



MA in Counseling with a Specialization in Marriage and Family Therapy

Program Mission Statement

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

MAC Program Goal (PG)

When students complete the Master of Arts degree in Counseling, they will have the ability to:

- PG1. The program will train students who demonstrate advanced and comprehensive knowledge of systems concepts and MFT theories and techniques.
- PG2. 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.
- PG3. The program will train students who demonstrate awareness and competence in culturally sensitive clinical work, supervision, teaching, and research.
- PG4. The program will train students who demonstrate applied knowledge of MFT legal and ethical guidelines and professional standards.
- PG5. The program will train students who demonstrate the ability to design, conduct, analyze, and identify clinical implications of systemic and relational research.

Student Learning Outcome (SLO)

- SLO1. (Knowledge): Students will demonstrate competence in advanced MFT models and techniques.
- SLO2. (Practice): Students will demonstrate the ability to integrate systems concepts and MFT theories in their clinical work, supervision, teaching, and research.
- SLO3. (Diversity): Students will demonstrate understanding of contextual factors and respect for diversity and inclusion in their clinical work, supervision, teaching, and research.
- SLO4. (Ethics): Students will demonstrate competence in ethical and professional clinical work, supervision, teaching, and research.

SLO5. (Research): Students will conduct systemic and relational research that has clinical implications for marriage and family therapy.

MAC Program Requirement

1. A completion of all required coursework with a minimum grade point average (GPA) of 3.0.
2. Courses with B- or below grade needs to be retaken.
3. Total of 90 credits
4. A satisfactory pass of comprehensive exam
5. Practicum and internship work
6. A settlement of all financial obligations with the University

Required Quarter Credits: 90 (Equivalent to 60 Semester Credits)	
Course Titles	Credits
MAC Program Core Courses	
CFT 6010: Foundations of Marriage 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
MFT Required Courses	
HST 6000: Human Sexuality Education I	4.5
CFT 6020: Advanced Marriage and Family Therapy	4.5
CFT 6030: Couples Relationship Therapy	4.5
CFT 6040: Group Therapy Process and Techniques	4.5
CFT 6070: Psychopharmacology	4.5
CFT 6080: Assessment, Appraisal, and Psychological Testing	4.5
CFT 6090: Human Growth and Family Development Across the LifeSpan	4.5
CFT 6500: Chemical Dependency and Addiction Counseling	4.5
CFT 6600: Law, Professional Ethics, and Community Practice & Teletherapy	4.5
CFT 6700: Abuse, Trauma, and Collaborative Care	4.5
Clinical Requirement	
CFT 7900B: Practicum in Couples and Family Therapy	18 (4)
CFT 7900A: Practicum in Couples and Family Therapy *If 300 Clinical hours are fulfilled, students could take the CFT 7900A or an Elective course. **If 300 Clinical hours are not fulfilled, students should take the CFT 7900B in order to	4.5 (1)

accrue the required clinical hours.	
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, Individual Supervision: Up to 2 people	
Total Credits	90

MAC General Electives

No	Course Titles	Credits
1	HST 6100: Human Sexuality Education II	4.5
2	CFT 9300: Spirituality and Psychotherapy	4.5
3	CFT 9450: Carl Rogers Seminar	4.5
4	IRT 9400: Advanced Imago Relationship Therapy Training II	4.5

MA Degree Completion Timeline (2.5 years)

	Fall term	Winter term	Spring term	Summer term
Year 1	CFT 6010: Foundations of Marriage and Family Therapy CFT 6060: Psychopathology: Principles of the Diagnostic Process	CFT 6030: Couples Relationship Therapy CFT 6070: Psychopharmacology	CFT 7000: Counseling and Psychotherapeutic Theories and Techniques: IPCST CFT 6600: Law, Professional Ethics, and Community Practice & Teletherapy	CFT 6020: Advanced Marriage and Family Therapy CFT 6080: Assessment, Appraisal, and Psychological Testing
Year 2	CFT 7900B: Practicum in Couples and Family Therapy CFT 6300: Diversity and Multicultural Counseling	CFT 7900B: Practicum in Couples and Family Therapy CFT 6700: Abuse, Trauma, and Collaborative Care	CFT 7900B: Practicum in Couples and Family Therapy CFT 6050: Clinical Research and Evaluation	CFT 7900B: Practicum in Couples and Family Therapy HST 6000: Human Sexuality Education I

Year 3	CFT 6500: Chemical Dependency and Addiction Counseling CFT 7900A: Advanced Practicum in Couples and Family Therapy <i>Or</i> an Elective course <i>Or</i> CFT 7900B Practicum in Couples and Family Therapy	CFT 6040: Group Therapy Process and Techniques CFT 6090: Human Growth and Family Development Across the LifeSpan		
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MA Degree Completion Timeline (5 years)

	Fall term	Winter term	Spring term	Summer term
Year 1	CFT 6010: Foundations of Marriage and Family Therapy	CFT 6060: Psychopathology: Principles of the Diagnostic Process	CFT 6030: Couples Relationship Therapy	CFT 6070: Psychopharmacology
Year 2	CFT 7000: Counseling and Psychotherapeutic Theories and Techniques: IPCST	CFT 6600: Law, Professional Ethics, and Community Practice & Teletherapy	CFT 6020: Advanced Marriage and Family Therapy	CFT 6080: Assessment, Appraisal, and Psychological Testing
Year 3	CFT 6300: Diversity and Multicultural Counseling	CFT 6700: Abuse, Trauma, and Collaborative Care	CFT 6050: Clinical Research and Evaluation	HST 6000: Human Sexuality Education I
Year 4	CFT 6500: Chemical Dependency and Addiction Counseling	CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900B: Practicum in Couples and Family Therapy
Year 5	CFT 7900B: Practicum in Couples and Family Therapy	CFT 7900A: Advanced Practicum in Couples and Family Therapy <i>Or</i> an Elective course <i>Or</i> CFT 7900B Practicum in Couples and Family Therapy	CFT 6040: Group Therapy Process and Techniques	CFT 6090: Human Growth and Family Development Across the LifeSpan