

# MARRIAGE AND FAMILY THERAPY (MS)

## Program Description

Division of Health & Behavioral Sciences Faculty (<https://spu.edu/academics/college-applied-natural-sciences/faculty-staff?d=Health%20and%20Behavioral%20Sciences&f=Faculty>)

College of Applied and Natural Sciences Website (<https://spu.edu/academics/college-applied-natural-sciences>)

Seattle Pacific University is a Christian university fully committed to engaging the culture and changing the world by graduating people of competence and character, becoming people of wisdom, and modeling a grace-filled community.

SPU's Marriage and Family Therapy (MFT) (<http://spu.edu/academics/school-of-psychology-family-community/graduate-programs/marriage-and-family-therapy>) Department mission is to provide high quality education, so our students graduate with competence in systemically informed MFT skills and character through ethically responsible relational care to diverse communities of families and clinical populations.

The U.S. federal government has designated marriage and family therapy as a core mental health profession along with psychiatry, psychology, social work, and psychiatric nursing, and our MFT students identify as mental health professionals trained in psychotherapy and family systems to diagnose and treat mental and emotional disorders within the context of marriage, couples, and family systems.

A strong self-of-the-therapist orientation undergirds the MFT program as well as the ORCA stance, a theological and multiculturally valuing exploration of persons through open, respectful, curious, and accountable social interactions. This MFT program trains within a faithfully Christian context that respects a diversity of spiritual explorations. Our faculty and staff hold a Christian faith commitment; students are free to share any religious perspective or none at all.

The MFT degree prepares you for supervised service in clinical and agency mental health organizations, educational settings, and private psychotherapy. Other professional opportunities include educator, consultant, mediator, administrator, and medical family therapist.

## Admission Requirements

- Online application (<http://admissions.spu.edu/apply/>) and \$50 application fee.
- Bachelor's degree
  - From a regionally accredited institution in any field.
  - A minimum grade-point average of 3.0<sup>1</sup> in the last 45 quarter credits (30 semester credits) of coursework completed before applying for admission, or in all undergraduate work, whichever is higher.
  - Courses in social and behavioral sciences, 18 semester credits or 24 quarter credits, are preferred but not required.
- Prerequisites
  - A course in applied statistics, and a course in individual life span development completed at a regionally accredited institution prior to full admission to the program.

- If you have not already taken sufficient courses in this area, you are encouraged to take courses from the following areas: theories of personality, theories of counseling, abnormal psychology, and developmental psychology or family studies.
- You may elect to take the psychology subject test of the GRE (<http://www.ets.org/>). Those who earn a score of 500 or higher may waive any unfinished prerequisite coursework, with the exception of the statistics and individual life span development courses.
- Letters of recommendation
  - One from a person professionally qualified to recommend for a field of this nature (e.g., mental health counselor, marriage and family therapist, pastoral counselor, psychologist).
  - One from a person qualified to evaluate your academic ability (e.g., educator).
  - A personal recommendation that may include a reference from an employer and/or supervisor from a volunteer experience.
    - Recommendation forms are included in the online application.
    - Your recommendations must be submitted on the forms provided and sent to you in sealed and signed envelopes to be included with the application package.
- Personal statement, typed
  - Three to four pages, demonstrating your writing and grammatical skills.
  - Explaining your career objectives.
  - Rationale for seeking the degree and choosing to attend Seattle Pacific University.
  - Personal interest in marriage and family therapy.
  - Professional and personal strengths as they apply to the mental health profession.
  - Related volunteer or work experiences.
  - The way in which your personal and professional life experiences have converged to motivate application to the MFT program.
  - Other insights as deemed appropriate by you.

<sup>1</sup> Candidates with significant qualifications and exceptional recommendations but fail to meet the GPA or GRE/MAT preferred minimum scores may still be considered for admission to the MFT program, as the program admits all students on a probationary status.

