M.S. Marriage and Family Therapy

Overview

The Marriage and Family Therapy (MFT) master’s program prepares students to effectively serve family systems in a collaborative environment conducive for working within the broader health care system through learning, therapeutic practice and community involvement. Students learn ethical responsibility to ensure professional practices and develop personal and professional growth through intentional self-awareness and self-reflection.

Students participating in our practicums will have the real-world experience serving distressed families in the Central Texas region through The Community Counseling and Family Therapy Center, as well as our practicum site partners. Our program will maintain collaborative relationships with broader healthcare organizations and agencies and will place its students in those settings to develop a critical consciousness and a systemic framework necessary to serve area families.

Program level Student Learning Outcomes

The student will be able to:

1. Demonstrate knowledge and appropriate application of classical and postmodern MFT theories.
2. Demonstrate basic and systemic therapeutic techniques.
3. Assess how contextual issues affect individual lives and relational dynamics.
4. Formulate and execute treatment plans based on individual issues, relational dynamics, and contextual issues.
5. Assess the influence of their social location and personal experiences on the conceptualization and intervention of cases.
6. Develop collaborative relationships with other mental health professionals and agencies within the local community.
7. Demonstrate knowledge of current trends and research methods in the field of marriage and family therapy.

Entry Requirements

Students will be admitted into the M.S. Marriage and Family Therapy program by the faculty once the following application criteria are met:

- Successful admission to graduate school.
- Bachelor’s degree from a regionally accredited institution.
- Preferred minimum GPA of 3.0.
- Submitted GRE scores. This requirement is waived only for applicants who have already earned a graduate degree from a regionally accredited institution.
- Clinical/Work/Volunteer Experience: While specific experience is not required, previous related work experience may make an applicant more competitive.
- Completed Counseling and Psychology Department Application.
- Timely submission of admission materials.

Admissions Material

- Departmental application: The Departmental application can be found online at the Departmental website.
- References: Three professional references are required from colleagues or supervisors who can attest to the applicant’s clinical knowledge, skill, and potential aptitude for graduate study. Recommendation letters must include address, phone number, and signature of recommender. The envelope must be submitted unopened. If a recommender prefers to submit an original, hard copy letter, please remind him or her that it must include an ink signature and be submitted in a sealed envelope.
- Personal Statement: An essay describing your pertinent human services experiences and how they will enhance your development as a marriage and family therapist.
- Resume/CV: A work experiences résumé or curriculum vitae.
- Copies of any professional licenses currently held.
- Most recent GRE scores.

Master of Science - Marriage and Family Therapy Program Requirements

All courses applicable to the program must be attained, at least 60 hours are required for the degree.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>MFT 5301</td>
<td>Introduction of Marriage and Family Therapy Theory</td>
<td>3</td>
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<tr>
<td>MFT 5302</td>
<td>Advanced Marriage and Family Therapy Theory</td>
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<td>MFT 5307</td>
<td>Ethics in Marriage and Family Therapy</td>
<td>3</td>
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<tr>
<td>MFT 5309</td>
<td>Assessment and Treatment of Diverse Families</td>
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<td>MFT 5313</td>
<td>The Person of the Therapist Identification</td>
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<td>MFT 5383</td>
<td>Marriage and Family Therapy Pre-Practicum</td>
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<tr>
<td>MFT 5350</td>
<td>Marriage and Family Therapy Research Methods</td>
<td>3</td>
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<tr>
<td>MFT 5351</td>
<td>Diverse Couples Assessment and Treatment</td>
<td>3</td>
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<td>MFT 5352</td>
<td>Gender and Sexuality in Marriage and Family Therapy</td>
<td>3</td>
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<td>MFT 5353</td>
<td>Medical Family Therapy</td>
<td>3</td>
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<td>MFT 5356</td>
<td>Combat Related Trauma</td>
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<tr>
<td>PSYC 5300</td>
<td>Behavioral Statistics</td>
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<td>PSYC 5304</td>
<td>Human Development</td>
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<td>Choose 3 of the following:</td>
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<tr>
<td>MFT 5355</td>
<td>Treating Military Families</td>
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<td>or MFT 5357</td>
<td>Common Factors in Marriage and Family Therapy</td>
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<td>or MFT 5358</td>
<td>Group Process in Marriage and Family Therapy</td>
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<tr>
<td>or MFT 5371</td>
<td>Advanced Couples Interventions</td>
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<td>or MFT 5372</td>
<td>Relationship Education</td>
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</tbody>
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or MFT 5380  Addiction in Marriage and Family Therapy
or MFT 5381  Adolescent in Family Therapy
or MFT 5382  Delinquency in Marriage and Family Therapy

