

DOCTOR OF PHILOSOPHY IN COUNSELING WITH A SPECIALIZATION IN MARRIAGE AND FAMILY THERAPY (MFT) PROGRAM

PROGRAM MISSION

The mission of the Marriage and Family Therapy PhD program at Daybreak University is to develop scientist-practitioners in the field of couple, marriage, and family therapy. The doctoral program provides academic and clinical training for the purpose of developing scholars with the competence in systemic clinical work, supervision, teaching, and research.

PROGRAM GOALS

Program Goal #1 (Knowledge):

The program will train students who demonstrate advanced and comprehensive knowledge of systems concepts and MFT theories and techniques.

Program Goal #2 (Practice):

The program will train students who demonstrate an ability to conceptualize systemic thinking as applied in supervision, mentoring, and the isomorphic dynamics among different levels of the training system.

Program Goal #3 (Diversity):

The program will train students who demonstrate awareness and competence in culturally sensitive clinical work, supervision, teaching, and research.

Program Goal #4 (Ethics):

The program will train students who demonstrate applied knowledge of MFT legal and ethical guidelines and professional standards.

Program Goal #5 (Research):

The program will train students who demonstrate the ability to design, conduct, analyze, and identify clinical implications of systemic and relational research.

STUDENT LEARNING OUTCOMES

SLO #1 (Knowledge): Students will demonstrate competence in advanced MFT models and techniques.

SLO #2 (Practice): Students will demonstrate the ability to integrate systems concepts and MFT theories in their clinical work, supervision, teaching, and research.

SLO #3 (Diversity): Students will demonstrate understanding of contextual factors and respect for diversity and inclusion in their clinical work, supervision, teaching, and research.

SLO #4 (Ethics): Students will demonstrate competence in ethical and professional clinical work, supervision, teaching, and research.

SLO #5 (Research): Students will conduct systemic and relational research that has clinical implications for marriage and family therapy.

DEGREE COMPLETION TIMELINES

The program is a 93-quarter unit program including 18 units of dissertation. The course of study usually spans a period of 3 years. Students can expect to complete their coursework and dissertation in 3 years. Students must complete their study within seven years, beginning on the date of their first registration for Ph.D. courses. A Ph.D. student must carry 9 (7.5 as needed) or more units to be considered a full-time student. Those carrying fewer than nine (7.5 as needed) units are considered part-time students.

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. A satisfactory completion of dissertation
4. A satisfactory of Advanced Clinical Experience
5. A satisfactory pass of oral defense of a dissertation
6. A settlement of all financial obligations with the University

Students gain knowledge and insights from class lectures to integrate them into their course papers and dissertation research issues. Each student is provided with a primary advisor for their dissertation. The primary advisor supervises his or her student to specify and deepen their research focus. Three dissertation committee members including a primary advisor guides a student's dissertation. The program fosters an ethos of mutual learning so that students will develop constructive and collaborative habits of collegiality as they work together on their degrees. Students must earn at least 75% of the credit hours required for the degree through Daybreak University.

COMPREHENSIVE EXAMINATION

All candidates for the Ph.D. degree must pass a written 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 any time after completion of 63 units of Ph.D. coursework. Only two retakes of the examination are permitted.

ADVANCED PRACTICAL EXPERIENCE

All Marriage and Family Therapy students are required to complete an Advanced Practical Experience during their third year in the program. This experience must last for a minimum of 6 months.

Advanced Practical Experience Competencies

In accordance with the program's educational outcomes, and in order to complete the requirements of the Advanced Practical Experience, MFT doctoral students must demonstrate competence in at least two of the following areas:

1. Research & Scholarship: Application of qualitative or quantitative research methods and writing skills to produce presentations and publications. This does not include dissertation research.
2. MFT Supervision: Supervise trainees and receive supervision mentoring to become an AAMFT Approved Supervisor.
3. Teaching: Take major responsibility for teaching undergraduate or graduate students in courses related to marriage and family therapy.
4. Grant Writing: Take major responsibility for writing a research or service delivery grant in a supervised work setting.
5. Clinical Practice: Obtain direct clinical contact hours with individuals, couples, and families. All client contact must be supervised. Students may begin the clinical hours in their third term and complete required clinical hours with supervision following.

1. 200 Clinical hours (75 hours of Relational Cases)
2. 70 Supervision hours
 - 35 hours: Raw data at least (e.g., audio, video, etc.)
 - Group Supervision: Up to 8 people.
 - Personal Supervision: Up to 2 people.

* If students enter the Doctoral Program without completing the COAMFTE Master's courses they must additionally conduct the COAMFTE MFT Master's required clinical hours (300 clinical hours with 100 supervision hours).

DISSERTATION

The Ph.D. dissertation is the bulk of the doctoral program. Doctoral students have two options to complete their dissertation: (1) A Ph.D. dissertation which is between 100 to 200 pages in length (2) An article type dissertation. The article type dissertation includes one full-length article that is publishable quality in a peer-reviewed journal. This article must be empirical in nature; that is, the student should conduct original data analyses of some kind (e.g., quantitative, qualitative, historical, program development).

