

Marriage and Family Therapy (MFT)

MFT 6060. Individual and Family Life Cycle. 3 Hours.

The purpose of this course is to provide an overview of the principal theoretical frameworks that guide investigation and explanation in the field of human development. This course will also evaluate the individual and family development, human sexuality, and biopsychosocial health across the lifespan. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Apply the broad philosophical issues of the study of human development. 2. Differentiate among the basic theoretical views of human development. 3. Analyze and apply theoretical arguments associated with human development. 4. Evaluate published research in human development, and support future research proposals based on existing theories and research. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6100. Couples Therapy. 3 Hours.

This course is designed to prepare students to work effectively with couples. Specifically, this course is focused addressing the core aspects of empirically based couple and sex therapy. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate substantive understanding of the current couples research and how to apply that knowledge to couples treatment. 2. Demonstrate substantive understanding and ability to use empirically-based sex therapy. 3. Integrate diagnostic, treatment planning, and intervention skills within a couples/sex therapy context. 4. Demonstrate awareness of self-of-the-therapist issues and ability to recognize and address one's own self of the therapist issues as it relates to couples and sex therapy. 5. Demonstrate how issues of gender, sexual orientation, sexuality, ethnicity, race, culture, spirituality, and socioeconomic status inform and influence couples work. 6. Articulate an approach to couples therapy that informs clinical work. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6300. Introduction to the Practice of Marriage and Family Therapy. 3 Hours.

Students will complete this course with a better understanding of systems theory concepts and the role of systemic dynamics within diverse populations. This course is also an orientation to Utah Tech University and to the essential skills needed to pursue a Master of Arts degree in Marriage and Family Therapy. Graduate-level skills, such as goal building, time management, academic integrity, effective use of the library, the use of APA form and style in professional communication, and critical thinking skills are introduced. A survey of the major models of family therapy and the historical development of the field is presented. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Identify, implement and support effective learning strategies within the field of Marriage and Family Therapy. 2. Examine and defend systems theory concepts that serve as a foundation for the Marriage and Family Therapy field. 3. Defend the importance of diversity within the practice of MFT, including underserved populations. 4. Construct entry-level research project(s) and defend the use of research within the field of Marriage and Family Therapy. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6325. Gender and Culture in Marriage and Family Therapy. 3 Hours.

Gender, ethnic, and minority issues in family systems, society, and clinical practice as they relate to individual, marital, and family treatment. Designed to help students integrate theoretical, research, and developmental applications of gender and cultural issues into their understanding of the family and in the practice of systems therapy. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Critique various types of therapy groups and group processes. 2. Analyze the importance of culture, gender and other socio-demographic factors as a crucial part of the therapeutic context. 3. Develop awareness of one's own cultural and gender-based values and beliefs. 4. Recognize and critique biases inherent in the perspective of the dominant culture. 5. Demonstrate empathy and sensitivity in their role as a therapist. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6330. Introduction to MFT Theories I. 3 Hours.

This course provides students with a strong foundation in classical/intergenerational models in the field of Marriage and Family Therapy. To deepen this understanding of these models, the course also focuses on their application through theory-based treatment planning. The course is designed to allow students to gain a deeper awareness of the important relationship between theory and practice through the study and application of theory to client situations. The two primary areas of focus in this course are, 1) understanding the classic/classic models of the field; and 2) the development of theoretically consistent treatment plans that include attention to the diversity of influences on family life using therapeutic models that purposefully address such influences. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Discriminate key concepts of classic and intergenerational models of Marriage and Family Therapy. 2. Evaluate the degree to which classic and intergenerational models of family therapy address issues of diversity as well as effectiveness. 3. Develop customized treatment plans that address family problems using classic and intergenerational models of therapy. 4. Analyze development as a Marriage and Family Therapist based on family of origin dynamics. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6340. Advanced Studies of MFT Theories II. 3 Hours.

