Medical Family Therapy — Certificate

Program director
Jackie Williams-Reade

The Medical Family Therapy (MedFT) program is offered by the School of Behavioral Health through the Department of Counseling and Family Sciences. The department also offers master degree programs in child life, counseling, family studies, and marital and family therapy; as well as doctoral programs in family studies and marital and family therapy.

Mission statement
The Medical Family Therapy Program is consistent with Loma Linda University’s vision of transforming lives through whole person health care. The mission of the program is to support health, healing, and relational wholeness through education, research, clinical training, and community service. The Medical Family Therapy Program accomplishes this through addressing relational concerns, spiritual beliefs and practices, contextual elements such as socioeconomic status and race/ethnicity, and disease and healing processes of patients and their families.

Admissions
Applicants to the certificate program must meet the University (http://llucatalog.llu.edu/about-university/admission-policies-information/#preentrancerequirementstext) and School of Behavioral Health (http://llucatalog.llu.edu/behavioral-health/#generalregulationstext) admission requirements and give evidence of academic ability, professional comportment, and mature judgment. Priority in admissions to the MedFT certificate is given to students concurrently enrolled in a degree program in the School of Behavioral Health. Current students may take the certificate concurrently as part of their degree requirements which will require students to enroll in the certificate courses in lieu of their program’s required electives.

Applicants who are concurrently enrolled in a degree program in the School of Behavioral Health (such as a Master's or Doctoral program) must meet the following requirements:

- Have been accepted in a master's or doctoral program in the School of Behavioral Health.
- Be in good behavioral and academic standing (G.P.A. of 3.3 or higher) in their program.
- Evidence of clinical licensure or submission of marriage and family therapy registration application status with the relevant licensing board.
- Submit an abbreviated application—including a personal statement regarding their interest in MedFT, application fee, and two letters (one from a faculty member and one from their program director or department chair) approving their concurrent enrollment in the MedFT certificate curriculum.
- Completion of an admissions interview with the MedFT Program director approving their concurrent enrollment in the MedFT certificate.

Applicants who are not currently enrolled in a degree program in the School of Behavioral Health and are only obtaining the MedFT Certificate must meet the following requirements:

- Candidate or graduate with qualifying Master’s degree in marital and family therapy or closely related field from an accredited institution (Official transcripts are evidence of degrees and courses completed).
- Courses with the following core content (include syllabi with application): psychopharmacology, child abuse and family violence, family theories, human development across the lifespan. Up to 6 credits may be transferred into the certificate program with the consent of the program director.
- 500 documented supervised clinical hours with children, families, and adults.
- Evidence of clinical licensure or submission of marriage and family therapy registration application for internship status with the relevant licensing board.
- Show evidence of personal qualifications and motivation to complete the MedFT certificate through the submission of a personal statement regarding relevance of the certificate to and anticipated use of the certificate by the applicant and three letters of recommendation (one must be a current or former clinical supervisor).
- Completion of an admissions interview with the MedFT Program admissions committee that evaluates applicants' compatibility with the values of the University and the School of Behavioral Health (including verbal communication skills; critical thinking ability; appreciation of human diversity; evidence of practice maturity, reflective learning, professional comportment, and values congruent with behavioral health professions in the delivery of services).
- Have a cumulative grade point average of 3.3 or above (on a 4.0 scale).
- Applicants for whom English is not their first language, a minimum score for the Test of English as a Foreign Language (TOEFL) of 213 on the computer administration of the test, or a score of 550 for the pencil/paper administration.

Degree and certificate requirements
The MedFT certificate is paired with the M.S., Ph.D., and D.M.F.T. degrees at Loma Linda University. An approved master’s or doctoral degree is required to receive the certificate. Therefore, it is not possible to receive the certificate until all degree and certificate requirements are completed. Required courses for the certificate/credential program are listed at the end of this narrative.

- D.M.F.T./Ph.D. degree in MFT students are encouraged to apply for the certificate no later than the beginning of the second year of their doctoral studies.