MFT 5090  Marriage and Family Therapy Theory
Comprehensive Examination 0

MFT 5391  Clinical Practicum I  3
MFT 5392  Clinical Practicum II  3
MFT 5393  Clinical Practicum III  3
MFT 5394  Clinical Practicum IV  3

Total Credit Hours 60

Courses

MFT 5090. Marriage and Family Therapy Theory Comprehensive Examination. 0 Credit Hours.
Study and take the marriage and Family Therapy examination for Non-thesis students. Register for the comprehensive examination during final semester of graduate coursework, or upon permission of advisor. All comprehensive examinations will be written, but an oral component may also be required. A maximum of three attempts will be allowed. Thesis student do not take this examination.

MFT 5301. Introduction of Marriage and Family Therapy Theory. 3 Credit Hours.
Explore the historical development, theoretical and empirical foundations of systems theory including a survey of the major models of marriage, couple and family therapy.

MFT 5302. Advanced Marriage and Family Therapy Theory. 3 Credit Hours.
Examine contemporary therapeutic directions and core competencies in the field of marriage and family therapy.

MFT 5307. Ethics in Marriage and Family Therapy. 3 Credit Hours.
Analyze ethical issues related to the profession and practice of Marriage and Family Therapy including the AAMFT Code of Ethics, professional identity, professional organizations and state licensure.

MFT 5309. Assessment and Treatment of Diverse Families. 3 Credit Hours.
Learn the impact of diversity, power, and privilege as related to culture, class, ethnicity, gender, sexual identity, and religion in families and the influence of context on couple and family treatment. Assess the use of genograms and treatment will focus on effectively helping multi-stressed families.

MFT 5313. The Person of the Therapist Identification. 3 Credit Hours.
Study identification and the development of the person as the therapist, which serves to hone skills in therapy.

MFT 5350. Marriage and Family Therapy Research Methods. 3 Credit Hours.
Learn research methodology, data analysis and the evaluation of research in couple and family therapy. Study how research informs, Marriage and Family Therapy common factors, and evidence based practice.

MFT 5351. Diverse Couples Assessment and Treatment. 3 Credit Hours.
Analyze theoretical models and skills necessary for effective treatment of couple relationship problems. Seminar format will offer training towards certification in Gottman Method Couples Therapy, as well as introduction to Emotion Focused Couples Therapy. Prerequisite(s): MFT 5301.

MFT 5352. Gender and Sexuality in Marriage and Family Therapy. 3 Credit Hours.
Learn male and female sexual anatomy, and address male and female sexual problems and their treatment. Special Emphasis on sex therapy, including cultural diversity, age, disability and illness, sexual abuse and rape.

MFT 5353. Medical Family Therapy. 3 Credit Hours.
Examine the role of the marriage and family therapist in larger behavioral health systems. Learn collaborative manner addressing the unique psychosocial problems of individuals, couples, and families with acute and chronic medically related concerns. Study principles of individual diagnosis of mental illness as defined in the DSM and the implications for systematically based treatment.

MFT 5355. Treating Military Families. 3 Credit Hours.
Explore unique characteristics of military families and provide an overview of assessment and treatment options for common clinical concerns presented by military families.

MFT 5356. Combat Related Trauma. 3 Credit Hours.
Explore the unique characteristics and symptoms of grief, PTSD and combat related trauma. Study systemic treatment options in order to help clients meet their treatment goals.

MFT 5357. Common Factors in Marriage and Family Therapy. 3 Credit Hours.
Explore therapeutic relationship, client factors and hope/expectancy, and their implications for clinical practice.

MFT 5358. Group Process in Marriage and Family Therapy. 3 Credit Hours.
Study human relationships in groups, particularly in the group therapy context. Explore the application of various aspects of group dynamics including leadership, motivation, perception, power and decision making.

MFT 5371. Advanced Couples Interventions. 3 Credit Hours.
Study advanced skills and interventions in Gottman Method Couple Therapy and Emotion Focused Couple Therapy. Prerequisite(s): MFT 5301, MFT 5302 and MFT 5351.

