MARRIAGE AND FAMILY THERAPY, M.F.T.

For further information: MarriageAndFamilyTherapyGrad@southernct.edu

Application Deadline
Rolling admission for fall semester.

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. Outcome 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 is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), which is the sole accrediting agency of the American Association for Marriage and Family Therapy (AAMFT). COAMFTE accreditation is the seal of credibility, rigor and quality of any MFT training program. This accreditation benefits the student, public and future employers. It assures students that appropriate knowledge and clinical skills have been included in all MFT courses. It guarantees the public that the program remains transparent and has undertaken extensive evaluation by a universally recognized third party to prove it meets the rigorous education standards established by the AAMFT. The program satisfies the academic learning requirement for Martial and Family Therapy licensure eligibility established by the State of Connecticut. Marriage and Family Therapy is a licensed profession in ALL 50 states. Students interested in licensure outside Connecticut are encouraged to look into their specific state requirements.

ABOUT THE PROGRAM

Using a wide range of systemically-focused theories, clinical techniques and evidence based practices, we offer a program that is academically challenging and professionally rewarding. The program values diversity, cultural competency and approaching casework through the lens of intersectionality. Admitted students learn together in a two or three-year cohort track. Graduates from our program are employed in clinical agencies, private practice settings, hospitals, universities and schools. Some continue to complete Doctoral studies. The program houses the on-site Family Therapy Clinic, offering students direct clinical mentorship by MFT faculty. The program engages students in both didactic and experiential learning; students learn through a combination of rigorous academic coursework and practicing hands-on applications. Candidates
for Master's in Family Therapy must pass a comprehensive examination for the degree award.

Within the Program students progress in three major areas:

1) Professional growth in MFT clinical competencies and student learning outcomes: Courses are consistent with the COAMFTE requirements, the Association of Marital and Family Therapy Regulatory Board (AMFTRB), and the regulations for licensure for the State of Connecticut. These courses are centered on training each student in MFT theories, and helping them apply those theories in real clinical contexts under the supervision and mentorship of the AAMFT approved clinical faculty and supervisors. Student learning outcomes include: Practice from a systemic lens; Practice from a culturally competent lens; Demonstrate the skills of an entry-level marriage and family therapist.

2) Acquisition of at least five hundred (500) hours of direct clinical contact with clients in clinical internship settings. In addition to clinical practice, students receive individual and group clinical supervision. A minimum of 50 hours of the required 100 hours of supervision includes raw data, either videotapes/audiotapes, or live supervision.

3) A minimum two semester sequence in Person-of-the Therapist (POTT) training which helps students learn how to know, access and manage themselves in hands-on, present-focused clinical sessions. This experiential training allows students to become experts in relational processes while learning how to use themselves to intervene, shift and create healthier, more adaptive interpersonal interactions in casework.

PROGRAM SEQUENCE - 60 CREDITS

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

**Full Time (2-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

**Part Time (3-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

Students are admitted to the program from various undergraduate academic backgrounds. Prospective students with diverse backgrounds, work experiences and knowledge of the therapy process are preferred. Entrance requirements include: application, references, transcripts of all University level work, and attendance at a group interview.

Additional information

Visit: https://www.southernct.edu/academics/marriage-family-therapy/programs