Pre-entrance clearance (http://llucatalog.llu.edu/about-university/admission-policies-information/#preentrancerequirementstext):

- A background check
- Health clearance

Program requirements
The MedFT certificate curriculum consists of the following courses, in addition to 200 clinical hours at an approved MedFT clinical site. All of the courses below are required for the completion of the post-master’s certificate in MedFT. Students concurrently enrolled in a degree program in the School of Behavioral Health need to work with their program advisor to determine if any of the courses in the MedFT program may also count toward program electives. University policies regarding double counting of courses apply.
### Required

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>MFTH 506</td>
<td>Clinical 1—Foundations for Systemic Practice</td>
<td>3</td>
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<tr>
<td>MFTH 507</td>
<td>Clinical 2—Social Constructionism and Postmodern Practices in MFT</td>
<td>3</td>
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<tr>
<td>MFTH 508</td>
<td>Clinical 3—Larger and Multiple Systems in MFT Practice</td>
<td>3</td>
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<tr>
<td>MFTH 534</td>
<td>Family Therapy and Medicine</td>
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<tr>
<td>MFTH 540</td>
<td>Introduction to Medical Family Therapy</td>
<td>3</td>
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<tr>
<td>MFTH 541</td>
<td>Medical Family Therapy Seminar 1</td>
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<tr>
<td>MFTH 542</td>
<td>Medical Family Therapy Seminar 2</td>
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<td>MFTH 543</td>
<td>Medical Family Therapy Seminar 3</td>
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<tr>
<td>MFTH 544</td>
<td>Health and Illness in Families</td>
<td>3</td>
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<tr>
<td>RELE 584</td>
<td>Ethics and Health Disparities</td>
<td>3</td>
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Select of the following:

- CHLS 507A  Aspects of Illness and Disease  3
- CHLS 507B  Aspects of Illness and Disease  3
- CHLS 508  Grief and Loss  3
- COUN 576  Exceptional and Medically Challenged Children  3
- MFAM 566  Psychopathology and Diagnostic Procedures: Personality  3
- MFAM 638  Family Therapy and Chemical Abuse  3
- MFTH 528  Organizations; Structure, Process, and Behavior  3

### Additional required clinical training

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<tbody>
<tr>
<td>MFTH 786B</td>
<td>Professional Internship in Marital and Family Therapy—Clinical (300 clinical hours at an approved medical family therapy site.)</td>
<td>6</td>
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### Total Units 27

* 700-numbered courses do not count toward minimum didactic units required for the certificate

### Practicum and field experience

Field experience requirements for the certificate program include 200 hours of clinical practicum in a medical setting. A supervisor will be provided to you or, if already secured, must be approved by the MedFT Program Director and Director of Clinical Training. For students concurrently enrolled in a clinical master's degree, it is recommended that their 2nd year clinical placement be in a medical setting in order to have sufficient time to accrue the 200 hours of clinical hours. Internship placements must be approved by the Director of MedFT and Director of Clinical Training.

### Normal time to complete the program

1 year (4 academic quarters) — based on full-time enrollment; part time permitted

### Courses

**MFTH 501. Fundamentals of Supervision in Marital and Family Therapy. 3 Units.**

Research and theory regarding the supervision of marriage and family therapy trainees and interns. Can be used toward the requirements for certification as an AAMFT-approved supervisor.

**MFTH 502. Advanced Supervision in Marital and Family Therapy. 1 Unit.**

Mentoring of supervision of MFT trainees and interns in a clinical setting. Hours earned apply toward certification as an AAMFT-approved supervisor. Must complete 30 hours of supervision and 5 hours of supervision mentoring. Prerequisite or Corequisite: MFTH 501.

**MFTH 504. Advanced Theory in Marital and Family Therapy. 4 Units.**

Provides a metaperspective for analysis and development of the systemic-relational theories guiding the practice of marital and family therapy, with special focus on a relational perspective of the “self” and the consequent implications for research and practice. Students learn to contextualize and deconstruct the philosophical, religious, political, sociological, and ecosystemic notions that have influenced the field; to develop skills that will prepare them to contribute to the ongoing critique and development of MFT theory; and to apply theory to research. Emphasizes the ethical and social-contextual aspects of case conceptualization and implications for recovery-based practice.

