MARRIAGE AND FAMILY THERAPY, M.F.T.

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MARRIAGE AND FAMILY THERAPY

Marriage and Family Therapy (MFT) is a distinct mental health profession with its own history, theories, treatment models, code of ethics, professional organizations and journals. Marriage and Family Therapists (MFTs) operate under the premise that human behavior occurs within family, social, cultural, and relational contexts. Recognizing that relationships, cultural influences, familial and relational contexts influence functioning, MFT’s work with individuals, couples, families, community groups, and organizations, providing treatment for a wide range of psychological, emotional, and relational problems. Research studies repeatedly report that MFT focused treatments are as effective, and in some cases more effective, than individual-focused treatments for a wide range of mental health concerns.

MASTER OF MARRIAGE AND FAMILY THERAPY DEGREE

The program awards a unique Master’s of Family Therapy degree and is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), the sole accrediting agency of the American Association for Marriage and Family Therapy (AAMFT). COAMFTE accreditation is the seal of credibility, rigor and quality within the MFT profession. This accreditation benefits the student, public and employers. It assures the community that SCSU’s MFT program meets rigorous academic and clinical training standards. Accreditation demonstrates the program has undertaken extensive evaluation by a qualified third party, meeting or surpassing education standards.

LICENSURE

Marriage and Family Therapy is a licensed profession in 50 states and SCSU’s program satisfies the academic requirement for licensure eligibility in Connecticut. Graduates must complete post-graduate client contact hours and satisfactory passing of the Association for Marital and Family Therapy Regulatory Board (AMFTRB) examination to become licensed. While many alumni go on to get licensed in other states, applicants interested in licensure outside Connecticut are encouraged to look into their respective state requirements.

ABOUT THE PROGRAM

Covering a wide range of systemically-focused theories, clinical techniques and evidence based practices, SCSU’s MFT program is academically sound, preparing students to take the AMFTRB examination. The program values diversity, cultural competency and approaching casework through the lens of intersectionality. Students learn together in a two or three-year cohort track. Graduates from the program are
employed in a variety of settings, including clinical agencies, private practice settings, hospitals, universities and schools. Some continue to complete Doctoral studies. The program houses the on-site Family Therapy Clinic, providing the opportunity to practice direct client care while receiving on-site clinical mentorship from faculty. The program engages students in both didactic and experiential learning and students study through a combination of rigorous academics and hands-on applications. Candidates for Master's of Family Therapy must pass a comprehensive examination.

The program maintains the following Student Learning & Faculty Outcomes:

Student Learning Outcomes
1. Practice from a systemic lens
2. Practice from a culturally competent lens
3. Demonstrate skills of entry-level MFT clinician

Faculty Outcomes
1. Demonstrate excellence in teaching
2. Establish and maintain the identity of Marriage and Family Therapists
3. Participate in scholarly activities that enhance the field of MFT
4. Demonstrate a commitment to cultural competence and/or social justice in at least one area of professional work

PROGRAM SEQUENCE - 60 CREDITS MINIMUM

Accepted students choose a track of identical coursework spread over either two or three-year study:

Two-year track

Year One Fall:
MFT 597 - Family of Origin - 3 credits
MFT 598 - Family Systems Theory I - 3 credits
MFT 505 - Therapeutic Use of Self - Introduction - 3 credits
MFT 620 - Professional, Legal, and Ethical Issues in MFT - 3 credits

Year One Spring:
MFT 668 - Family Systems Theory II - 3 credits
MFT 609 - Diversity and Multicultural Practice in MFT Practice - 3 credits
MFT 506 - Therapeutic Use of Self - Intermediate - 3 credits
MFT 562 - MFT Practicum in Beginning Case Management and Clinical Skill Development - 3 credits
MFT 548 - Introduction to Family Clinic Policies and Procedures - 1.5 credits

Year One Summer:
MFT 669 - Family Systems Theory III: Current Trends in Family Interventions: Evidence Based Practice Models - 3 credits
MFT 562 - MFT Practicum in Beginning Case Management and Clinical Skill Development - 3 credits
MFT 672 - Understanding the Treatment of Substance Addictions in Couples and Families - 3 credits
Year Two Fall:
MFT 610 - Couples Therapy - 3 credits
MFT 586 - Family and Individual Development Over the Life Cycle - 3 credits
MFT 662 - MFT Internship in Intermediate Case Management and Clinical Skill Development - 3 credits
MFT 605 – Therapeutic Use of Self in Groups I (optional elective) - 3 credits

Year Two Spring:
MFT 607 - Systemic Psychopathology - 3 credits
MFT 662 - MFT Internship in Intermediate Case Management and Clinical Skill Development - 3 credits
MFT 587 - Family Therapy Outcome Research - 3 credits
MFT 606 - Therapeutic Use of Self in Groups II (optional elective) - 3 credits

Year Two Summer:
MFT 674 - Introduction to MFT Concepts and Clinical Methods for Human Sexuality - 3 credits
MFT 662 - MFT Internship in Intermediate Case Management and Clinical Skill Development - 3 credits
MFT 673 - Treatment Issues in MFT: Integrating Spiritually and Religion in Marriage, Couples, and Family Therapy - 1.5 credits

Three-year track

Year One Fall:
MFT 597 - Family of Origin - 3 credits
MFT 598 - Family Systems Theory I - 3 credits

Year One Spring:
MFT 668 - Family Systems Theory II - 3 credits
MFT 609 - Diversity and Multicultural Practice in MFT Practice - 3 credits

Year One Summer:
MFT 669 - Systems Theory III: Current Trends in Family Interventions: Evidence Based Practice Models - 3 credits
MFT 672 - Treatment of Substance Addictions in Couples and Families - 3 credits

Year Two Fall:
MFT 505 - Therapeutic Use of Self - Introduction - 3 credits
MFT 620 - Professional, Legal and Ethical Issues in MFT - 3 credits
MFT 610 - Couples Therapy - 3 credits

Year Two Spring:
MFT 506 - Therapeutic Use of Self - Intermediate - 3 credits
MFT 562 - MFT Practicum I in Beginning Case Management and Clinical Skill Development - 3 credits
MFT 548 - Intro to Clinic Policies, Procedures, Practices - 1.5 credits

Year Two Summer:
MFT 562 - MFT Practicum in Beginning Case Management and Clinical Skill Development - 3 credits
MFT 673 - Treatment Issues in MFT: Integrating Spiritually and Religion in Marriage, Couples, and Family Therapy - 1.5 credits

Year Three Fall:
MFT 586 - Family and Individual Development Over the Life Cycle - 3 credits
MFT 662 - MFT Internship in Intermediate Case Management and Clinical Skill Development - 3 credits
MFT 605 - Therapeutic Use of Self in Groups I (optional elective) - 3 credits

Year Three Spring:
MFT 662 - MFT Internship in Intermediate Case Management and Clinical Skill Development - 3 credits
MFT 607 - Systemic Psychopathology - 3 credits
MFT 587 - Family Therapy Outcome Research - 3 credits
MFT 606 - Therapeutic Use of Self in Groups II (optional elective) - 3 credits

Year Three Summer:
MFT 662 - MFT Internship in Intermediate Case Management and Clinical Skill Development - 3 credits
MFT 674 – Introduction to MFT Concepts and Clinical Methods for Human Sexuality - 3 credits

ADMISSION INFORMATION

The program offers rolling admissions until full (typically April-June) with Fall admissions only. Application materials include: formal application, references, transcripts of all University level work, and attendance at a group interview. GRE scores are not required.

Additional information including Program Handbook:

Visit: https://www.southernct.edu/mft