



# 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 (MFT) at Daybreak University is to prepare students to be culturally competent, ethical, evidence-based, self-observing, and systemic marriage and family therapists.

## **Program Goal (PG)**

When students complete the MA in Counseling with a Specialization in Marriage and Family Therapy program, 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)**

- SL01. (Knowledge): Students will demonstrate competence in advanced MFT models and techniques.
- SL02. (Practice): Students will demonstrate the ability to integrate systems concepts and MFT theories in their clinical work, supervision, teaching, and research.
- SL03. (Diversity): Students will demonstrate understanding of contextual factors and respect for diversity and inclusion in their clinical work, supervision, teaching, and research.
- SL04. (Ethics): Students will demonstrate competence in ethical and professional clinical work, supervision, teaching, and research.
- SL05. (Research): Students will conduct systemic and relational research that has clinical implications for marriage and family therapy.

## **MA MFT 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

## **Practicum and Internship Requirement**

1. Clinical Practice
  - 300 Client Director Contact hours\*
  - 100 Relational hours\*\* out of the 300 hours
2. Clinical Supervision
  - 100 Supervision hours (Group supervision = 8 students or less, Individual = 2 students or less)
  - 50 hours of observable data: Includes audio, video recordings, as well as live (behind the mirror, in the room, co-therapy, reflecting teams, etc.).

- The MA MFT program provides regular and consistent clinical supervision throughout the student's clinical practice. For the clinical practice, students must enroll in the CFT 7900B Practicum course where clinical supervisors weekly provide group supervision and/or individual supervision to the students. During the planned and unplanned interruptions in the supervision schedules, the clinical director provides weekly group supervision to the students.

\* **Direct Clinical Contact Hours** are defined as a therapeutic meeting of a therapist and client (individual, relational, or group) occurring in-person synchronously, either physically in the same location or mediated by technology. Assessments may be counted if they are in-person processes that are more than clerical in nature and focus. Also, therapy services delivered through interactive team modalities may provide direct client contact for specific team members who have in-person interaction with the client/system during the session. Therapy team members who engage the therapeutic process only behind the mirror may not count the experience as direct client contact. Activities such as telephone contact, case planning, observation of therapy, record keeping, training, role-playing, travel, administrative activities, consultation with community members or professionals, and/or MFT relational/systemic supervision are not considered direct client contact.

\*\***Relational hours:** Direct clinical contact hours in which a clinician delivers therapeutic services with two or more individuals conjointly, who share an ongoing relationship beyond that which occurs in the therapeutic experience itself. Examples include family subsystems, intimate couple subsystems, enduring friendship/community support subsystems, and residential, treatment, or situationally connected subsystems.

## **Outcome Based Education Framework**

Daybreak University's Ph.D. and MA Programs in Counseling with a Specialization in Marriage and Family Therapy utilizes an Outcome Based Education Framework. Accordingly, all the courses in the curriculum contain assessment methods for evaluating the course learning objectives, or the goals, of a course. The course learning objectives and associated assessment measures assist the faculty in determining if students have met various competencies. The coursework is organized so that students build skills by achieving competencies for success in their experiential components such as practicum and for success in higher levels of academic assessment such as comprehensive exams, comprehensive portfolio, and/or dissertations. The curriculum is logically organized in a sequential format where courses on a more basic level are taught earlier in the curriculum and as students advance in the program, mastering the initial courses, they are enrolled in more advanced and rigorous coursework. Some courses are offered earlier in the curriculum so students obtain a baseline in the content area which will assist them in succeeding in the more advanced courses.

## MA MFT Curriculum

Required Quarter Credits: 90

(Equivalent to 60 Semester Credits)

| Course Titles   | Credits   |
|---|-----------|
| <b>MA Program Core Courses</b>  |           |
| 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       |
| <b>MFT Required Courses</b>   |           |
| 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       |
| <b>Clinical Requirement</b>   |           |
| CFT 7900B: Practicum in Couples and Family Therapy  | 18 (4)    |
| CFT 7900A: Practicum in Couples and Family Therapy<br>*If 300 Clinical hours are fulfilled, students could take the CFT 7900A or an Elective course.<br>**If 300 Clinical hours are not fulfilled, students should take the CFT 7900B in order to accrue the required clinical hours. | 4.5 (1)   |
| 1. 300 Clinical hours (100 hours of Relational Cases)<br>2. 100 Supervision hours<br>• 50 hours: Raw data at least (e.g., audio, video, etc.)<br>• Group Supervision: Up to 8 people, Individual Supervision: Up to 2 people<br>** must be enrolled at least 12 months.               |           |
| <b>Total Credits</b>  | <b>90</b> |

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

## MA Degree Completion Timeline (5 years)

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