**MFTH 505. Advanced Family Studies. 4 Units.**

A critical survey of the research and theory growing out of the fields of human development and family studies. Provides students with a background on the social and historical factors that form the context in which families are defined and function. Students apply course material to the practice of family life education and family therapy.

**MFTH 506. Clinical 1—Foundations for Systemic Practice. 3 Units.**

Explores the philosophical underpinnings of systemic thought and their clinical application to the field of family therapy and the recovery processes in the treatment of mental health issues. Focuses on the role of recursive epistemology as it affects family patterns and provides methods for determining clinical interventions. Ideas critiqued through examination of contextual issues of ethnicity, power, and gender as they relate to the systemic paradigm; and the effects of these issues on family relationships and recovery from mental health symptoms.

**MFTH 507. Clinical 2—Social Constructionism and Postmodern Practices in MFT. 3 Units.**

Explores postmodern theories and clinical application to the field of family therapy. Focuses on models of therapy influenced by social constructionist thinking, with an emphasis on language and meaning as they relate to a relational understanding of mental health issues. Students learn to present issues in a way that demonstrates a sociocontextual understanding of individual symptoms and relationship concerns. Addresses solution-focused therapy that reflects a paradigm shift from a problem-centered approach to one of resilience. Introduces the narrative metaphor of Michael White and David Epston as a way of facilitating personal empowerment in the face of societal inequities and pathologizing discourses. Concludes with the collaborative language systems approach that emphasizes therapist as partner with clients in developing a resource-based approach to the recovery process. Prerequisite: Admission to a CFS doctoral program or MFAM 564.

**MFTH 508. Clinical 3—Larger and Multiple Systems in MFT Practice. 3 Units.**

Examines a multisystemic framework that includes biological, interpersonal, family, community, school, and organizational systems. Emphasizes the influence of contextual issues—such as gender, race, class, sexual orientation, and ethnicity—on emotion, behavior, and relationship patterns related to mental health and family issues in couples and family therapy practice.

**MFTH 509. Clinical Issues. 3 Units.**

Special topics related to systems/relational practice in marital and family therapy.
MFTH 514. Child and Family Therapy. 2 Units.
Specific advanced therapeutic techniques to address current relational and mental health problems in children and adolescents.

MFTH 515. Couple and Sex Therapy. 3 Units.
Addresses current research, models, and techniques of marital and couples therapy as applied to intimacy and sexuality issues. Analyzes frequently reported sexual issues in relationships and critiques common interventions. Provides an historical overview of sex therapy and research trends. Explores contextual issues (i.e., culture, sexual orientation, gender, and power, etc.) that influence couple attitudes and practices, as well as the influence of therapist experience and use of self. Offers treatment options from a variety of perspectives.

MFTH 516. Divorce and Remarriage. 2 Units.
A family systems approach to separation, divorce, remarriage and step-family formation. Reviews research and family intervention strategies.

MFTH 517. Group Therapy. 2 Units.
Examines theory, research, and techniques of group therapy from a family systems perspective.

MFTH 518. Addictions and Eating Disorders. 3 Units.
A family systems approach to the assessment and treatment of eating disorders, alcoholism, and other addictions.

MFTH 519. Teaching in Higher Education. 2 Units.
Discusses theory, techniques, and processes in the teaching of MFT, including an examination of didactic and experiential techniques.

MFTH 521. E-Learning: Construction and Design. 2 Units.
Responding to movement of universities toward technology-based instruction, prepares doctoral students to design and construct online and distance education curricula. Emphasizes utilization of Blackboard and Desire2Learn applications. Students create online course modules for undergraduate or master's-level instruction in a family or counseling-related field of study. Prerequisite: Prior teaching or teaching assistant experience. MFTH 519 recommended.

MFTH 522. E-Learning: Delivery and Management. 2 Units.
Provides students opportunity to manage an online course designed in E-Learning I via Blackboard. Emphasizes mastery of online course delivery and the creation of a virtual class community. Students responsible for all aspects of online course instruction, including maintenance of their course Web site, communicating with students, and assigning grades while under the mentorship of the instructor. Provides students with actual online teaching and virtual community maintenance experience that offers cutting-edge advances in the field of higher education, as well as enhances their marketability.

