

CENTRAL CONNECTICUT STATE UNIVERSITY

GRADUATE PROGRAMS

MARRIAGE AND FAMILY THERAPY: MASTER OF SCIENCE

COURSE AND CAPSTONE REQUIREMENTS (51 credits)

Prerequisites (12 credits):

CNSL 500 The Dynamics of Group Behavior 3

CNSL 501 Theories and Techniques in

Counseling 6

Either MFT 505 Counseling & Human Development
Across the Lifespan

OR PSY 512 Seminar in Developmental Psychology

Marriage and Family Therapy Core Curriculum (51 credits) — thesis optional:

MFT 541* Introduction to Theories of Family
Systems 3

MFT 542 Professional, Ethical, and Legal Issues
in Marriage and Family Therapy 3

MFT 543 The Family Life Cycle 3

MFT 544 Families in Context: Gender and
Cultural Dimensions 3

MFT 551 Structural/Strategic & Behavioral
Family Therapies 3

MFT 552 Experiential, Intergenerational and
Psychodynamic Family Therapies 3

MFT 554 Couples Therapy 3

MFT 555 Dysfunctional Family Processes 3

MFT 556 Systemic Perspectives on Mental
Disorders 3

MFT 557 Action Methods in Marital and
Family Therapy 3

MFT 583** Marriage and Family Therapy
Practicum I 3

MFT 584** Marriage and Family Therapy
Practicum II 3

MFT 585*** Marriage and Family Therapy
Internship (3 credits in each of 3

consecutive semesters) 9

MFT 598 Research Methods in Marriage and
Family Therapy 3

Elective required**** (3)

* This course is taken during the pre-candidacy period
along with the three prerequisite courses as a
condition for degree candidacy

** Students in the MFT School Certification sequence
substitute MFT 593 and MFT 594 for these courses

*** See Capstone requirement (below).

**** May be any graduate course that fits coherently
with the student's academic goals, on approval from
his or her advisor. The Thesis course (CNSL 599) is
not considered an elective (Plan A) and is an
additional three (3) credits.

Capstone Requirement:

During the third semester of MFT 585 (Internship),
on completion of a minimum of 300 of the 500
clinical hours required for graduation, all students
must complete a capstone project consisting of a
comprehensive written examination of a clinical case
seen by the student, as well as an oral presentation of
the case to MFT faculty and peers.

Program Rationale:

The Marriage and Family Therapy (MFT) program leads to a Master of Science in Marriage and Family Therapy (MSMFT). The program is designed to prepare students for professional careers as marriage and family therapists in a wide variety of settings and roles. First, students are taught theories and techniques of practice in individual and group counseling modalities, as well as developmental theory. The foundation of the specialized training in marriage and family therapy is systems theory, serving as the linchpin for the study of clinical theories and practices that are taught in preparation for clinical training.

The philosophy of the program is that a student must integrate theories and techniques as tools for enhancing one's effectiveness as an agent of intervention and change. The program does so by interweaving theory and practice throughout the duration of the training process via graduated practical experiences while studying theory. Thus, through the process of study and practice, the student has an opportunity to incorporate a wide array of learning gradually and comprehensively. The end product of such training is a therapist who is well-grounded in theory and who has had nurturing through an on-going training and supervisory process to use him/herself effectively, professionally, and ethically as an agent of change at a variety of levels. A unique feature of the program is that we utilize a "common factors" approach based on a theoretical model called "Metaframeworks", which provides a template for looking through different systemic "lenses" to make decisions regarding how to intervene to remove constraints preventing a person, couple, family or organization from making necessary changes for their well-being.

The curriculum is designed to meet academic and clinical requirements for Connecticut licensure for marital and family therapists (LMFT) and AAMFT Clinical Membership.

Clinical placements and intensive faculty supervision emphasize the development of effective therapeutic skills to meet the challenges of the new climate in health care service delivery. Emphasis is also placed on the development of the "person of the therapist." A key theme of the program is respect for diversity of people and lifestyles in families. The program has been awarded accreditation by AAMFT's Commission on Accreditation for MFT Education (COAMFTE).

Student Learning Outcomes (SLOs):

As a result of successful completion of the MFT program, students will:

SLO #1: Become knowledgeable in the major schools of marriage and family therapy.

