

MASTER OF MARRIAGE AND FAMILY THERAPY (MFT)

Updated April 30, 2021

Program Director: Associate Professor N. Taniguchi; **Practicum Coordinator:** Instructor C. Heaman-Warne

The Master of Marriage and Family Therapy (MMFT) program is designed for people who want a quality professional education in this field. School counselors, social workers, pastoral workers and other helping professionals may use this training to develop a specialty in relationship therapy, and mature persons with an unrelated undergraduate degree and work experience may choose this program as a vehicle for career change. The MMFT is a clinical (non-thesis) degree. Students complete the majority of their supervised clinical practice at Aurora Family Therapy Centre, located on the University of Winnipeg campus. Most students are part-time and complete the Master's degree requirements in 6 years. Full-time students complete the requirements in 3 years. The MMFT program is accredited by COAMFTE (Commission on Accreditation for Marriage and Family Therapy Education) and provisionally accredited by CAMFT (Canadian Association for Marriage and Family Therapy).

For more information, please visit our website: www.uwinnipeg.ca/marriage-family-therapy

REQUIREMENTS FOR THE MMFT DEGREE

The successful degree candidate completes 39 credit hours of theory courses and 24 credit hours of clinical training under supervision. It is important to note that there are only 4 elective hours in the Master's Program. The complete requirements by area are:

Area I: Theoretical Foundations. Students take 6 credit hours: GMFT-7551(2) Graduate Seminar in Marriage & Family Therapy Theory, and GMFT-7552(4) Survey of Family Therapy Theories.

Area II: Clinical Practice. Students take 24 credit hours. These must include GMFT-7553(3) Couple Therapy, GMFT-7554(3) Self in the Family Laboratory, GMFT-7555(3) Children and Adolescents in Family Therapy, GMFT-7560(3) Issues of Diversity in Family Therapy, GMFT-7566(1) Psychopathology and Therapeutics, GMFT-7565(1) Spirituality and Family Therapy, GMFT-7571(2) Abuse in the Family - Theory, GMFT-7577(1) Treating Relational Trauma and GMFT-7575(3) Family Therapy Plans and Interventions. The remaining 4 credit hours are electives.

Area III: Human Development and Family Studies

Students take 3 credit hours: GMFT-7569(3) Health, Aging and Work of Adulthood.

Area IV: Professional Identity and Ethics. Students take 3 credit hours: GMFT-7572(3) Marriage and Family Therapy as a Profession.

Area V: Research. Students take 3 credit hours: GMFT-7574(3) Family Therapy Research Methods.

Area VI: Supervised Clinical Training. Students take 24 credit hours: GMFT-7581/7591(6), GMFT-7582/7592(6), GMFT-7583/7593(6) and GMFT-7584/7594(6) Supervised Marriage and Family Therapy.

The Certificate Phase - Not applicable to students enrolled in fall 2019 or later

Two Certificates are sequentially offered: A Theory Certificate and a Therapy Certificate. Courses taken for the Certificate are creditable to the Masters.

The Core Courses

All students complete the following core courses: GMFT-7552(4 credits) Survey of Family Therapy Theories, GMFT-7553(3) Couple Therapy and GMFT-7574(3) Family Therapy Research Methods. Collectively, these courses count for 10 credit hours.

The Theory Certificate: In addition to 10 core credit hours, the successful student completes 14 credit hours from the Clinical Practice area (Area II) for a total of 24 credit hours. Those who wish to continue are advised to choose the required courses for the Therapy Certificate as the electives in the Theory Certificate.

The Therapy Certificate: In addition to 10 core credit hours, the successful student completes: GMFT-7554(3) Self in the Family Laboratory, GMFT-7560(3) Issues of Diversity in Family Therapy, GMFT-7575(3) Family Therapy Plans and Interventions, GMFT-7571(2) Abuse in the Family: Theory GMFT-7581(6) Supervised Marriage and Family Therapy, and 3 elective credit hours from the Clinical Practice area (Area II) for a total of 30 credit hours. Students are advised to complete the required courses before applying for GMFT-7581/7591(6) Supervised Marriage and Family Therapy. Those who wish to continue on to the Master's Degree phase are advised to choose the required courses for the Master's Degree as electives in the Therapy Certificate.

