

MASTER OF ARTS IN COUNSELING WITH A SPECIALIZATION IN MARRIAGE AND FAMILY THERAPY (MFT) PROGRAM

PROGRAM MISSION

The mission of Marriage and Family Therapy MA Program at Daybreak University is to prepare students to be culturally competent, ethical, evidence-based, self-observing, and systemic marriage and family therapists.

PROGRAM GOALS

Program Goal #1 (Knowledge):

Program will train students who demonstrate a foundational knowledge of marriage and family therapy theories, models, and interventions.

Program Goal #2 (Practice):

Program will train students who demonstrate a foundational competence to practice marriage and family therapy.

Program Goal #3 (Diversity):

The program will train students to practice MFT from a self-reflective and cultural competence foundation with a variety of diverse clients.

Program Goal #4 (Ethics):

The program will train students who demonstrate competencies related to legal and professional ethics, standards of practice, and personal awareness in their clinical work.

Program Goal #5 (Research):

The program will train family therapists who can consume and contribute to research in the field of marriage and family therapy.

STUDENT LEARNING OUTCOMES

SLO #1 (Knowledge): Students will demonstrate comprehensive knowledge of systems theory concepts and MFT models and techniques.

SLO #2 (Practice): Students will demonstrate competence in systemic/relational assessment, treatment planning, interventions, transfer, and termination.

SLO #3 (Diversity): Students will demonstrate human diversity and practice culturally-sensitive analysis and critical self-awareness when working with a diversity of individuals, couples, and families.

SLO #4 (Ethics): Students will demonstrate ethical decision-making, case management, professionalism, and self-awareness in clinical practice.

SLO #5 (Research): Students will be able to read and critically evaluate research for evidence-based application in the practice of marriage and family therapy.

DEGREE COMPLETION TIMELINES

Students are required to complete 90 quarter credits of coursework normally in two years. Students receive at least 90 practicum hours with systemic supervision from approved supervisors. Students should take the comprehensive exam in their last term of the master's program. Students must complete their study within 5 years, beginning on the date of their first registration for the program. Students must earn at least 75% of the credit hours required for the degree through Daybreak University.

DEGREE COMPLETION REQUIREMENTS

1. A completion of all required course work with a minimum grade point average (GPA) of 3.0.
2. A satisfactory pass of comprehensive exam
3. Practicum and internship work
4. A settlement of all financial obligations with the University

COMPREHENSIVE EXAMINATION

All MAC Students must pass a comprehensive examination over the major field of study. These examinations serve as a major means of evaluating the student's academic competency in the major area. Comprehensive examinations may be taken in their last term of the master's program. Only two retakes of the examination are permitted.

CLINICAL INTERNSHIP

Daybreak University Couples and Family Counseling Center (CFCC) is the training facility of the graduate degree in Marriage and Family Therapy. Students begin the clinical hours in their third term and complete required clinical hours with supervision following.

1. 300 Clinical hours (100 Hours of Relational Cases)
2. 100 Supervision hours
 - 50 hours: Raw data at least (e.g., audio, video, etc.)
 - Group Supervision: Up to 8 people.
 - Personal Supervision: Up to 2 people.

CURRICULUM

MA in Counseling with a Specialization in Marriage and Family Therapy

<p>Required Quarter Credits: 90 (Equivalent to 60 Semester Credits)</p>

Course Titles	Credits
MAC Program Core Courses	
CFT 6010: Foundations of Couples and Family Therapy	4.5
CFT 6050: Clinical Research and Evaluation	4.5
CFT 6060: Psychopathology: Principles of the Diagnostic Process	4.5
CFT 6300: Diversity and Multicultural Counseling	4.5
CFT 7000: Counseling and Psychotherapeutic Theories and Techniques: IPCST	4.5
COAMFTE Required Courses	
CFT 6040: Group Therapy Process and Techniques	4.5
CFT 6030: Couples Relationship Therapy	4.5
CFT 6600: Law, Professional Ethics, and Community Practice	4.5
HST 6000: Human Sexuality Education I	4.5