SLO #2: Develop proficiency in practice of systemically oriented therapy approaches to be applied in their clinical work with individuals, families, and communities.

SLO #3: Become knowledgeable consumers of research and evidence-based clinical practice.

SLO #4: Demonstrate self-awareness of their own social location (i.e., internal and relational) and identify biases that inform their clinical practice. Based on this self-awareness, students will demonstrate the ability to self-correct or be open to supervisory and peer feedback.

SLO #5: Demonstrate the ability to assess client system's resources and constraints through the "lenses" of the 6 core Metaframeworks domains (i.e., Organization, Sequences, Development, Multicultural, Gender, and Internal Family System), select intervention strategies from systemic family therapy models that are appropriate and aligned with the removal of identified constraints, and implement interventions from such models based on their unique Metaframeworks assessment.

SLO #6: Demonstrate the ability to recognize ethical dilemmas in professional practice, apply relevant AAMFT Code of Ethics and models of ethical decision making when ethical issues emerge.

SLO #7: Demonstrate an awareness of and respect for cultural differences among clients and their contexts as defined in the program's Metaframeworks Multicultural domain.

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This project is designed to help the student integrate his/her learning experiences in the program. Students who pursue the thesis option are also required to complete the clinical capstone during the spring semester of MFT 585.

CLINICAL TRAINING IN THE MFT PROGRAM

During the second year of the MFT program, students complete a practicum experience for two semesters, in which they are placed in approved clinical sites in the community for 12 hours per week and receive an hour of supervision per week by an agency supervisor. This experience provides students with basic skills and techniques in interviewing, clinical assessment, and case management. Students attend a weekly course seminar for two hours per week with a faculty instructor. There are over 60 approved training sites across the state, including mental health centers, family service agencies, hospitals, and schools.

Following the practicum, each student undertakes a 12-month, intensive (25 hours per week) internship in an approved clinical facility, where the intern may hone his/her skills as an "apprentice" clinician under the mentorship of an on-site supervisor and oversight of a faculty supervisor. The internship is designed to be a much more extensive experience than the practicum experience, with the intern assuming primary responsibility for 12-15 clinical cases per week. The student can expect much guidance during the internship experience, with over three hours per week spent in supervision to discuss clinical assessment, case dynamics, skill development, and use of self in the role of "therapist." By the end of the program, students must complete 500 clinical contact hours with a minimum of 100 hours of supervision of those clinical contact hours under an AAMFT Approved Supervisor.

MFT CORE FACULTY

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Program Website:
www.ccsu.edu/mft

Admission Requirements for the Marriage and Family Therapy Program

Admission to the MFT program is made on a competitive basis one time per year. All applications must be completed with all required materials and received by **February 1** for fall only admission. Applicants must hold a bachelor's degree from a regionally accredited institution of higher education.

Candidates for admission will be selected on the basis of the following criteria:

- 1. Grade Point Average (GPA):** Minimum 2.70 grade point average (GPA) for all undergraduate courses and a 3.00 for all graduate courses, based on a 4.00-point scale where A is 4.00.
- 2. Two recommendations** from individuals who know your academic competence, character, or professional work. **Note:** Personal references from family members, friends, neighbors, or personal therapist will not be accepted.
- 3. Personal essay** regarding your motivation and readiness to pursue a degree in Marriage and Family Therapy. Please include the following (three pages maximum, double-spaced, 12-point Times New Roman font):
 - a. Personal and professional experiences and reasons that influenced you to pursue the field of Marriage and Family Therapy.
 - b. Personal characteristics you believe will contribute to your educational success in the CCSU Marriage and Family Therapy program as well as your success as a Marriage and Family Therapist after graduation.
 - c. Comment on your definition of family.
 - d. Comment on any personal and/or professional experiences you have had with people from diverse cultural backgrounds.
- 4. Resume:** Submit a current resume
- 5. Interview:** After reviewing application materials, qualified applicants will be invited to interview with the Marriage and Family Therapy Faculty. The online graduate application, application fee, and official transcripts from each institution attended except Central Connecticut State University are to be submitted directly to Graduate Recruitment and Admissions Office.

Instructions for uploading the personal essay and resume and for submitting the recommendation letters will be found within the online application.

Contact: 860-832-2154

www.ccsu.edu/grad