## International Students

- If English is not your first language, you must take the Test of English as a Foreign Language (<http://www.ets.org/toefl/>) (TOEFL) and present a minimum score of 550 on the paper-based test or 80 on the iBT, or complete the International English Language Testing System (<http://www.ielts.org/>) (IELTS) with a minimum score of 7.0.
- If you are not a U.S. citizen or permanent resident, you must provide an official confidential statement of financial support covering each year of intended enrollment. This is necessary in order to issue the paperwork for an I-20 immigration form.
- More information about admission requirements (<https://catalog.spu.edu/graduate/admissions/international-admissions/>) for international graduate students.

## Deadline

January 15

## Admissions Process

The Marriage and Family Therapy Graduate Admissions Committee will complete an initial applicant screening process based upon your online application (<http://admissions.spu.edu/apply/>) materials only.

Finalists are invited to meet with members of the committee for an all-day group interview process early March. It is highly recommended that you participate in the group interview process. Telephone or virtual interviews are also permissible, but only in exceptional circumstances.

Admission to the graduate program depends upon recommendation by the MFT faculty and approval from the chair of the Marriage and Family Therapy program. The entire process is usually completed within 12 weeks of the final deadline date for applications.

All students are admitted on a probational status in order to allow faculty to be certain they are fully prepared for placement in an internship site. Full admission is required for placement in an internship site to occur.

To be considered for full admission, you must complete a minimum of 11 units in the MFT program, with a average GPA of 3.0 or better in all courses, and must be recommended for continuance by MFT faculty.

### Transfer of Credit

If you wish to apply master's degree level coursework completed at a regionally accredited institution prior to application, you must provide applicable transcripts and/or syllabi. Each course must be at least 3 graduate quarter credits and be equivalent to courses taught in the MFT program at Seattle Pacific University.

A minimum grade of B will be needed for transferred work, and a maximum of 9 quarter credits may be transferred.

## Contact

- Graduate Admissions (<http://spu.edu/graduate-admissions>)
- [gradadmissions@spu.edu](mailto:gradadmissions@spu.edu)
- 206-281-2091 or 800-601-0603

## Marriage and Family Therapy (MS)

70 Credits Minimum

| Code                | Title  | Credits |
|---------------------|--|---------|
| <b>Core Classes</b> |  |         |
| MFT 6100            | Social Ecology of Family                     | 3       |
| MFT 6110            | Human Sexuality                              | 3       |
| MFT 6200            | History, Systems, and Christian Perspectives | 3       |
| MFT 6210            | Multicultural Issues in Family Therapy       | 3       |
| MFT 6220            | Gender Perspectives and Family Therapy       | 2       |
| MFT 6300            | Theories of Marriage and Family Therapy I    | 3       |
| MFT 6301            | Becoming a Systems Therapist                 | 3       |
| MFT 6303            | Theories of Marriage and Family Therapy II   | 3       |
| MFT 6401            | Group Therapy I                              | 1       |
| MFT 6402            | Group Therapy II                             | 2       |
| MFT 6410            | Treatment of Couples                         | 3       |
| MFT 6600            | Psychopathology and Family Systems           | 3       |
| MFT 6610            | Treatment of Abusive Systems                 | 3       |
| MFT 6620            | Assessment and Testing in Family Therapy     | 3       |

|                                 |   |           |
|---------------------------------|---|-----------|
| MFT 6630                        | Psychopharmacology, Physiology and Medical Issues | 3         |
| MFT 6641                        | Treatment of Young Children and their Families    | 1         |
| MFT 6642                        | Treatment of Adolescents and Families             | 1         |
| MFT 6643                        | Parenting and the Treatment of Families           | 1         |
| MFT 6700                        | Graduate Research                                 | 3         |
| MFT 6710                        | Graduate Research II                              | 1         |
| MFT 6810                        | Issues, Ethics and Law                            | 3         |
| MFT 6811                        | Ethical Issues and Crisis Intervention            | 2         |
| <b>Section Credits Required</b> |   | <b>53</b> |