MFTH 524. Administration in Marital and Family Therapy. 3 Units.
Using the framework of mission-based management—which addresses the needs of communities and underserved populations—prepares marriage and family therapy doctoral students to manage human-service programs and agencies. Examines strategic planning and continuous quality improvement as methods for maintaining accountability to community stakeholders, creating organizational change, and building morale within the organization.

MFTH 525. Advanced Marital and Family Therapy Assessment and Testing. 3 Units.
Examines testing, diagnosis, and assessment in the practice of marital and family therapy. Emphasizes development of a comprehensive assessment model that integrates traditional models of mental health assessment with cybernetic, developmental, and interactional perspectives. Case material spans individual, couple, and family assessments in clinical and research settings. Students administer instruments and integrate findings into an overall systemic framework.

MFTH 526. Advanced Psychopharmacology. 3 Units.
Overviews medications commonly used in relationship and mental health counseling, with discussion of the interrelationship between marriage and family therapy and medication.

MFTH 527. Advanced Legal and Ethical Issues. 3 Units.
Reviews the AAMFT code of ethics and the California legal codes pertaining to the practice of marriage and family therapy. Develops skills and knowledge that assist student to be an expert witness and family mediator (therapeutic), and that help student understand how to work with the legal system.

MFTH 528. Organizations: Structure, Process, and Behavior. 3 Units.
Helps students understand how organizations operate and how different contingency factors can affect the choices managers make. Covers essential theories and concepts for managing in the twenty-first century. Treats behavioral processes with reference to organizational structure and design. Larger-systems theory and leadership skills.

MFTH 529. Advanced Psychopathology and Diagnosis. 2 Units.
Focuses on the etiology of marital and family dysfunction, drawing on the perspectives growing out of individual and systems psychopathology.

MFTH 534. Family Therapy and Medicine. 3 Units.
Examines the interface of medical practice and family therapy in common medical family therapy settings. Explores understanding of the culture of medicine, including usual medical practices and procedures. Outlines adaptations of the medical model used by family therapists. Offers models for collaboration of medical family therapists with medical practitioners. Addresses behavioral health intervention strategies for families with health and wellness issues.

MFTH 536. Family Theory. 4 Units.
Examines and critiques the major theories of family from the fields of family studies and family sociology.

MFTH 538. Introduction to Relational Practice. 2 Units.
Examines relational practice through observation and team involvement with ongoing cases. Emphasizes the current state of the marriage and family therapy field regarding case conceptualization and clinical skills and techniques using systems/relational approaches. Encourages students to consider their professional identities as MFTs and the theoretical, practical, and ethical issues involved when working from a systems/relational perspective.

MFTH 540. Introduction to Medical Family Therapy. 3 Units.
Provides an overview of medical family therapy and the theoretical models that can be applied to clinical work within medical settings. Addresses contextual issues that impact health, such as ethnicity, age, sexual orientation, religion, and socioeconomic status. Includes legal and ethical aspects of working in medical settings.
MFTH 541. Medical Family Therapy Seminar 1. 1 Unit.
In a workshop format incorporating presentation and discussion with faculty and peers, students develop their expertise in researching specific issues relevant to their practice. Focuses on evidence-based interventions and relevant psychotropic medications. Prerequisite or Concurrent: MFTH 540.

MFTH 542. Medical Family Therapy Seminar 2. 1 Unit.
In a workshop format that incorporates presentation and discussion with faculty and peers, students develop their understanding of the impact of spiritual practices on health, illness, grief, and loss. Focuses on culturally sensitive interventions.

MFTH 543. Medical Family Therapy Seminar 3. 1 Unit.
In a workshop format that incorporates presentation and discussion with faculty and peers, students enhance their professional development. Students learn to market their services to physicians and those in the health-care field, to network professionally, and to prepare for a job search.

MFTH 544. Health and Illness in Families. 3 Units.
Examines the biopsychosocial-spiritual aspects of illness and wellness, and their impact on families and significant relationships. Addresses contextual issues—such as ethnicity, age, sexual orientation, religion, and socioeconomic status, as they impact wellness, relationships, function, and health access. Highlights the impact of clinician's history regarding health and wellness as it pertains to the whole family/system intervention.