CFT 6090: Human Growth and Family Development Across the Life Span	4.5
MAC General Electives	18 (4)
Clinical Requirement	
CFT 7900B: Practicum in Couples and Family Therapy	22.5 (5)
CFT 7900A: Practicum in Couples and Family Therapy	4.5 (1)
1. 300 Clinical hours (100 Hours of Relational Cases) 2. 100 Supervision hours <ul style="list-style-type: none"> • 50 hours: Raw data at least (e.g., audio, video, etc.) • Group Supervision: Up to 8 people. • Personal Supervision: Up to 2 people. 	
Total Credits	90

General Electives for COAMFTE MFT

No.	Course Titles	Credits
1	IRT 7100: Foundations of Imago Relationship Therapy	4.5
2	IRT 7200: Advanced Imago Relationship Therapy	4.5
3	HST 6100: Human Sexuality Education II	4.5
4	CFT 6070: Psychopharmacology	4.5
5	CFT 6080: Assessment, Appraisal, and Psychological Testing	4.5
6	CFT 6100: Child, Partner, and Elder/Dependent Abuse Assessment and Intervention	4.5
7	CFT 6200: Community Mental Health Counseling	4.5
8	CFT 6500: Chemical Dependency and Addiction Counseling	4.5
9	CFT 6700: Trauma and Collaborative Care	4.5
10	IRT 8600: Relationology	3
11	CFT 8100: Cinema Story and Counseling	4.5
12	CFT 9200: Self of the Therapist	4.5
13	CFT 9300: Spirituality and Psychotherapy	4.5
14	CFT 9400: Inner Child Therapy	4.5
15	CFT 9450: Carl Rogers Seminar	4.5
16	CFT 8050: Research Internship *Recommended for students who are planning to apply for a Doctoral Program.	4.5

MA Degree Completion Timeline (2 years)

	Fall term	Winter term	Spring term	Summer term
Year 1	CFT 6010: Foundations of Couples and Family Therapy Elective 1	CFT 6030: Couples Relationship Therapy CFT 6600: Law, Professional Ethics, and Community Practice * Hybrid Class: Online and Live Webinar Elective 2	CFT 7000: Counseling and Psychotherapeutic Theories and Techniques: IPCST CFT 6090: Human Growth and Family Development Across the Life Span CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900B: Practicum in Couples and Family Therapy Elective 3
Year 2	HST 6000: Human Sexuality Education I CFT 6060: Psychopathology: Principles of the Diagnostic Process CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900B: Practicum in Couples and Family Therapy CFT 6050: Clinical Research and Evaluation	CFT 7900B: Practicum in Couples and Family Therapy Elective 4	CFT 6300: Diversity and Multicultural Counseling CFT 6040: Group Therapy Process and Techniques CFT 7900A: Practicum in Couples and Family Therapy (Internship: IPCST)

MA Degree Completion Timeline (2.5 years)

	Fall term	Winter term	Spring term	Summer term
Year 1	CFT 6010: Foundations of Couples and Family Therapy Elective 1	CFT 6030: Couples Relationship Therapy CFT 6600: Law, Professional Ethics, and Community Practice * Hybrid Class: Online and Live Webinar	CFT 7000: Counseling and Psychotherapeutic Theories and Techniques: IPCST CFT 6090: Human Growth and Family Development Across the Life Span	CFT 7900B: Practicum in Couples and Family Therapy Elective 2
Year 2	HST 6000: Human Sexuality Education I CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900B: Practicum in Couples and Family Therapy CFT 6050: Clinical Research and Evaluation	CFT 7900B: Practicum in Couples and Family Therapy Elective 3	CFT 6300: Diversity and Multicultural Counseling CFT 6040: Group Therapy Process and Techniques

Year 3	CFT 6060: Psychopathology: Principles of the Diagnostic Process CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900A: Practicum in Couples and Family Therapy (Internship: IPCST) Elective 4		
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