### Theory and Elective Classes

|  |   |          |
|--|---|----------|
| <b>Select four credits of the following:</b> |   | <b>4</b> |
| MDFT 6632                                    | Collaboration & Practice Roles in Integrated Care       |          |
| MDFT 6633                                    | BPSS Care & Collaboration in Medical Family Therapy     |          |
| MDFT 6648                                    | Assessment & Tools for Medical Family Therapy           |          |
| MDFT 6649                                    | The Brain-Savvy Therapist                               |          |
| MDFT 6650                                    | Grief, Death, and Families                              |          |
| MDFT 6651                                    | Spirituality and Health                                 |          |
| MDFT 6652                                    | Motivational Interviewing for Patient and Family Health |          |
| MDFT 6653                                    | Trauma Informed Care in Medical Family Therapy          |          |
| MDFT 6654                                    | Specialty Practice in Medical Family Therapy            |          |
| MFT 6310                                     | Brief Family Therapy                                    |          |
| MFT 6340                                     | Experiential Theory and Family Therapy                  |          |
| MFT 6350                                     | Narrative Family Therapy                                |          |
| MFT 6360                                     | Advanced Bowen Theory and Therapy                       |          |
| MFT 6370                                     | Internal Family Systems Therapy                         |          |
| MFT 6380                                     | Adlerian Therapy  |          |
| MFT 6411                                     | Premarital Education                                    |          |
| MFT 6634                                     | Marketing Your Practice to Physicians                   |          |
| MFT 6655                                     | Drama and Expressive Arts in Family Therapy             |          |
| MFT 6819                                     | Dilemmas in Psychotherapy                               |          |
| MFT 6820                                     | The MFT in Professional/Private Practice                |          |
| MFT 6912                                     | Seminar in Special Topics                               |          |
| <b>Section Credits Required</b>              |   | <b>4</b> |

### Practicum Training

|  |                             |           |
|--|-----------------------------|-----------|
| <b>Select 13 credits of the following:</b> |                             | <b>13</b> |
| MFT 6933                                   | Clinical Practicum I        |           |
| MFT 6934                                   | Clinical Practicum II       |           |
| MFT 6935                                   | Clinical Practicum III      |           |
| MFT 6936                                   | Clinical Practicum IV       |           |
| MFT 6937                                   | Clinical Practicum V        |           |
| MFT 6938                                   | Clinical Practicum VI       |           |
| MFT 6939                                   | Clinical Practicum VII      |           |
| MFT 6941                                   | Advanced Clinical Practicum |           |
| <b>Section Credits Required</b>            |                             | <b>13</b> |

### Total Credits

**70**

## Program Learning Outcomes

Graduates of the Masters of Science in Marriage and Family Therapy (MS) program are prepared to demonstrate the following program goals:

- Application of family systems theoretical models and clinical interventions to therapeutic work with diverse populations of individuals, couples, groups, and families.
- Application of personal and professional values that are integrated into an ethical practice of family therapy.
- Awareness and clinical interventions attending to sociocultural factors and professional trends that influence the practice of family therapy.

Students are assessed for competencies related to each of these program goals, based on the professional marriage and family therapy principles as regulated by the Commission on Accreditation for Marriage and Family Therapy Education (<http://coamfte.org/>).

## Accreditation

In addition to regional accreditation by the Northwest Commission of Colleges and Universities, the MFT program at Seattle Pacific University holds national accreditation through the Commission of Accreditation for Marriage and Family Therapy Education (<http://www.coamfte.org/>) (COAMFTE), the accrediting agency for the American Association for Marriage and Family Therapy training programs. AAMFT is the national professional organization dedicated to the practice of marriage and family therapy.

Graduates with post-master's degree experience are eligible to apply for licensure through Washington state's Department of Health. 500 hours of clinical practice and 100 hours of supervision may be applied toward Washington state MFT licensure if an applicant graduates from the SPU MFT program. Licensure in other states often follows COAMFTE curriculum and supervision requirements.

## Professional Licensure Disclosure

SPU's MS in Marriage and Family Therapy meets the educational requirements that will allow you to pursue licensure in the state of Washington. Each state has different professional licensure requirements. Eligibility for licensure may involve more than degree completion and may include professional examinations, background checks, and fingerprinting. The requirements for licensure can change without notice.

The state professional licensing boards make the ultimate decision as to whether or not an individual will be eligible for licensure based on the rules and regulations in place at the time the individual submits their application for licensure. Find information here (<http://spu.edu/academics/professional-licensure-and-certification>) about certification/licensure in the state where you intend to practice.