Social Work 790-001, Spring-Summer 2016: Family Psychoeducation; an evidence based psycho-social intervention for schizophrenia and other severe and persistent mental illnesses.

Credit Hours: 1
Instructor: James Svensson, LMSW
Contact information: jsven@umich.edu

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 these types of family treatments. 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. We will also explore what is known about bipolar disorder, how it impacts the individuals with the illness and their families. We will also discuss, compare and contrast McFarlane’s approach with Family Focused Treatment, a family intervention for individuals with bipolar disorder that has been created and researched by David Miklowitz.

This semester will also feature a lecture by Dr. Rebecca Hatton, PsyD, on Open Dialogue. Open Dialogue is a family intervention for schizophrenia from Finland that has had consistently better outcomes than traditional psychiatry in the US, with the use of dramatically less medication.

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.
A similar, but shorter, review of bipolar disorder and Family Focused Treatment will be presented.

Course Objectives:
Upon completion of this course, students will be able to:
1. Discuss the psycho-biology of schizophrenia and bipolar disorder, the effects of the illnesses on the individual and their families.
2. Educate families and people with schizophrenia or bipolar disorder about how to cope with their illness.
3. Use the problem solving method and other FPE techniques to help run or start a group.
4. Discuss the efficacy of these approaches and how they are different from standard treatment for schizophrenia or bipolar disorder.
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 SPMIs 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

**Grading:** 50% of the grade will be based on class participation and 50% on the test at the end of class.

**Primary Texts or Articles:**


Selected Reference List:


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


Ellen Frank, PhD; David J. Kupfer, MD et al, *Two-Year Outcomes for Interpersonal and Social Rhythm Therapy in IndividualsWith Bipolar I Disorder* PhD ARCH GEN PSYCHIATRY/VOL 62, SEP 2005

Alex Kopelowicz, MD; Roberto Zarate, PhD; Charles J. Wallace, PhD *The Ability of Multifamily Groups to Improve Treatment Adherence in Mexican Americans With Schizophrenia* Archives of General Psychiatry/VOL 69 (NO. 3), MAR 2012, 265-273


Lefley, Harriet P, PhD *Cross-Cultural Perspective of Family Psychoeducation*, Psychiatric Annals 42.6 (Jun 2012):236-240.


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


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


Phyllis E. Smerud and Irwin S. Rosenfarb The Therapeutic Alliance and Family Psychoeducation in the Treatment of Schizophrenia: An Exploratory Prospective Change Process Study Couple and Family Psychology: Research and Practice 2011, Vol. 1(S), 85–91

5-14-2016
Overview of Family Psychoeducation
Overview of the Psychobiology of Schizophrenia and Family Psychoeducation technique
Reading Assignment: Multifamily Groups in the Treatment of Severe Psychiatric Disorders, Chapters 1-5 (p. 3-103)

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)


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

Demonstration of Problem Solving with class

5-21-2016
Overview of the “Problem Solving Method” and Group Format for the Groups
Role Play Problem Solving Session

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

Dr. Hatton will present on Open Dialogue and the Finnish approach to treatment of schizophrenia.

Overview of other FPE variations and Family Focused Treatment with specific focus on bipolar disorder.
Discussion of PODS issues

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


Test

If you are having problems with the course, problems completing work, or making it to class, please feel to contact me via e-mail (jsven@umich.edu).

If you having any problems outside of class that are affecting you, there is support at the University of Michigan through either the Counseling and Psychological Services (CAPS) 764-8312, or at the U-M Hospital Psychiatric Emergency Services 936-5900.