This course focuses on postmodern models and treatment trends in marriage and family therapy including the philosophy of social constructionism and the narrative, solution focused, collaborative models, and the recovery model. Course content will enable students to conceptualize and distinguish recent epistemological issues and address contemporary conceptual directions in the field of marriage and family therapy. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Discriminate key concepts of post-modern theories of Marriage and Family Therapy. 2. Apply the basic tenets of the recovery model to of the practice of Marriage and Family Therapy and evaluate the effectiveness of post-modern approaches. 3. Demonstrate post-modern and recovery model approaches to address specific therapeutic issues through customized treatment plans. Prerequisites: Admission to the Marriage and Family Therapy program and MFT 6330 (Grade B or higher).

MFT 6350. Parents and Children: Problem Resolution. 3 Hours.

This course is designed to help beginning therapists work with children and family with children. It will provide an overview of pertinent child development theories, including the theories behind play therapy, as well as some basic skills in interventions for working with children, adolescents, and their families. It will also help student to understand normal child development. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate competence in the assessment, diagnosis, treatment, and client management of individuals, couples, and families, specifically with children and adolescents. 2. Apply an understanding of ethical principles and decision making to clinical practice for parent-child relationships. 3. Demonstrate cultural competence and sensitivity to diversity of clients, colleagues, faculty, supervisors, and the public. 4. Interpret and integrate scholarly work into a clinical context focused on parents and child. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6355. MFT with Children (Play Therapy). 3 Hours.

This course familiarizes therapists with the theories and concepts behind play therapy and provides several developmentally appropriate methods for working with children both individually and within families. The overall objective is to help therapists integrate play therapy methods into their existing frameworks of family therapy. It will also help students recognize how to intervene with parenting issues when working with families. Finally, it will help students to articulate and integrate intervention and theory into their practice. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Appraise the utility of systems-based theories and models for use in therapeutic work with children and families. 2. Develop an understanding of parenting strategies, taking into consideration the diverse backgrounds of children and families. 3. Explore ethical dilemmas faced by MFTs working with children and their families. 4. Develop necessary skills to engage in multi-disciplinary collaboration with extra-therapeutic systems specific to working with children. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6360. Ethics and Professional Issues in MFT. 3 Hours.

This course is designed to help the student better understand the legal and ethical responsibility as a Marriage and Family Therapist. This course focuses on legal and ethical issues in the profession of marriage and family therapy and the practice of individual, couple, and family therapy. It is designed to assist students in developing their professional identity and to facilitate appropriate decision making when faced with legal and ethical dilemmas in their future clinical work. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Apply legal and ethical principles to the practice of marriage and family therapy. 2. Evaluate ethical and legal issues related to culture and diversity in the practice of marriage and family therapy. 3. Develop an evolving personal philosophy of professional ethics. 4. Assess the implications of confidentiality and the AAMFT code of ethics in the practice of marriage and family therapy. 5. Evaluate state laws regarding mandatory reporting of child abuse and neglect. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6370. Assessment and Diagnosis in MFT. 3 Hours.

This course focuses on the development, application, and interpretation of major individual and family assessment techniques used in marriage and family therapy practice and research. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate competence in the assessment, diagnosis, treatment, and client management of individuals, couples, and families. 2. Demonstrate an understanding of and apply ethical principles associated with assessment and diagnosis of mental disorders. 3. Demonstrate cultural competence and sensitivity to diversity of clients, colleagues, faculty, supervisors, and the public. 4. Interpret and integrate scholarly work into the process of assessing and diagnosing mental disorders. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6380. Practice of Family Research. 3 Hours.

A broad, systems understanding of group and individual educational and psychometric theories and approaches to appraisal is the goal of this course; also examined are data and information-gathering methods, validity and reliability, psychometric statistics, factors influencing appraisals and the use of appraisal results in helping processes. Also, the specific ability to administer and interpret tests and inventories to assess abilities, interests and identify career options is considered. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Analyze research, and translate research findings for improvement of family therapy services using statistics and program evaluation methods. 2. Describe, define, and analyze the role and relationship of research in the field of marriage and family therapy. 3. Articulate and apply knowledge related to ethical and cultural factors which might affect the conduct, design and interpretation of research. 4. Critique and apply appropriate scientific research findings in the study of the behavioral sciences. 5. Compare and contrast the characteristics of classic experimental designs, quasi-experimental designs, non-experimental and survey research. 6. Examine the implications for evidence-based practice for marriage and family therapy. 7. Discuss issues related to the analysis, interpretation and reporting of statistics. Prerequisite: Admission to the Marriage and Family Therapy program.