COURSE DESCRIPTIONS

Area I - Theoretical Foundations

GMFT-7551(2) Graduate Seminar in Marriage and Family Therapy Theory This seminar is designed to correlate theory, research and clinical practice. Students select research topics stimulated by their clinical practice. Research will include an examination of relevant literature, reflection on best practices relative to the student's clinical interest, and the presentation of findings for peer examination and reflection. The course provides opportunities for peer assisted research, inclusive of assisting the student with defining the area of interest, helping the student conduct the research and examining the results of the research. The major objective of this research is to examine the implications of the theory for the best clinical practice.

RESTRICTIONS: This course is limited to 4th Practicum students (GMFT-7584 or 7594).

GMFT-7552(4) Survey of Family Therapy Theories This course introduces the student to the systemic concepts that form the background for family therapy as a discipline and the family therapy theorists who have shaped the development of family therapy. Specific attention is given to the philosophical views that inform the various theories studied. (This course should be among the first a student takes as it is a prerequisite for several of the other core courses).

GMFT-7597(3) Area I Directed Studies

Area II - Clinical Practice

GMFT-7553(3) Couple Therapy This course examines the dimensions and dynamics of couple relationships and therapies for couple problems. The research on the emotional, sexual, power, gender, cultural and spiritual aspects of the couple relationship is explored. Therapies available for addressing problems that a couple faces are studied with particular attention to systemic interventions and sex therapy.

GMFT-7554(3) Self in the Family Laboratory The self of the therapist is the subject of this laboratory. Resources, blind spots, and expectations of the self are examined. Isomorphic concepts and intergenerational theories are explored and applied. Experiential learning processes (inclusive of family of origin work and role plays) are extensively used. No letter grade is given, only pass or fail. This is a 12 week, 48 hour laboratory. Full participation and attendance are mandatory.

PREREQUISITE: GMFT-7552 Survey of Family Therapy Theories.

RESTRICTIONS: Due to the intense, personal nature of the work involved, students may only register by permission of the instructors. A 'Screened Course Application' is required.

GMFT-7555(3) Children and Adolescents in Family Therapy This course addresses family therapy with children, adolescents and parents. It attends to issues of parenting, child and adolescent development, special issues of childhood and adolescence, models of therapy, interventions and the self of the therapist.

PREREQUISITE: GMFT-7552 Survey of Family Therapy Theories

GMFT-7556(1) Human Sexuality and Sex Therapy This course offers a brief overview of sexual issues to assist marital therapists working with couples. The course includes

a history of sexuality, the major sexual dysfunctions, and ways of helping therapists feel comfortable in addressing sexual issues with their clients.

PREREQUISITE: GMFT-7553 Couple Therapy

GMFT-7559(1) Post-Divorce Families Divorce is a relatively common occurrence with generally unpredictable consequences. Attention is paid to the controversy around these consequences particularly for children, to high conflict post-divorce families, and to the special challenges faced by stepfamilies. No letter grade is given; only pass or fail.

GMFT-7560(3) Issues of Diversity in Family Therapy Individual and relational systems, including therapeutic systems, do not exist in a vacuum. They are embedded in a larger context and strongly shaped by culture, gender, race, society, (dis)ability, and many other factors. This course explores the person of the therapist as an ethnic, gendered and diverse being, and examines ways in which contextual factors influence the process of therapy. Special attention is given to feminist thought in family therapy and to developing sensitivity in working therapeutically with people belonging to diverse and marginalized groups.

PREREQUISITE: GMFT-7552 Survey of Family Therapy Theories

GMFT-7563(3) Group Theory and Therapy Group therapy theory is presented. Special attention is given to the examination of group processes, leadership functions, and member interactions. The use of group theory and therapy in the treatment of couples and families is explored. Experiential learning is extensively used.

GMFT-7564(1) Selected Assessment Topics This selection of courses presents concepts and skills useful to the practicing therapist in making clinical assessments and for consulting with allied clinical service providers. Specific assessment topics are presented, each in a 1 credit hour course format. No letter grade is given; only pass or fail. The topics are:

1) Assessing Addiction in the Family This course provides students with tools for assessing various types of addictions. Students learn how to recognize signs and symptoms of addictive processes in family members as well as in family systems. Students are exposed to treatment resources in the community and to various literature resources.

2) Multiple Social Systems Interventions This course presents concepts and methods appropriate for understanding multi-system treatment programs and working with clients where the systems are not coordinated.

3) Legal Issues and the Family Therapist This course presents the major ways in which legal systems impact upon clinical involvement with clients. This course introduces the student to the mandate, processes, and consequences of selected legal systems and the significance of these for the practice of family therapy.

