



DAYBREAK UNIVERSITY

Southern California School of Couples and Family Therapy

서던 캘리포니아 부부가족상담대학원

M.A. in Counseling

상담학과 석사과정

- 상담학과 석사과정 상담학 전공 (M.A. in Counseling)
- 상담학과 석사과정 결혼과 가족치료학 전공 (미국 결혼과 가족치료사 자격취득 과정)
(M.A. in Counseling with the Specialization in Marriage and Family Therapy)
- 상담학과 석사과정 이마고부부관계치료학 전공 (IITI 국제공인 자격취득 과정)
(M.A. in Counseling with the Specialization in Imago Relationship Therapy)
- 상담학과 석사과정 성상담치료 및 성교육 전공
(미국 AASECT 성교육자/성상담사/성치료사 자격취득 과정)
(M.A. in Counseling with the Specialization in Human Sexuality and Sex Therapy)

상담학과 석사과정 상담학 전공

M.A. in Counseling with the Specialization in Counseling (MAC)

총 졸업필수 학점 Required Quarter Credits: 90

(학기제 60 학점과 동일함 Equivalent to 60 Semester Credits)

과목명 Course Titles	학점 Credits
상담학 석사과정 필수과목 MAC Program Core Courses - 5 과목	
CFT 6010: 결혼과 가족치료 이론과 실제 Foundations of Marriage and Family Therapy	4.5
CFT 6050: 임상 연구와 평가 Clinical Research and Evaluation	4.5
CFT 6060: 정신병리학: 진단과정의 원리 Psychopathology: Principles of the Diagnostic Process	4.5
CFT 6300: 다양성 및 다문화 상담 Diversity and Multicultural Counseling	4.5
CFT 7000: 고급 상담 및 심리치료의 이론과 실제: 내면부모-자녀체계치료(IPCST) Advanced Counseling and Psychotherapeutic Theories and Techniques: IPCST <i>*선수과목: CFT 6010 이수 또는 동시 수강</i>	4.5
석사과정 전공 필수과목 MAC Specialization Core Courses - 9 과목	
CFT 6020: 결혼과 가족치료(고급) Advanced Marriage and Family Therapy <i>*선수과목: CFT 6010, CFT 7900(최소 1 학기 이수)</i>	4.5
CFT 6030: 커플(부부)관계치료 Couples Relationship Therapy	4.5
CFT 6040: 집단상담 과정과 기법 Group Therapy Process and Techniques	4.5
CFT 6080: 심리검사와 심리평가 Assessment, Appraisal, and Psychological Testing	4.5
CFT 6090: 가족생활주기에 따른 인간발달과 가족발달 Human Growth and Family Development Across the Life Span	4.5
CFT 6600: 가족상담, 법과 윤리 Law, Professional Ethics, and Community Practice & Teletherapy	4.5
IRT 7000: 이마고부부관계치료 이론과 실제 Foundations of Imago Relationship Therapy	4.5
CFT 7100: 상담 및 심리치료의 이론과 실제 Theory and Practice of Counseling and Psychotherapy	4.5
HST 6000: 인간의 성 교육 I Human Sexuality Education I	4.5

일반선택과목 MAC General Electives - 3 과목	13.5
임상필수 Clinical Requirement	
CFT 7900: 커플과 가족치료 상담실습 (인턴십) Practicum in Couples and Family Therapy *인턴십 신청 후 수강 가능 *인턴십 지원자격: 5 과목 이수(CFT 6010, CFT 6600/8600 포함), 평균 학점 3.0 이상, 지원자격 선수과목은 5 과목이지만 8 과목 이상 이수 후 인턴십 지원을 추천(특히 CFT 6030 추천).	13.5 (3)
1. 150 임상시간 (20 시간은 커플/가족치료) 150 Clinical hours (20 hours of Relational Cases) 2. 70 수퍼비전 (70 Supervision hours) • 25 시간은 오디오녹음/비디오녹화 내담자 자료로 수퍼비전 (25 hours: Raw data at least (e.g., audio, video, etc.))	
총 학점 Total Credits	90

상담학과 석사과정 결혼과 가족치료학 전공

M.A. 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)

- 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.

