



Program of Study: Master of Science in Marriage and Family Therapy

Program Description:

A Marriage and Family Therapist (MFT) is a recognized and regulated mental health service provider in California, and a valid state license is required to provide designated therapeutic services and to use the title. The M.S. in Professional Counseling: Marriage and Family Therapy track is designed to prepare students for MFT or MFCC (Marriage, Family, and Child Counselor) licensure in the state of California. The M.S. in Professional Counseling: Marriage and Family Therapy Track requires 60 credit hours. The program's courses will meet the academic requirements established by the California Board of Behavioral Sciences.

The MFT specialty is unique to California, however, similar or related specializations and providers are recognized by many other states. The California MFT licensing requirements reflect relatively high standards of preparation and are among the most stringent in the country (for similar licensure). It is likely that the California requirements for the MFT will meet most of the requirements for a similar license or accreditation in other states. Nevertheless, each state has different regulations and demands; it is the students' responsibility to ascertain the requirements of a particular state and to determine how closely the California MFT preparation will satisfy their requirements.

Course Number	Course Title	Course Description	Credit Hours
MFT 505	California Law and Professional Marriage and Family Ethics	This course provides a broad understanding of professional counseling ethics, legal standards, and responsibilities. An important goal of this course is to help Marriage and Family Therapy students develop a high standard of ethical performance in their career. Specific California codes will be examined.	3
MFT 500	Counseling Theories	This course provides a comprehensive survey of the major counseling theories and principles. The coursework will include the following theories: Psychoanalytic, Adlerian, Existential Psychotherapy, Behavioral, Cognitive Behavioral, Person Centered, Reality Therapy/Choice Theory, and Rational Emotive.	3
MFT 524	Advanced Family Systems Theory	This course examines the dynamic processes of family and couple relationships and the role, value, and benefits of family system therapy. The bio-psychosocial perspectives of family and family system will be evaluated. Assessment and treatment of couples and families will be the focus.	3
MFT 520	Group Counseling Theory and Practice	This course provides a broad understanding of group development, group dynamics, group counseling theories, and ethical standards. The course will also address group process components, appropriate selection criteria, developmental stage theories, group members' roles and behaviors, and group leadership styles and approaches.	3

MFT 509	Social and Cultural Diversity Issues in Counseling	This course provides a broad understanding of issues and trends in a multicultural and diverse society. Studies in this area will include the following: attitudes and behaviors based on such factors as age, race, religious preference, physical disability, sexual orientation, ethnicity and culture, family patterns, gender, socioeconomic status, and intellectual ability; individual, family, group, and community strategies for working with diverse populations; and theories of multicultural counseling, identity development, and multicultural competencies.	3
MFT 527	Psychopharmacology & Addictions	This course provides a broad understanding of psychopharmacology theories of drug abuse, addiction, and treatment. The student is introduced to the basic principles of pharmacology, anatomy, and physiology as applied to the major classes of psychoactive drugs of abuse/addiction. It also examines the effects of various drugs on human behavior. The course introduces drugs that are being developed to support drug treatment such as methadone, suboxone and neloxone. Emphasis is placed on basic principles of drug ingestion, distribution, elimination, dose-response relationships, neurotransmitter chemicals, and synaptic activity.	3
MFT 515	Counseling Skills in the Helping Relationships	This course provides a broad understanding of counseling processes, including characteristics and behaviors that influence the helping processes. Included are age, gender, ethnic differences, verbal and nonverbal behaviors, personal characteristics, and orientations. The development of counseling skills to include the following will be emphasized: interviewing, the development of therapeutic relationships, establishment of appropriate counseling goals, strategies, evaluation of client outcome, and successful termination of the counseling relationship.	3
MFT 511	Introduction to Chemical Dependency Counseling	This course provides a broad understanding of the stages, processes, and effects of chemical dependency, social and psychological dynamics of chemical dependency, and the professional's role in prevention, intervention, and aftercare. This course will also explore theories of addiction, drug classification, assessment, and treatment.	3
MFT 518	Human Growth and Development	This course provides an understanding of the nature and needs of individuals at all developmental levels. Theories of individual and family development, transitions across the life-span, theories of learning, theories of personality development, and strategies for facilitating optimum development over the life-span will be addressed.	3
MFT 521	Marriage and Family Therapy	This course provides a broad understanding of the structure and dynamics of the family, which may include assessment and methods of marital and family intervention and counseling.	3
MFT 523	Tests and Appraisal in Counseling	This course provides an introduction to basic tests and appraisal in counseling. Individual and group approaches to testing, assessment, evaluation, behavioral observations, and computer-managed and computer-assisted methods will be addressed. The following statistical concepts will also be addressed: scales of measurement; measures of central tendency; and indices of variability, shapes and types of distributions, correlations, reliability, and validity.	3
MFT 519	Human Sexuality	This course examines human sexuality and systems of sexual therapy. Psychological, biological, social, and moral perspectives on sexual development and functioning will be examined.	3
MFT 531	Family Issues and Addictive Disorders	This course examines the role of alcohol and/or drug addiction in family systems. Various modalities designed to intervene in the alcohol- and/or drug-addicted family system will be discussed. The treatment roles and responsibilities of addicted persons and their families will also be examined.	3