4) Standardized Assessment Procedures and Instruments This course introduces the student to selected psychometric instruments commonly used by allied professions in the social service sector and to standardized family therapy assessment instruments. The student is also introduced to the concepts and methods associated with writing standardized reports.

5) Post-Traumatic Stress Assessment This course introduces the student to the impact of acute and chronic trauma on individuals, couples, families and social systems. Specific attention will be given to etiology, assessment and treatment from a biophysical systemic perspective.

6) Working with Families and Serious Mental Illness (SMI) This course reviews the history of family treatment in SMI treatment, the impact of SMI on the family, the needs of these families and finally new developments and best practices in this area. Registrants normally complete one practicum (or the equivalent) before registering for this course.

GMFT-7565(1) Spirituality and Family Therapy The goals of this course include training in opening a dialogue with individuals and families about spiritual issues, discerning when a referral may be appropriate, expanding an awareness of wisdom traditions through comparative religious material, and identifying from current practice many of the spiritual issues that arise in the clinical setting. No letter grade is given; only pass or fail.

GMFT-7566(1) Psychopathology & Therapeutics The purpose of this course is to introduce the student to the psycho-social, pharmacological and clinical concepts related to the current diagnostic classification system for psychopathology. The relevance of the classification system to the practice of marriage and family therapy underlies the topical content and theoretical focus of this course.

PREREQUISITE: GMFT-7581 or 7591 Supervised Marriage and Family Therapy (can be taken concurrently)

GMFT-7571(2) Abuse in the Family – Theory This course offers an understanding of how trauma impacts on our clients at the level of their bodies, their cognitions, and their relationships within the life cycle. It also attends to how different ideas and theoretical perspectives about healing shape clients' and therapists' ability to learn how to cope in healthy ways. Included is attention to how culture, gender, spirituality and other beliefs shape our approaches to healing.

PREREQUISITE: GMFT-7552 Survey of Family Therapy Theories

GMFT-7573(3) Family Reconstruction With a better understanding of their family of origin through re-experiencing key events and learnings in their family history, participants gain new perspectives on past experience in order to change patterns that are no longer useful. This transformation creates room to discover and accept one's own personhood and the personhood of significant others. No letter grade is given; only pass or fail.

GMFT-7576(2) Death in the Family The course aims to provide the participants with insight into the dynamics of grief in response to change, loss and death. Students have the opportunity to develop the skills needed to work with individuals, families and groups. Participants are invited to process their own personal and professional experience with grief and loss.

GMFT-7575(3) Family Therapy Plans and Interventions This course teaches the development of systems-based treatment plans for family therapy clients. Special attention is given to interventions and techniques that are appropriate to such treatment plans.

PREREQUISITE: GMFT-7552(4) Survey of Family Therapy Theories

GMFT-7577(1) Treating Relational Trauma The focus is on practical application of the therapist's understanding of trauma to actual cases and working on the self of the therapist.

PREREQUISITES: GMFT-7571 Abuse in the Family - Theory and in or completion of GMFT-7581 or 7591 Supervised Marriage and Family Therapy

RESTRICTIONS: Students cannot receive credit in this if they already have standing in GMFT 7571 Abuse in the Family: Practice.

GMFT-7598(3) Area II Directed Studies

Area III- Human Development and Family Studies

GMFT-7569(3) Health, Aging and Work of Adulthood This course examines the health and productive aspects of adulthood along with their impact on personal and relational dynamics. Means of coping with illness, handicaps, physical changes with age, and types of workplaces and work histories are identified. The influences of gender, families and culture on the health, aging and work opportunities of individuals are identified. Consideration will be given to the roles of physical well-being and productive activities for personal identity and a sense of meaning. Limited attention will be given to implications for therapeutic interventions.

GMFT-7599(3) Area III Directed Studies

Area IV - Professional Identity and Ethics

GMFT-7572(3) Marriage and Family Therapy as a Profession This course gives attention to the interface between the practice of marriage and family therapy and other professions, family law, professional ethics, and managing the professional affairs of a practicing therapist.

Area V - Research

GMFT-7574(3) Family Therapy Research Methods This course gives attention to concepts and methods used in marriage and family therapy research. The object of this course is to assist students with becoming informed and critical consumers of research in the marital and family therapy field.

Area VI - Supervised Clinical Training

GMFT-7581(6) Supervised Marriage and Family Therapy The content of this course is the supervision of marriage and family therapy. Student will learn to use supervision for professional development and to learn basic skills of therapy (e.g. joining with clients, contracting for services, creating interventions, and planning terminations). Supervision will be provided through a one-way window as well as through recordings and transcriptions of clinical sessions. Cases are assigned at an approved practicum site. Students conduct **100** hours of therapy.

