

Marriage and Family Therapy

M.A. Marriage and Family Therapy

Mark Baird (Program Director)

Student Learning Outcomes:

- Students have the basic core competencies to infuse systemic, relational and biopsychosocial/spiritual perspectives into their academic work and clinical activities with individuals, couples and families from diverse levels of the socioeconomic strata and with other marginalized groups (ethnic, cultural, religious, sexual orientation).
- Students have the basic core competencies to provide systemic and relational clinical activities from multiple philosophical and theoretical frameworks.
- Students have the basic core competencies to be discerning consumers of empirical research and/or program evaluation in their scholastic work and/or clinical services.
- Students have the basic core competencies to be designers of empirical research.
- Students have the basic core competencies to recognize, articulate and account for influences of contextual factors on client systems when working with individuals, couples, and families from diverse levels of the socioeconomic strata and with other marginalized groups (ethnic, cultural, religious, sexual orientation) and can adjust scholarship and clinical activities as appropriate.
- Students will be able to integrate a client's spirituality into the context of therapy.
- Students have the basic core competencies to meet or exceed minimal legal, ethical and other professional regulatory standards (i.e., national and state laws, the AAMFT Code of Ethics, and agency ethical policies and procedures).
- Students have the basic core competencies to account for the influence of higher order moral principles (i.e., beneficence, non-maleficence, autonomy, justice, and fidelity) and moral reasoning schemas (e.g., duty-based, ends-based, care-based, and/or narrative-based) on moral/ethical decisions faced by clients and therapists.
- Students graduating from the MFT program will become professional practitioners.

Admission Policies

1. No more than nine semester credits should be taken prior to admission to the program, as there is no guarantee those credits will count toward a graduate degree.
2. Applicants must hold a bachelor's degree from an accredited college or university.
3. Complete an online application by the posted deadline found on the program's webpage.
4. There are two levels of admission, as follows:
 - a. Full admission: cumulative grade-point average of 3.0 or higher, satisfaction of all prerequisites and acceptable recommendations.
 - b. Restricted admission: cumulative grade-point average of 2.7 or higher, acceptable recommendations, and conditions identified by the admissions committee.
5. The entrance-exam requirement is waived for applicants with an undergraduate GPA of 3.0 or higher. Applicants with an undergraduate GPA below 3.0 must submit official GRE or MAT scores or complete an analytical essay in lieu of GRE or MAT scores. Please see the application for the essay prompt.
6. Prerequisites or corequisites prior to graduate study may be required where applicants lack appropriate preparation. Students whose first language is not English may be required to complete prerequisites prior to consideration for admission to the program. These courses are determined with an advisor to improve expertise in English, math, education methods and study skills.
7. Part of the application process to the program is completion of the character-and-fitness supplement. Based upon a review and documentation of items disclosed in this supplement, Whitworth may deny admission to any individual.
8. For international students, the Test of English as a Foreign Language (TOEFL) or International English Language Testing System (IELTS) and the GRE are required prior to admission. The minimum score accepted is 88 on the TOEFL or an overall score of 7.0 on the IELTS. Testing is also done in English and in math prior to the student's graduate coursework, to determine any prerequisites that need to be written into the degree plan. International applicants with diplomas from non-English-speaking universities may be required to provide a professional credential

- evaluation of their university transcripts from World Education Services. International students must also provide a current passport copy and proof of adequate financial resources for graduate study prior to admission.
9. All applicants will be interviewed as part of their admissions process.

Academic Policies

Academic Standards

Whitworth offers guided studies that may be taken on a tutorial basis. Program director approval is required. Proposals are submitted with the approvals of the faculty supervisor and the director/department chair via the electronic guided study proposal form by the registration deadline of the term during which the study will be taken.

Admission and Expulsion

- Students who take no courses toward the completion of their master’s degree within a one-year period will be placed on inactive status, unless arrangements have been made for a hiatus. In order for a student to return to active status they must reapply and they will be responsible for any new university or program requirements.
- Students may be suspended or expelled for failure to meet academic standards and for plagiarism, cheating, misrepresentation of background information, or violation of program requirements. Subsequent readmission follows the procedures for new admission under the catalog requirements in effect at the time of reapplication.
- Whitworth reserves the right to withhold transcripts and diplomas until all campus debts are settled.
- Students are prohibited from bringing children, other family members and/or guests to their classes except in an emergency and with the permission of the instructor.

