



## FACULTY OF GRADUATE STUDIES

# MARRIAGE AND FAMILY THERAPY (MMFT)

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The Master of Marriage and Family Therapy (MMFT) program prepares students to become ethical, effective and competent marriage and family therapists who work within a systemic/relational framework.

The MMFT program at The University of Winnipeg is one of the two COAMFTE\* accredited Master's programs in Canada. The program is also accredited by the Canadian Association for Marriage and Family Therapy.

\*Commission on Accreditation for Marriage and Family Therapy Education  
(<https://www.coamfte.org/>)

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The MMFT program is well established, with its first graduates in 1992. It is part of the Faculty of Education. Students in the MMFT program learn to recognize the influence of their self-of-the-therapist in the therapeutic relationship, appropriately manage and integrate their "self" in their clinical work. They are expected to demonstrate an understanding of and an appreciation for diversity in clinical settings as they serve the community.

The MMFT program has a strong clinical focus and is structured to meet the needs of part time students. Most courses are offered in the evening and meet weekly. There are a few full-time spots available every year. Part-time students complete the master's degree requirements in 6 years, while full-time students take 3 years.

The program includes course work in the areas of Theoretical Foundations, Clinical Practice, Human Development and Family Studies, Professional Identity and Ethics, Research, and Supervised Clinical Training. Students receive rigorous clinical training under close supervision by qualified clinical supervisors. Part-time students typically apply for practicum and start seeing clients in their 3<sup>rd</sup> year. Full-time students start clinical practice in their 2<sup>nd</sup> year.

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## SAMPLE CAREERS

Graduates of the MMFT program are well equipped to provide both individual and relational therapy. They obtain employment in a wide-range of public/private sector workplaces and are highly sought-after.

## SAMPLE COURSES

**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. Because of the intensity of the small group experience, students are expected to attend every class.

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**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.

**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 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 case notes of clinical sessions. Cases are assigned at Aurora Family Therapy Centre. Students conduct 100 hours of clinical interviews.

### **MORE SAMPLE COURSES**

- Couple Therapy
- Human Sexuality & Sex Therapy
- Family Therapy Research Methods
- Family Therapy Plans & Interventions

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### **ADMISSION REQUIREMENTS**

Applicants must have a completed 4-year bachelor's degree with an overall GPA of 3.0 from a recognized post-secondary institution.

International applicants whose first spoken language is not English must submit an official TOEFL or IELTS score.

We expect that students will enter the program with maturity, significant life experience and some related work experience. Applicants who have no opportunity in their workplace for acquiring such experience are encouraged to seek volunteer opportunities that offer counsellor training and related work experience under supervision.

Applications are reviewed in the following areas: previous academic performance, relevant employment and volunteer experiences, references, and autobiography. Selected applicants are invited for an interview.

### **HOW TO APPLY**

Please visit our website <http://uwinnipeg.ca/marriage-family-therapy> to obtain details on applying for admission.

**Deadline** for applications is **February 1** for enrolment in September.

### **CONTACT US**

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In any case where the University's Academic Calendar and this fact sheet differ, the current Calendar takes precedence.