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.

총 졸업필수 학점 Required Quarter Credits: 90 (학기제 60 학점과 동일함 Equivalent to 60 Semester Credits)	
과목명 Course Titles	학점 Credits
상담학 석사과정 필수과목 MAC Program Core Courses - 5 과목	
CFT 6010: 결혼과 가족치료 이론과 실제 Foundations of Marriage and Family Therapy	4.5
CFT 6050: 임상 연구와 평가 Clinical Research and Evaluation	4.5
CFT 6060: 정신병리학: 진단과정의 원리 Psychopathology: Principles of the Diagnostic Process	4.5
CFT 6300: 다양성 및 다문화 상담 Diversity and Multicultural Counseling	4.5
CFT 7000: 고급 상담 및 심리치료의 이론과 실제: 내면부모-자녀체계치료(IPCST) Advanced Counseling and Psychotherapeutic Theories and Techniques: IPCST <i>*선수과목: CFT 6010 이수 또는 동시 수강</i>	4.5

MFT 필수 과목 MFT Required Courses - 10 과목	
HST 6000: 인간의 성 교육 I Human Sexuality Education I	4.5
CFT 6020: 결혼과 가족치료(고급) Advanced Marriage and Family Therapy *선수과목: CFT 6010, CFT 7900 (최소 1 학기 이수)	4.5
CFT 6030: 커플(부부)관계치료 Couples Relationship Therapy	4.5
CFT 6040: 집단상담 과정과 기법 Group Therapy Process and Techniques	4.5
CFT 6070: 정신약리학 Psychopharmacology	4.5
CFT 6080: 심리검사와 심리평가 Assessment, Appraisal, and Psychological Testing	4.5
CFT 6090: 발달심리와 가족생활주기에 따른 가족발달 Human Growth and Family Development Across the Lifespan	4.5
CFT 6500: 약물의존 및 중독 상담 Chemical Dependency and Addiction Counseling	4.5
CFT 6600: 가족상담, 법과 윤리 Law, Professional Ethics, and Community Practice & Teletherapy	4.5
CFT 6700: 학대, 트라우마, & 협력케어 Abuse, Trauma, and Collaborative Care	4.5
임상필수 Clinical Requirement	
CFT 7900: 커플과 가족치료 상담실습 (인턴십) Practicum in Couples and Family Therapy *인턴십 신청 후 수강 가능 *인턴십 지원자격: 5 과목 이수(CFT 6010, CFT 6600/8600 포함), 평균 학점 3.0 이상, 지원자격 선수과목은 5 과목이지만 8 과목 이상 이수 후 인턴십 지원을 추천(특히 CFT 6030 추천).	22.5 (5)
1. 300 임상시간 (100 시간은 커플/가족치료) 300 Clinical hrs (100 hrs of Relational Cases) 2. 100 수퍼비전 (100 Supervision hours) • 50 시간은 오디오녹음/비디오녹화 내담자 자료로 수퍼비전 (50 hours: Raw data at least (e.g., audio, video, etc.) • 그룹수퍼비전: 최대 8 인, 개인수퍼비전: 최대 2 인 (Group Supervision: Up to 8 people, Individual Supervision: Up to 2 people)	
총 학점 Total Credits	90

상담학과 석사과정 이마고부부관계치료학 전공

M.A. in Counseling with a Specialization in Imago Relationship Therapy (IRT)