General Guidelines

- Marriage and Family Therapy students are registered for courses by their advisor.
- Check with your advisor each term for pre-registration advising and for exit requirements. Students must be cleared by their advisor prior to course registration each term.
- Tuition is paid through student financial services located in McEachran Hall. If a student enrolls in a course that is not approved for a specific program, that class will be considered an enrichment course only; it will not count toward a graduate degree or certification program.

M.A. in Marriage & Family Therapy (64)

Prerequisites:

Abnormal Psychology		
Statistics		
EDF 501	Intro to Marriage and Family Therapy	2
EDF 502	Counseling Theories	3
EDF 503	Therapy Process	3
EDF 504	Therapy With Children & Their Families	3
EDF 505	Introduction to Telehealth Psychotherapy Services	1
EDF 521	Family Systems Theory	3
EDF 522	Theories of Couple and Marriage Therapy	3
EDF 523	Theories of Family Therapy	3
EDF 524	Human Sexuality and Sex Therapy	3
EDF 527	Therapy with Children, Adolescents and their Families	3
EDF 531	Introduction to Group Therapy	3
EDF 532	Introduction to Substance Use Disorders	2
EDF 533	Psychopharmacology	2
EDF 534	Development Across the Lifespan	3
EDF 541	Advanced Systems Theory: Critical Issues in MFT	3
EDF 542	The Therapist as an Ethical Professional	3
EDF 543	Social and Cultural Considerations in Therapy	3
EDF 551	Research Evaluation & Writing	2

EDF 552	Research for Marriage and Family Therapists	3
EDF 581	Practicum in Marriage and Family Therapy	5
Advisory Board Interview		
Washington State Background Check		
Complete two internships, four credits each:		8
EDF 582	Marriage and Family Therapy Internship I	
EDF 583	Marriage & Family Therapy Internship II	
Optional: Thesis (6 credits)		
EDF 554	Graduate Thesis in MFT	
EDF 553	Graduate Thesis Proposal in MFT	
EDF 597	Exit Exam in MFT	0

Courses

EDF 501 Intro to Marriage and Family Therapy 2

This course provides an introduction to therapy with individuals, groups, couples, and families. Students will become familiarized with roles and functions, standards of care, ethical guidelines and legal considerations, racial, ethnic, and cultural heritage, nationality, socioeconomic status, family structure, age, gender, sexual orientation, religious and spiritual beliefs, occupation, equity issues, and an understanding of the historical, philosophical, and social roots of the MFT profession. Additional contextual dimensions (community needs assessment, intervention, consultation, education, outreach, and program implementation) and knowledge and skill base is increased via an exploration and project development regarding the current community base.

EDF 502 Counseling Theories 3

Introduction to ethical standards and major models of therapeutic change in the counseling profession. The basic tenets of each model including assumptions concerning personality development and functioning and therapeutic process. Techniques and procedures will be emphasized.

EDF 503 Therapy Process 3

Application of various theories of counseling and interviewing with emphasis on development of skills and techniques.

EDF 504 Psychopathology & Assessment 3

Course focuses on conducting individualized comprehensive assessments, utilizing diagnostic criteria found in DSM-VTR, crafting intervention goals and objectives, creating an action plan, and evaluating client progress.

EDF 505 Introduction to Telehealth Psychotherapy 1

Practical and theory-based education on the use of telehealth to provide psychotherapy to individuals, groups, couples, and families. Includes best clinical practices, systemic therapeutic application, and ethical and legal considerations. Introduces the electronic health record (EHR) service utilized at Whitworth University's Marriage and Family Therapy Center (MFTC).

EDF 521 Family Systems Theory 3

The objective of this course is to acquaint the beginning student of marriage and the family with the framework commonly known as "systems theory." Both the lecture material and the readings are directed toward helping the student to "think systems," i.e. to conceptualize the dynamics of family relationships in systemic terms in a manner consistent with a recovery-oriented understanding of care. The course examines a variety of issues related to social processes within the family and without, including developmental/family life cycle concerns examined from an ecological perspective of family stress and resilience. Different theories of family interaction will be surveyed, with the family conceptualized as an integrated behavioral, emotional, and linguistic system.

EDF 522 Theories of Couple and Marriage Therapy 3

This course is designed to provide an in depth overview of marital/couple therapy. The course will address theories of marital interaction and two approaches to clinical treatment with couples. Assessment and treatment issues regarding domestic violence will be discussed.