MFT 5372. Relationship Education. 3 Credit Hours.
Study multiple approaches to providing relationship education directly to couples and provides students the opportunity to prepare presentations that could be delivered in real-world settings. Prerequisite(s): MFT 5301, MFT 5302 and MFT 5351.

MFT 5380. Addiction in Marriage and Family Therapy. 3 Credit Hours.
Study systemic framework for understanding addictions and how they impact the family system. Prerequisite(s): MFT 5301 and MFT 5302.

MFT 5381. Adolescent in Family Therapy. 3 Credit Hours.
Explore marriage and family therapy theories in relation to treatment of various disorders in adolescence. Study relational, systemic, and contextual factors that are considered in and behavioral health systems which treat adolescents. Prerequisite(s): MFT 5301, MFT 5302 and PSYC 5304.

MFT 5382. Delinquency in Marriage and Family Therapy. 3 Credit Hours.
Study juvenile delinquency and adolescent substance use through systemic and contextual lens. Examine and compare MFT theories related to juvenile delinquency and adolescent substance use. Prerequisite(s): MFT 5301, MFT 5302, PSYC 5304 and MFT 5381.
MFT 5383. Marriage and Family Therapy Pre-Practicum. 3 Credit Hours.
Study interviewing and training skills in the Marriage and Family Therapy program while preparing for field placement. Gain an understanding of Marriage and Family Therapists, how clients change and basic therapeutic strategies. Explore basic skills and tools necessary to become competent clinicians. Use role playing, videotapes, and video cameras as part of the learning process. Prerequisite(s): MFT 5301.

MFT 5391. Clinical Practicum I. 3 Credit Hours.
Gain experience in marriage and family therapy by providing therapy services in the on-campus clinic and additional approved practicum sites while under supervision of the Marriage and Family Therapy faculty. Demonstrate appropriate levels of competency, assessed through direct supervision, video supervision, as well as case conference, maintaining appropriate documentation of clinical work, and meeting clinical hours requirement as described in the departmental handbook. Prerequisite(s): MFT 5301, MFT 5307 and MFT 5383. Field experience fee - $75.

MFT 5392. Clinical Practicum II. 3 Credit Hours.
Gain experience in marriage and family therapy by providing therapy services in the on-campus clinic and additional approved practicum sites while under supervision of the Marriage and Family Therapy faculty. Demonstrate appropriate levels of competency, assessed through direct supervision, video supervision, as well as case conference, maintaining appropriate documentation of clinical work, and meeting clinical hours requirement as described in the departmental handbook. Prerequisite(s): MFT 5301, MFT 5307, MFT 5383 and MFT 5391. Field experience fee - $75.

MFT 5393. Clinical Practicum III. 3 Credit Hours.
Gain experience in marriage and family therapy by providing therapy services in the on-campus clinic and additional approved practicum sites while under supervision of the Marriage and Family Therapy faculty. Demonstrate appropriate levels of competency, assessed through direct supervision, video supervision, as well as case conference, maintaining appropriate documentation of clinical work, and meeting clinical hours requirement as described in the departmental handbook. Prerequisite(s): MFT 5301, MFT 5307, MFT 5383, MFT 5391 and MFT 5392. Field experience fee - $75.

MFT 5394. Clinical Practicum IV. 3 Credit Hours.
Gain experience in marriage and family therapy by providing therapy services in the on-campus clinic and additional approved practicum sites while under supervision of the Marriage and Family Therapy faculty. Demonstrate appropriate levels of competency, assessed through direct supervision, video supervision, as well as case conference, maintaining appropriate documentation of clinical work, and meeting clinical hours requirement as described in the departmental handbook. Prerequisite(s): MFT 5301, MFT 5307, MFT 5383, MFT 5391, MFT 5392 and MFT 5393. Field experience fee - $75.

MFT 5397. Clinical Practicum V. 3 Credit Hours.
Gain experience in marriage and family therapy by providing therapy services in the on-campus clinic and additional approved practicum sites while under supervision of the Marriage and Family Therapy faculty. Demonstrate appropriate levels of competency, assessed through direct supervision, video supervision, as well as case conference, maintaining appropriate documentation of clinical work, and meeting clinical hours requirement as described in the departmental handbook. Prerequisite(s): MFT 5301, MFT 5307, MFT 5383, MFT 5391, MFT 5392, MFT 5393, and MFT 5394. Field experience fee - $75.