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7591.

GMFT-7582(6) Supervised Marriage and Family Therapy The content of this course is the supervision of marriage and family therapy. The objects of the course will be to enable the student to more efficiently use the skills that were introduced in the first level of training and to add such other skills and concepts as are appropriate. Supervision will be provided through a one-way window as well as through recordings and transcriptions of clinical sessions. Cases are assigned at an approved practicum site. Students conduct **120** hours of therapy.

PREREQUISITES: Successful completion of GMFT-7581 or 7591, or Program Director's permission.

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7592.

GMFT-7583(6) Supervised Marriage and Family Therapy

The content of this course is the supervision of marriage and family therapy. The object of the course will be to enable the student to expand his/her range of interventions and therapy concepts while maintaining the skills learned in sections GMFT-7581 or 7591 AND GMFT-7582 or 7592 of the supervised program. Supervision will be provided through a one-way window as well as through recordings and transcriptions of clinical sessions. Cases are assigned at an approved practicum site. Students conduct **135** hours of therapy.

PREREQUISITES: Successful completion of GMFT-7581 or 7591 AND GMFT-7582 or 7592, or Program Director's permission.

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7593.

GMFT-7584(6) Supervised Marriage and Family Therapy

The content of this course is the supervision of marriage and family therapy. The object of the course will be to assist the student with solidifying his/her grasp of the skills taught in the earlier sections of the supervised program while moving toward more autonomy when providing clinical services. Supervision will be provided through a one-way window as well as through recordings and case notes of clinical sessions. Cases are assigned at an approved practicum site. Students conduct **145** hours of therapy.

PREREQUISITES: Successful completion of GMFT-7581 or 7591, GMFT-7582 or 7592, AND GMFT-7583 or 7593, or Program Director's permission.

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7594.

GMFT-7591(6) Supervised Marriage and Family Therapy

The content of this course is the supervision of marriage and family therapy. The student will learn to use supervision for professional development and learn the basic skills of therapy (e.g. joining with clients, contracting for services, creating interventions, and planning terminations). Supervision will be provided through live sessions, recordings and transcriptions of clinical sessions. Cases are assigned at Aurora Family Therapy Centre or at an alternative approved clinical facility. Students conduct a minimum of 90 hours of therapy. This course is offered over two terms.

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7581.

GMFT-7592(6) Supervised Marriage and Family Therapy

The content of this course is the supervision of marriage and family therapy. The main objectives are to enable the student to use the skills that were introduced in the first level of training more efficiently, and to add other skills and concepts as appropriate. Supervision will be provided through live sessions, recordings and transcriptions of clinical sessions. Cases are assigned at Aurora Family Therapy Centre or at an alternative approved clinical facility. Students conduct a minimum of 100 hours of therapy. This course is offered over two terms.

PREREQUISITES: Successful completion of GMFT-7581 or 7591, or Program Director's permission.

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7582.

GMFT-7593(6) Supervised Marriage and Family Therapy

The content of this course is the supervision of marriage and family therapy. The main objectives are to enable the student to expand their range of interventions and therapy concepts while maintaining the skills learned in the previous levels of training. Supervision will be provided through live sessions, recordings and transcriptions of clinical sessions. Cases are assigned at Aurora Family Therapy Centre or an alternative approved clinical facility. Students conduct a minimum of 100 hours of therapy. This course is offered over two terms.

PREREQUISITES: Successful completion of GMFT-7581 or 7591 AND GMFT-7582 or 7592, or Program Director's permission

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7583.

GMFT-7594(6) Supervised Marriage and Family Therapy

The content of this course is the supervision of marriage and family therapy. The main objectives are to assist the student with solidifying their grasp of the skills taught in the earlier levels of training while moving toward more autonomy when providing clinical services. Supervision will be provided through live sessions, recordings and transcriptions of clinical sessions. Cases are assigned at Aurora Family Therapy Centre or an alternative approved clinical facility. Students conduct a minimum of 100 hours of therapy. This course is offered over two terms.

PREREQUISITES: Successful completion of GMFT-7581 or 7591, GMFT-7582 or 7592, AND GMFT-7583 or 7593, or Program Director's permission

RESTRICTIONS: A 'Practicum Application' must be submitted and approved. Students may not hold credit for this course and GMFT-7584.