EDF 523 Theories of Family Therapy 3

This course examines the issues of family therapy, stressing the application of general systems theory to therapy with families. The focus is on the major constructs in family therapy, identification of family structures and communication patterns, and the formulation of treatment goals.

EDF 524 Human Sexuality and Sex Therapy 3

The study of the biological and psychological aspects of human sexuality and the treatment of sexual dysfunction in couples.

EDF 527 Therapy With Children, Adolescents and Their Families 3

This course is designed to provide an overview of therapeutic theories and strategies for working with children, adolescents, and their families. Therapeutic diagnosis and interventions unique to issues affecting children, adolescents, and their families will be discussed including substance abuse and its impact on psychosocial development. A review of diagnoses that manifest differently in children and adolescents than in adults is provided.

EDF 531 Introduction to Group Therapy 3

Introduction to various group counseling models with an emphasis on leadership types, communication skills, ethical and legal issues, application of current research, group techniques, composition and size. Concurrent lab required.

EDF 531L Lab: Introduction to Group Therapy 0

Required lab to be taken with EDF 531. Fee.

EDF 532 Introduction to Substance Use Disorders 2

Provides a basic understanding of substance use disorders and a framework for understanding the fundamental elements of addiction. This course is designed to assist helping professionals and teachers understand individuals who are suffering from use, abuse, or dependency on drugs. For MFT students only.

EDF 533 Psychopharmacology 2

This course examines the pharmacological impact of drugs on the brain with a particular emphasis on clinically-diseased states. Review of mental illness and the medications used to treat various disorders. Classes of medications will be discussed. Side effects, monitoring and efficacy will be explored. The role of the non prescriber in encouraging and enhancing medication compliance in persons with mental illness will be explored.

EDF 534 Development Across the Lifespan 3

Overview of human development, life stages, normal and abnormal behaviors, personality theories, and therapeutic interventions.

EDF 541 Advanced Systems Theory: Critical Issues in MFT 3

The course prepares students for the potential ethical and legal dilemmas that arise in the marriage and family therapy profession. This course teaches students ethical standards associated with the profession, along with core values essential to personal and professional development. Students will develop an ethical decision making model and apply it to contemporary issues facing the marriage and family professional.

EDF 542 The Therapist As an Ethical Professional 3

Comprehensive study of ethical issues, legal statutes, and litigation that have had an impact upon the therapeutic environment and that inform MFT behavior.

EDF 543 Social and Cultural Considerations in Therapy 3

Development of effective multicultural counseling skills with diverse populations. Exploration of ethnicity, culture, gender, socioeconomic status, disability, religious beliefs, and the impact of stereotyping.

EDF 551 Research Evaluation & Writing 2

This course provides the opportunity to research areas related to the student's major field of study, develop investigative research skills, and improve academic writing.

EDF 552 Research for Marriage and Family Therapists	3
Development of knowledge and skills to be effective consumers of published research findings as well as conductors of research including needs assessment and program evaluation in the helping professions. Review of potential research-related legal and ethical issues.	
EDF 553 Graduate Thesis Proposal in MFT	3
A major advisor (chair) and two committee advisors direct the thesis study. Approved copies, ready for binding, must be submitted to the Graduate Studies in Education Office one week before the end of the term in which the degree is anticipated. Fall semester.	
EDF 554 Graduate Thesis in MFT	3
A major advisor (chair) and two committee advisors direct the thesis study. Approved copies, ready for binding, must be submitted to the Graduate Studies in Education Office one week before the end of the term in which the degree is anticipated. Prerequisite: advanced approval required from the academic advisor to enroll in the thesis option. Spring semester. Fee.	
EDF 581 Practicum in Marriage and Family Therapy	5
Preliminary field experience offering intensive skill development necessary to function in the role of marriage and family therapist in community agencies or church settings. Spring semester. This course is graded satisfactory/non-satisfactory.	
EDF 582 Marriage and Family Therapy Internship I	1-4
Field experience focused on preparing students for employment as marriage and family therapists within community agencies or church settings. Students will register for EDF 582 in the summer (2 cr) and fall (2 cr). This course is graded satisfactory/non-satisfactory.	
EDF 583 Marriage & Family Therapy Internship II	1-4
Field experience focused on preparing students for employment as marriage and family therapists within community agencies or church settings. Students will register for EDF 583 in the fall (1 cr), Jan term (1 cr) spring (2 cr). This course is graded satisfactory/non-satisfactory.	
EDF 597 Exit Exam in MFT	0
Students should register during the spring semester in the year they anticipate completion of all coursework. Fee.	