총 졸업필수 학점 Required Quarter Credits: 90 (학기제 60 학점과 동일함 Equivalent to 60 Semester Credits)	
과목명 Course Titles	학점 Credits
상담학 석사과정 필수과목 MAC Program Core Courses -5 과목	
CFT 6010: 결혼과 가족치료 이론과 실제 Foundations of Marriage and Family Therapy	4.5
CFT 6050: 임상 연구와 평가 Clinical Research and Evaluation	4.5
CFT 6060: 정신병리학: 진단과정의 원리 Psychopathology: Principles of the Diagnostic Process	4.5
CFT 6300: 다양성 및 다문화 상담 Diversity and Multicultural Counseling	4.5
CFT 7000: 고급 상담 및 심리치료의 이론과 실제: 내면부모-자녀체계치료(IPCST) Advanced Counseling and Psychotherapeutic Theories and Techniques: IPCST <i>*선수과목: CFT 6010 이수 또는 동시 수강</i>	4.5
이마고부부관계치료 전공 필수과목 MAC Specialization Core Courses - 8 과목	
IRT 7000: 이마고부부관계치료 이론과 실제 Foundations of Imago Relationship Therapy	4.5
IRT 7100: 이마고부부관계치료 전문가 훈련 1 Imago Clinical Training 1	4.5
IRT 7200: 이마고부부관계치료 전문가 훈련 2 Imago Clinical Training 2	4.5
IRT 7300: 이마고부부관계치료 전문가 훈련 3 Imago Clinical Training 3	4.5
CFT 6030: 커플(부부)관계치료 Couples Relationship Therapy	4.5
CFT 6040: 집단상담 과정과 기법 Group Therapy Process and Techniques	4.5
CFT 6600: 가족상담, 법과 윤리 Law, Professional Ethics, and Community Practice & Teletherapy	4.5
HST 6000: 인간의 성 교육 I Human Sexuality Education I	4.5

일반 선택과목 MAC General Electives - 4 과목	18
임상필수 Clinical Requirement	
CFT 7900: 커플과 가족치료 상담실습 (인턴십) Practicum in Couples and Family Therapy *인턴십 신청 후 수강 가능 *인턴십 지원자격: 5 과목 이수(CFT 6010, CFT 6600/8600 포함), 평균 학점 3.0 이상, 지원자격 선수과목은 5 과목이지만 8 과목 이상 이수 후 인턴십 지원을 추천(특히 CFT 6030 추천).	13.5 (3)
1. 150 임상시간 (20 이마고치료 임상시간) 150 Clinical hours (with 20 Imago Relationship Therapy Clinical hours) 2. 70 수퍼비전 70 Supervision hours • 25 시간은 오디오 녹음/비디오 녹화 내담자 자료로 수퍼비전 (25 hours: Raw data at least (e.g., audio, video, etc.))	
총 학점 Total Credits	90

특전: 본교에서 이마고부부관계치료학 전공으로 상담학 석사학위를 취득하게 되면, 동시에 국제이마고관계치료전문가수련연구소(IITI)로부터 국제공인 이마고부부치료전문가(CIT) 자격 취득을 위한 신청자격이 주어집니다.

*** IRT 7100, IRT 7200, IRT 7300 순차적으로 연속 수강만 가능합니다.**

상담학과 석사과정 성상담치료 및 성교육 전공

M.A. in Counseling with a Specialization in Human Sexuality and Sex Therapy (HST)

총 졸업필수 학점 Required Quarter Credits: 90 (학기제 60 학점과 동일함 Equivalent to 60 Semester Credits)	
과목명 Course Titles	학점 Credits
상담학 석사과정 필수과목 MAC Program Core Courses - 5 과목	
CFT 6010: 결혼과 가족치료 이론과 실제 Foundations of Marriage and Family Therapy	4.5
CFT 6050: 임상 연구와 평가 Clinical Research and Evaluation	4.5
CFT 6060: 정신병리학: 진단과정의 원리 Psychopathology: Principles of the Diagnostic Process	4.5
CFT 6300: 다양성 및 다문화 상담 Diversity and Multicultural Counseling	4.5
CFT 7000: 고급 상담 및 심리치료의 이론과 실제: 내면부모-자녀체계치료(IPCST) Advanced Counseling and Psychotherapeutic Theories and Techniques: IPCST <i>*선수과목: CFT 6010 이수 또는 동시 수강</i>	4.5
성상담치료 및 성교육 전공필수과목 MAC Specialization Core Courses -9 과목	
HST 6000: 인간의 성 교육 I Human Sexuality Education I	4.5
HST 6100: 인간의 성 교육 II Human Sexuality Education II	4.5
HST 6200: 성태도 재평가 Sexual Attitude Reassessment (SAR)	1.5
HST 6300: 인간의 성과 성치료 훈련 A Human Sexuality and Sex Therapy Training	4.5
HST 6350: 인간의 성과 성치료 훈련 B Human Sexuality and Sex Therapy Training	3
HST 6400: 인간의 성과 성치료 수퍼비전 Human Sexuality and Sex Therapy Supervision	4.5
IRT 7000: 이마고부부관계치료 이론과 실제 Foundations of Imago Relationship Therapy	4.5
CFT 6030: 커플(부부)관계치료	4.5