MFTH 555. Organizational Development and Change. 3 Units.
Helps students understand the application of behavioral and family science knowledge to improve organization performance and organization functioning. Discusses the process of planned change and the change process. Includes interpersonal and group processes such as T-groups, process consultations, and team building. Addresses conflict resolutions, organizational lifespan, leadership skills, and critical-incident stress debriefing.

MFTH 556. Management Consulting and Professional Relations. 3 Units.
Capstone course for the system consultation and professional relations concentration in the doctoral programs in the Department of Counseling and Family Sciences. Students integrate theories, knowledge, and skills from MFTH 528, 555, and 557. Assists students to apply expertise in organizational assessment, behavior, and change to practical and real life.

MFTH 557. Organizational Assessment. 3 Units.
How to make an assessment of an organizational system. Addresses data collection and analysis, outcome evaluation, and how to present assessment in a systemic manner.

MFTH 564. Social Context of Health. 3 Units.
Explores ways in which inequalities in health and illness are patterned by the social context (i.e., race, poverty, gender, etc.) and provides an overview of the mental and physical health-care system in the United States. Focuses on the social contextual and structural factors that affect individual and family health and resilience, and give rise to disparities in access and treatment within the health-care system. Topics covered include the history of medical family therapy and the health-care system; history of medical institutions in the U.S.; theoretical perspectives on health and illness; social inequality in health and illness; culture and health consequences of mental illness to individuals, families, and society; and mental health over the life course.

MFTH 560. Advanced Quantitative Methods. 4 Units.
Focuses on survey research design and data analysis, as well as experimental and quasi-experimental design—and their application to marriage and family therapy/family studies. Topics include questionnaire and item design, measurement, sampling designs, research idea development, relational hypotheses formation, survey planning and management, systemic clinical data measurement, logic of analysis, and problems of statistical interpretation. Critically examines threats to internal and external validity, as well as control of plausible alternative hypotheses.
MFTH 603. Issues in MFT Research. 4 Units.
Addresses current issues in marriage and family therapy (MFT) research as a basis for ongoing inquiry and program development in the field. Emphasizes research history, trends in the field, and evidence-based approaches to recovery. Focuses on the process of designing, implementing, and disseminating research to support the field of MFT.

MFTH 607. Scholarly Skills. 1 Unit.
Orients counseling and family sciences doctoral degree students to the use of bibliographic search engines and databases for writing critical literature reviews. Provides instruction regarding search terms unique to specific databases, as well as on use of the EndNote software program to begin developing a bibliographic database for class projects, qualifying examinations, research papers, DMFT projects, and dissertations. Addresses the organization of a scholarly review paper using APA format and appropriate and effective professional writing style.

MFTH 608. Analysis and Presentation Issues in Research. 3 Units.
Final course in a sequence of three research classes. Builds on the material presented in MFTH 605 and MFTH 606. Focuses on the final stage of the research process by identifying issues such as specifying research questions/problems; using relevant literature; selecting and using appropriate analytical tools; summarizing empirical results; and presenting results for proposals, brief reports, posters, and peer review articles. Focuses on quantitative approaches, and includes discussion of meta analysis and mixed methods approaches in understanding, analyzing, and presenting research in family studies and marriage and family therapy.

MFTH 624. Program Development for Families and Communities. 3 Units.
Examines core components of systemic/relational programs designed to address mental health problems within the context of families and larger systems. Explains the elements of systemic programming that address clinical treatment problems/populations, as well as prevention and intervention issues affecting schools, neighborhoods, and other communities. Using the systemic/relational paradigm of the field, students create programs reflecting their areas of interest.

MFTH 625. Grant Writing. 3 Units.
Study and practice in locating, developing, and responding to great grant opportunities of interest to marriage and family therapists and the mental health populations they serve. Students develop their own systemic/relational program, training, research, or dissertation grant ideas; locate potential funding sources; tailor applications and proposals to each funding source; and critique and refine proposals to meet professional and grantor standards.