MFT 536	Aging and Long-Term Care	This course provides an understanding of the nature of aging and the elderly. Theories and strategies for facilitating optimum care of the elderly will be addressed. Mental health, the role of drug/alcohol addiction abuse, and family issues will be addressed. To be taken concurrently with MFT 537 and MFT 538.	1
MFT 537	Spousal or Partner Abuse Assessment, Detection, and Intervention Strategies	This course examines therapy and other treatment strategies for couples and individuals in abusive and/or violent relationships. The legal and ethical issues, the role of drug and/or alcohol addiction and/or abuse, and children in families where domestic violence and abuse occur will be addressed. To be taken concurrently with MFT 536 and MFT 538.	1
MFT 538	Child Abuse Assessment and Reporting	This course examines child abuse assessment and reporting. Specific California child abuse assessment and reporting codes will be examined. To be taken concurrently with MFT 536 and MFT 537.	1
MFT 540	Research Methods	This course introduces research methods and basic statistical analysis, including the following: the importance of research, opportunities, and difficulties in conducting research. Research methods such as qualitative research, quantitative research, single-case designs, action research, and outcome-based research will be addressed.	3
MFT 605	Psychopathology and Counseling	This course introduces the study of mental illnesses and the science of psychopathology. The goal is to provide counseling students with a conceptual understanding of psychological and behavioral dysfunctions that occur in mental illnesses. The course includes a survey of major psychiatric disorders and their causes.	3
MFT 610	Diagnostics, Assessment, and Treatment	This course provides a conceptual framework for the use of assessment and diagnostic tools for the development of appropriate treatment interventions for a variety of behavioral health disorders. Included is an introduction to the use of the diagnostic tools, including the DSM-VI TR and the integration of diagnostic and assessment information, in the development of treatment plans.	3
MFT 615	Pre-Practicum and Clinical Instructions	Students are required to complete a minimum of 100 hours of clinical work, under close supervision, during the pre-practicum experience. A minimum of 40 hours must be direct client contact hours with at least 1 hour under direct supervision for each 40 clock hours worked. Twenty-five hours can be met through completion of coursework within the pre-practicum class and the remaining time can be met through provision of support functions to the site. The practicum will be performed under the supervision of a faculty member and an onsite supervisor approved by the college or university. Prerequisites: MFT 500, MFT 505, MFT 515, MFT 520, MFT 610, and release by the college's Office of Field Experience documenting that the following requirements have been completed: Documentation (with face sheet) of personal liability insurance (\$1 million/\$3 million) coverage, programmatic GPA of 3.0 or higher, completion of at least 24 credits in the program, site approval, and site supervisor approval.	3
MFT 660 (A/B)	Practicum/Internship (I/II)	The supervised practicum courses provide an opportunity to accumulate 150 contact hours of required practicum experience. Students will use this experience to develop their counseling skills and to perform all the activities that a regularly employed professional counselor would be expected to perform in a supervised setting. The practicum will be performed under the supervision of a faculty member and an on-site supervisor approved by the college or university. Documentation of completed contact hours will be submitted directly to the COHS Office of Field Experience for verification and tracking. This is a pass/fail course with the minimum passing score of 76% to receive credit. Prerequisite: MFT 615 with a B or higher, GPA of 3.0 or better. Maintenance of personal liability insurance (\$1 million/\$3 million) coverage.	6

Total Master of Science in Marriage and Family Therapy Credits: 60