Couples Relationship Therapy	
CFT 6040: 집단상담 과정과 기법 Group Therapy Process and Techniques	4.5
일반선택과목 MAC General Electives - 4 과목	18
임상필수 Clinical Requirement	
CFT 7900: 커플과 가족치료 상담실습 (인턴십) Practicum in Couples and Family Therapy *인턴십 신청 후 수강가능 *인턴십 지원자격: 5 과목 이수(CFT 6010, CFT 6600/8600 포함), 평균 학점 3.0 이상, 지원자격 선수과목은 5 과목이지만 8 과목 이상 이수 후 인턴십 지원을 추천(특히 CFT 6030 추천).	13.5 (3)
1.150 임상시간 (20 성치료 임상시간) 150 Clinical hours (with 20 Sex Therapy Clinical hours) 2. 70 수퍼비전 70 Supervision hours • 25 시간은 오디오 녹음/비디오 녹화 내담자 자료로 수퍼비전 (25 hours: Raw data at least (e.g., audio, video, etc.))	
총 학점 Total Credits	90

*데이브레이크대학교는 미국국가공인 성교육자 • 성상담사 • 성치료사 자격소지자협회 AASECT (American Association of Sexuality Educators, Counselors and Therapists) 공식 승인 교육기관입니다. 따라서 데이브레이크대학교의 성 치료 전공 석사, 박사과정 및 모든 성상담 심리치료 및 성교육 과정은 AASECT 성치료사(Sex Therapist) 자격증 취득과 자격유지를 위한 교육과정으로 공식 인정됩니다.

상담학과 석사과정 일반 선택과목 MAC General Electives

No	과목명 Course Titles	학점 Credits
1	CFT 6070: 정신약리학 Psychopharmacology	4.5
2	CFT 6500: 약물 의존 및 중독 상담 Chemical Dependency and Addiction Counseling	4.5
3	CFT 6700: 학대, 트라우마, & 협력케어 Abuse, Trauma, and Collaborative Care	4.5
4	CFT 7100: 상담 및 심리치료의 이론과 실제 Theory and Practice of Counseling and Psychotherapy	4.5
5	CFT 8000: 연구 인턴십 Research Internship *동대학 박사과정 지원 예정자(연구경험이 없을 경우) 필수 *2 학기 연속수강해야 학점인정됨(한 학기당 2.25 학점)	4.5
6	CFT 8100: 영화와 상담 Cinema Story and Counseling	2.25
7	CFT 8200: 표현예술치료의 이론과 실제 Introduction To Expressive Arts Therapy	4.5
8	CFT8400: 아동, 청소년, 성인과의 놀이치료 Play Therapy with Child, Adolescent and Adult	4.5
9	CFT 9210: 실존주의 심리치료와 상담자의 자기돌봄 Psychotherapy and Counselor's Self-Care	4.5
10	CFT 9300: 영성과 심리치료 Spirituality and Psychotherapy	4.5
11	CFT 9350: 기독교 상담 Christian Counseling	4.5
12	CFT 9400A,B,C : 내면아이치료 A, B, C Inner Child Therapy *CFT 9400A,B,C 중 한 과목만 이수하여도 본 과목을 이수한 것으로 간주함. *동대학 박사과정 지원 예정자 필수 이수 *2 과목까지 선택과목으로 인정	4.5
13	CFT 9450: 칼 로저스 세미나 Carl Rogers Seminar	4.5

14	IRT 7000: 이마고부부관계치료 이론과 실제 Foundations of Imago Relationship Therapy	4.5
	IRT 7000B: 이마고부부관계치료 이론과 실제 B(커플스워크샵 사전 이수자) Foundations of Imago Relationship Therapy B	2.25
15	HST 6100: 인간의 성 교육 II Human Sexuality Education II	4.5