All dissertations should adhere to regulations and requirements from the Daybreak University. Students who are considering this format are strongly encouraged to confer with their dissertation chair as early as possible, since an article-style dissertation may not be the best approach for all students and dissertation topics.

AN ORAL DEFENSE OF A DISSERTATION

The dissertation is prepared, submitted, and defended in an oral examination. Students can do this oral defense only after they have successfully completed course work, comprehensive examination, and a submission of dissertation.

CURRICULUM

Ph.D. in Counseling with a Specialization in Marriage and Family Therapy (MFT)

Required Quarter Credits: 93 (Equivalent to 62 Semester Credits)	
Course Titles	Credits
ACA 1: Advanced Research	
CFT 9000: PhD Research Methods I: Quantitative Research	4.5
CFT 9100: PhD Research Methods II: Qualitative Research	4.5
CFT 9200: PhD Research Publication Writing & Grant Writing	4.5
CFT 9600: PhD Dissertation I	4.5
CFT 9600: PhD Dissertation II	4.5

CFT 9600: PhD Dissertation III	4.5
CFT 9600: PhD Dissertation IV	4.5
ACA 2: Advanced Relational/Systemic Clinical Theory	
CFT 8700: Advanced Marriage and Family Therapy	4.5
IRT 8100: Advanced Couple Relationship Therapy Theory and Training: Imago Relationship Therapy	4.5
HST 8100: Human Sexuality Education II	4.5
ACA 3: Advanced Relational/Systemic Applications to Contemporary Challenges	
CFT 9700: MFT Professional Practice and Applications to Contemporary Challenges	4.5
CFT 7900B: Practicum in Couples and Family Therapy 1. 200 Clinical hours (75 hours of Relational Cases) 2. 70 Supervision hours <ul style="list-style-type: none"> • 35 hours: Raw data at least (e.g., audio, video, etc.) • Group Supervision: Up to 8 people. • Personal Supervision: Up to 2 people. 	9
ACA 4: Foundations of Relational/Systemic Teaching, Supervision, Consultation &/or Leadership	
CFT 9800: Supervision of Supervision (Supervisor Training)	4.5
CFT 9900: Professional Development Seminar	3
Advanced Practical Experience	
CFT 9810: Supervision Practicum	4.5
CFT 9500: PhD Research Colloquium	4.5
Electives	18
Total Credits *However, if you enter the COAMFTE Doctoral Program without completing the COAMFTE Master's courses you must additionally conduct the COAMFTE MFT Master's required courses and clinical hours.	93

COAMFTE Required Courses	
*However, if you enter the COAMFTE Doctoral Program without completing the COAMFTE Master's courses you must additionally conduct the COAMFTE MFT Master's required courses and clinical hours.	Credits

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
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
Clinical Requirement	
CFT 7900B: Practicum in Couples and Family Therapy	22.5
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. 	

General Electives for COAMFTE MFT (Ph.D.)

No.	Course Titles	Credits
1	CFT 6070: Psychopharmacology	4.5
2	CFT 6080: Assessment, Appraisal, and Psychological Testing	4.5
3	CFT 6100: Child, Partner, and Elder/Dependent Abuse Assessment and Intervention	4.5
4	CFT 6200: Community Mental Health Counseling	4.5
5	CFT 6500: Chemical Dependency and Addiction Counseling	4.5
6	CFT 6700: Trauma and Collaborative Care	4.5
7	IRT 7200: Advanced Imago Relationship Therapy	4.5
8	IRT 8600: Relationology	3
9	CFT 8100: Cinema Story and Counseling	4.5
10	CFT 9200: Self of the Therapist	4.5

11	CFT 9300: Spirituality and Psychotherapy	4.5
12	CFT 9400: Inner Child Therapy	4.5
13	CFT 9450: Carl Rogers Seminar	4.5

Ph.D. Degree Completion Timeline (3 years)

	Fall term	Winter term	Spring term	Summer term
Year 1	<p>CFT 8700: Advanced Marriage and Family Therapy</p> <p>CFT 9000: PhD Research Methods I: Quantitative Research</p>	<p>CFT 9100: PhD Research Methods II: Qualitative Research</p> <p>IRT 8100: Advanced Couple Relationship Therapy Theory and Training: Imago Relationship Therapy</p>	<p>CFT 9200: PhD Research Publication Writing & Grant Writing</p> <p>HST 8100: Human Sexuality Education II</p>	<p>CFT 7900B: Practicum in Couples and Family Therapy</p> <p>Elective 1</p>
Year 2	<p>CFT 9500: PhD Research Colloquium</p> <p>CFT 7900B: Practicum in Couples and Family Therapy</p>	<p>CFT 9700: MFT Professional Practice and Applications to Contemporary Challenges</p> <p>Elective 2</p>	<p>CFT 9900: Professional Development Seminar</p> <p>Elective 3</p>	<p>CFT 9800: Supervision of Supervision (Supervisor Training)</p> <p>Elective 4</p>
Year 3	<p>CFT 9600: PhD Dissertation I</p> <p>CFT 9810: Supervision Practicum</p>	<p>CFT 9600: PhD Dissertation II</p>	<p>CFT 9600: PhD Dissertation III</p>	<p>CFT 9600: PhD Dissertation IV</p>