MFT 6390. Marriage and Family Therapy Pre-Practicum. 1 Hour.

Pre-requisite for enrolling in Practicum in MFT. Students are expected to gain basic clinical competencies in preparation for working with families. This course will evaluate basic interviewing skills as well as means of connecting with clients in the mental health services field. It is also designed to help students develop their own theory of change. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Appraise the principles of a professional identity consistent with professional attitudes and behaviors outlined in the AAMFT Code of Ethics, and applicable laws and regulations. 2. Support the elements of personal confidence necessary to effectively evaluate and articulate a deeper understanding of their strengths and limitations as individuals and professionals. 3. Critique the collaboration skills which may be used in treatment contexts, and to identify and analyze those skills which enrich treatment planning, augment intervention techniques, and fortify self-care. 4. Appraise the value of positive relationship skills, including effective communication, respect for others, and awareness of their impact on others. 5. Differentiate between accurate and inaccurate assessment skills and formulate effective treatment plans that lead to positive growth and change. 6. Develop and demonstrate a personal style of treatment that reflects an understanding of major theoretical models. Prerequisite: Admission to the Marriage and Family Therapy program. FA.

MFT 6391R. Practicum in Marriage and Family Therapy. 1-6 Hours.

This course will provide experience in counseling individuals, premarital and marital dyads, families, groups of dyads, and multiple families. Students will achieve personal development and demonstrate positive relationship skills via effective communication and respect. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop and defend a professional identity consistent with professional attitudes and behaviors outlined in the AAMFT Code of Ethics, and applicable laws and regulations. 2. Demonstrate personal confidence in a clinical setting, and evaluate and articulate a deeper understanding of strengths and limitations as individuals and professionals. 3. Explain and demonstrate collaboration skills that enrich treatment planning, augment intervention techniques, and fortify self-care. 4. Develop and demonstrate positive relationship skills via effective communication, respect for others, and awareness of their personal impact on others. 5. Develop accurate assessment skills and formulate effective treatment plans that lead to positive growth and change. 6. Demonstrate a personal style of treatment that reflects an understanding of major theoretical models. Prerequisites: Admission to the Marriage and Family Therapy program and MFT 6390 (Passing grade only). FA, SP, SU.

MFT 6400. Addiction and Crisis Intervention. 3 Hours.

This course provides an overview of a variety of systemic approaches which can be used to treat addiction. Students will be expected to consider the self-of-the-therapist issues and diversity concerns as it relates to exposure to and treatment of addiction with the individuals, couples, and family. A variety of addictive substances topics will also be introduced to help students understand the issues related to long-term and short-term effects of various classes of substances and the withdrawal symptoms which may be experience by the client. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Describe theories of addiction and violence and how they impact individuals, couples and families with an emphasis on family systems theories. 2. Critique empirically-supported assessment instruments and interview techniques for assessing addictions and violence in the family. 3. Identify and defend the use of appropriate use of treatment techniques for individuals, couples, and families with addictions and violence problems, with an emphasis on marital and family therapy approaches. 4. Defend the importance of ethical and legal issues and the therapist's personal issues present when working with families with addictions and violence. 5. Identify and recommend the use of self-help resources in the community including 12-step programs, support groups, and inpatient and outpatient treatment programs, self-help literature, etc. Prerequisites: Admission to the Marriage and Family Therapy program.

MFT 6970R. Thesis. 3 Hours.

The purpose of this course is to help the student develop and implement the research necessary to begin and complete their thesis. ****COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate competency in the use of research when applied to a contemporary problem within Marriage and Family Therapy. 2. Illustrate the appropriate application of evidence-based practices within Marriage and Family Therapy. 3. Hypothesize and test a research question utilizing current published research and evidence-based practices. 4. Produce a publishable research paper which summarizes the results of an ethical and scientifically rigorous research project. Prerequisites: Admission to the Marriage and Family Therapy program.