MFTH 626. Program Evaluation and Monitoring. 3 Units.
Prepares students to conduct formative and summative evaluations using quantitative, qualitative, and mixed method designs. Emphasizes program evaluation and clinical outcomes using the systemic/relational perspective of marriage and family therapy. Develops students’ abilities to collaborate with stakeholders in developing evaluation plans that ensure evaluation reports that meet the intended purposes and are used for program decision making. Evaluation activities include assessment of program need, theory and adherence, process and performance, outcomes, impact, and efficiency.

MFTH 627. Advanced Program Development and Evaluation. 2 Units.
Participants develop D.M.F.T. degree project proposals through intensive literature review, consultation with organization and community stakeholders, discussion with faculty and peers, and refinement resulting from feedback following formal presentations. The D.M.F.T. degree proposal is the expected outcome from this two-quarter class. For D.M.F.T. degree students only. Prerequisite: MFTH 624, MFTH 625, MFTH 626.

MFTH 634. Practicum in Marital and Family Therapy. 3 Units.
A three-quarter practicum series on applications of systems/relational therapy to relational distress and mental health symptoms. Series emphasizes a positive, strengths-based approach to resilience that engages clients in their natural family and community networks. Section 1: addresses gender, culture, socioeconomic, and political aspects of practice. Section 2: focuses on each student's mode of systemic conceptualization and how to work with in-session process. Section 3: emphasizes religious beliefs and spirituality as client resources, and addresses the moral and ethical imperatives in relationally based practice. Prerequisite: At least 200 clinical hours.

MFTH 635. Research in Family Systems Health Care. 4 Units.
Applies qualitative and quantitative research methods to the clinical study of family systems health care.

MFTH 636. Family Research. 4 Units.
Examines and critiques research pertaining to marriage and family relationships.

MFTH 637. Special Projects in Health and Illness in Families. 1,3 Unit.
Independent study in which students who have taken MFTH 544 participate in research, program development or evaluation, or clinical activities related to the integration of relational health and wellness. Prerequisite or concurrent: MFTH 544.

MFTH 668. Qualitative Research Practicum. 2 Units.
Gives students the opportunity to continue developing the skills needed to conduct and report the qualitative research begun in MFTH 604. Students expected to engage in a research project, with particular emphasis on analysis and manuscript preparation.

MFTH 694. Doctoral Seminar. 1 Unit.
Ph.D. degree students develop and refine their dissertation proposals in a workshop format through presentation and discussion with faculty and other students.

MFTH 695. Project Research. 1-12 Units.
Required research associated with the capstone project for the D.M.F.T. degree.

MFTH 697. Research. 1-6 Units.
Independent research relating to marital and family therapy or family studies under the direction of a faculty advisor.

MFTH 698. Dissertation Research. 1-10 Units.
Completes independent research contributing to the field of marital and family therapy.

MFTH 785A. Begin Clinical Training in Couple, Marital, and Family Therapy. 0 Units.
Enables students to consult with clinical director to set up and begin supervised clinical practice in the field of couple, marital, and family therapy. Acceptance into a CFS doctoral program.
MFT 785B. Clinical Training in Couple, Marital, and Family Therapy. 4 Units.
Documents completion of a minimum of 200 hours of direct client contact in the practice of couple, marital, and family therapy—with 40 hours of AAMFT-approved supervision or equivalent. At least half the client hours must be with more than one family member present. Students receive an IP in MFT 785B for a maximum of five quarters, or until all hours are completed. Students can repeat MFT 785B a maximum of five times in order to document the minimum program cognate of 1000 hours of clinical training and 200 hours of AAMFT-approved supervision or equivalent. The number of course repeats of MFT 785B varies, depending on the verification of clinical advanced standing achieved through MFT 785A. Students pay a course fee instead of unit tuition.

MFT 786. Professional Development Proposal. 0 Units.
Must be registered for at least one quarter prior to eligibility for 786A. The student's professional development plan must be formulated and approved by the faculty during this course.

MFT 786A. Professional Development in Marital and Family Therapy. 1.5-12 Units.
Doctoral-level experience in marital and family therapy under the supervision of a senior-level family therapist/mentor. Must be arranged in advance in the department. A total of 36 units required for graduation. Prerequisite: MFT 786.

MFT 786B. Professional Internship in Marital and Family Therapy—Clinical. 2.4 Units.
Supervised client contact (face-to-face hours only) in the practice of marital and family therapy.