work methods suitable for a particular family unit in accordance with the goals of cooperation.</li> <li>• Apply the principles of professional ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Critically analyze a specific family situation.</li> <li>• Independently identify and solve family problems.</li> <li>• Choose and implement appropriate methods while working with a particular family unit.</li> <li>• Competently apply professional ethics.</li> <li>• Understand and be responsible for own professional actions and decisions.</li> </ul>
<b>Study course content</b>	<b>Topics</b>		
	1	Family as a social institution. The historical aspect of family functions and its transformation. Family and marriage concept. The basic family models in modern society. Family role in the development of a personality.	
	2	Family development. Family life cycle.	
	3	Problems in the family development process.	
	4	Interpersonal relationships in the family.	
	5	Family research methods.	
6	The main theoretical models and principles of family counseling.		
<b>Form of assessment:</b>	Exam		
<b>Obligatory literature:</b>	<ol style="list-style-type: none"> <li>1. Breslavs, G. (2022). Ģimenes psiholoģija. Lekciju kurs. Power Point programmā. Moodle.</li> <li>2. Bray, J. H., &amp; Stanton, M. (2009). The Wiley-Blackwell Handbook of Family Psychology. John Wiley</li> </ol>		



and Sons Ltd, *The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, United Kingdom*

3. Broderick, C. (1998). *Marriage and the Family*. 3rd ed. New Jersey: Prentice Hall.
4. Davidson J. Kenneth; Moore, N.B. (1996). *Marriage and Family*. Allyn & Bacon.
5. Karpova, Ā.(2006). *Ģimenes psiholoģija*.R.: RaKa.
6. Miller R. S. (2009). *Intimate Relationships*, 6th Ed. New York. NY.:The McCraw-Hill Companies,Inc.

**Further reading list:**

1. Bray J. H. & Stanton M. (2009). *The Wiley-Blackwell Handbook of Family Psychology*.
2. Breslavs, G. (2014). Psychological Security of Two Generations in Latvia. *Journal of the Siberian Federal University. Humanities & Social Sciences* v.7, # 12,c. 2191-2204.
3. Golombok S (2015), [Modern families: Parents and children in new family forms](#), Cambridge University Press.
4. Fine, Mark A.; Harvey John H. (Ed.) (2013). *Handbook of Divorce and Relationship Dissolution*. Psychology Press.
5. Friese, B. (Ed.) (2019). *APA Handbook of Contemporary Family Psychology*. American Psychological Association. <https://doi.org/10.1037/0000099-000>
6. Pinsof, W. M., Lebow J.L. (Ed.) (2005). *Family psychology: The art of the Science*. OxfordUniversity

**Other sources of information (electronic journals):**

1. *Family psychology, Journal of Marriage and the Family; Journal of Family Psychology; Journal of Family Violence*
2. *Marriage and Family Review*.

**Changes and additions to the program and literature list are possible during the study process**