

**Social Work 790-008, Spring-Summer 2012:** Family Psychoeducation; an evidence based psycho-social intervention for schizophrenia and other severe and persistent mental illnesses.

**Credit Hours: 1**

**Instructor:** James Svensson, LMSW

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**Course Description:**

This course will cover the theory and some of the research on the psycho-biology of schizophrenia, and how this led to the development of this treatment. After discussing the theory behind the approach, students will be trained in Multi-family Psycho-education as developed by Dr. William McFarlane using in class exercises and a mock group.

**Course Content:**

This course will first cover the psycho-biology of schizophrenia, family factors that either protect or worsen the illness, and the ramifications of the illness for both the individual and his/her family. Next we will explore what and how Family Psychoeducation (FPE) attempts to change and improve the situation for the family and the client. The use of these groups for different illnesses, age groups, or ethnic groups will be discussed, as well as multi-family vs. single family treatment strategies.

Research supporting the efficacy of this approach will also be covered.

During the latter part of the course the students will learn how to form and run an FPE group.

**Course Objectives:**

Upon completion of this course, students will be able to:

1. Discuss the psycho-biology of schizophrenia, the effects of the illness on the individual and the family.
2. Educate families and people with schizophrenia about how to cope with the illness.
3. Use the problem solving method and other FPE techniques to help run or start a group.
4. Discuss the efficacy of this approach and how it is different from standard treatment for schizophrenia.
5. Understand what other illnesses/disabilities this approach has been used with, and conceive of other problems it could be used with.

**Relationship to the Four Curricular Themes:**

*Multiculturalism and Diversity* will be addressed through the readings, and class discussion. Since people with schizophrenia, or other severe mental illnesses, are discriminated against and struggle with stigma, stigma reversal is a core value of the FPE approach. FPE has been used in this country with different minorities, and the method has been used in Asia and Europe with equal success.

*Social Justice and Social Change*, again, this is one of the themes of FPE, because virtually all families and individuals with schizophrenia and other SPMI's struggle against stigma, and it is one of the recurring themes or undercurrents of all FPE work.

*Promotion, Prevention, Treatment and Rehabilitation*: FPE, and variants, such as the Schizophrenia Prodromal Prevention model, are cutting edge psycho-social treatments for people with schizophrenia and their families, and research has shown better outcomes in repeated studies.

*Behavioral and Social Science Research* will be incorporated throughout the course in discussions of the treatment model.

**Relationship of the course to Social Work Ethics and Values:** These issues will be discussed during clinical exercises and mock groups.

**Assignments:**

- Participation in all course activities, assigned readings and group exercises.
- A short test at the end of the class on the FPE technique.
- Readings

**Primary Texts or Articles:**

McFarlane, W.R., **Multifamily Groups in the Treatment of Severe Psychiatric Disorders**, New York, NY, Guilford, 2002

Miklowitz, D.J. **Adjunctive Psychotherapy for Bipolar Disorder: State of the Evidence**, American Journal of Psychiatry 165:11, November 2008 (pp 1408-1419)

Anderson, C. M., et al, *Educating Families, Concepts and Recommendations for Clinicians Who Teach Families How to Manage Schizophrenia*

**Selected Reference List:**

Anderson, C., Hogarty, G., Reiss, D., **Schizophrenia and the Family**, New York, NY, Guilford Press, 1986

Bebbington P., Kuipers E., **The predictive utility of expressed emotion in schizophrenia: an aggregate analysis**. Psychological Medicine, 1994, 24, 707-718

Gice S.J., Kuipers E., Bebbington P., et al **Carers' attributions about positive events in psychosis relate to expressed emotion.** Behaviour Research and Therapy 47 (2009) 783-789

Kuipers E., Bebbington P., G. Dunn, D. Fowler, et al. **Influence of carer expressed emotion and affect on relapse in non-affective psychosis.** British Journal of Psychiatry (2006), 188, 173-179

McFarlane W, Cook W, **Family expressed emotion prior to onset of psychosis.** Family Process, 46, (2007) 185-197

McFarlane, W.R. et al.: **From Research to Clinical Practice: Dissemination of New York State's Family Psychoeducation Project,** Hospital and Community Psychiatry, Vol. 44, No.3

McFarlane, W.R. et al, **Family Psychoeducation Workbook,** SAMHSA  
[www.samhsa.org](http://www.samhsa.org)

McFarlane, W.R. et al.: **Family Psychoeducation and Schizophrenia: A Review of the Literature,** Journal of Marital and Family Therapy April 2003, Vol. 29, No. 2, 223-245

McFarlane, W.R. et al.: **Psychoeducation Multiple Family Groups: Four Year Relapse Outcome in Schizophrenia,** Family Process, Vol. 34, June 1995, 127-144

Miklovitz D, George E L, et al **A randomized study of Family-Focused Psychoeducation and pharmacotherapy in the outpatient management of bipolar disorder.** ARCH GEN PSYCHIATRY/VOL 60, SEP 2003

David Miklovitz, **Bipolar Disorder: A Family-Focused Treatment Approach,** Guilford Press, 2008

## **5-10**

Overview of Family Psychoeducation

Overview of the Psychobiology of Schizophrenia

Reading Assignment: Multifamily Groups in the Treatment of Severe Psychiatric Disorders, Chapters 1-5 (p. 3-103)

## **5-10**

Selecting and Joining with Families for the Group

Family Psychoeducation Workshop

Family Guidelines and Recommendations for Families

Role Play Joining with Families in Class

Reading Assignment: Multifamily Groups in the Treatment of Severe Psychiatric Disorders, Chapters 6 & 7 (p. 104-126)

Anderson, C. M., et al, *Educating Families, Concepts and Recommendations for Clinicians Who Teach Families How to Manage Schizophrenia* (will be sent via e-mail to all students)

**5-10**

Overview of First and Second Groups  
Role Play First and Second Groups

Reading Assignment: Multifamily Groups in the Treatment of Severe Psychiatric Disorders, Chapter 8

5-17

Overview of the “Problem Solving Method” and Group Format for the Groups  
Demonstrate and Role Play Problem Solving Session

Reading Assignment: Multifamily Groups in the Treatment of Severe Psychiatric Disorders, Chapter 9

**5-17**

Overview of other FPE variations, with specific focus on mood disorders.  
Discussion of PODS issues

Reading Assignment: Multifamily Groups in the Treatment of Severe Psychiatric Disorders, Chapters 12 & 13

Miklowitz, D.J. **Adjunctive Psychotherapy for Bipolar Disorder: State of the Evidence**, *American Journal of Psychiatry* 165:11, November 2008 (pp 1408-1419) PDF on C-tools

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