MARITAL AND FAMILY THERAPY (MFTH)

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. Foundations of 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.

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 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 520. Practicum in Teaching. 3 Units.
Provides the bridge between state-of-the-art pedagogical skills and the practical application of those skills in teaching in the classroom and other community settings. With a focus on teaching, students engage in curriculum planning, testing, course delivery in family science, and development of teaching and self-evaluation skills toward continuous quality improvement in the art and science of teaching.

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 assistance 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.
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 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.
MFT 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.

MFT 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.

MFT 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.

MFT 540. 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 of patients and family members. Includes personal and professional aspects of providing ethical, holistic, and collaborative clinical care in medical settings.

MFT 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: MFT 540.

MFT 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.

MFT 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.

MFT 544. Health and Illness in Families. 3 Units.
Examines the biopsychosocial-spiritual aspects of illness and its impact on individuals, couples, and family systems across the lifespan. Reviews common diseases and relevant theories, assessments, and evidence-based interventions. Highlights the impact of contextual illness factors as they pertain to the patient, the family, and health-care team members.

MFT 545. Research and Practice with Couples and Families. 3 Units.
A scholarly and critical review of the literature in family social science, with application of this literature to the practice of family life education and/or marital and family therapy. Students interact with the material to critically challenge historical approaches and develop new insights and understandings that would shape present and future practice of interventionists that work with families.

MFT 546. Advances in Family Sciences. 3 Units.
Focuses on current issues, trends, and approaches in the field of family social science; and interacts with newer advances in the field resulting from changes in practice, sociocultural, political, and technological arenas. Presents professional practice as an evolving process for practitioners in the twenty-first century.

MFT 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.

MFT 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 MFT 528, 555, and 557. Assists students to apply expertise in organizational assessment, behavior, and change to practical and real life.

MFT 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.

MFT 558. 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.

MFT 601. Statistics I. 4 Units.
The first of a three-quarter sequence of statistics courses taught in the doctoral program in marital and family therapy. Focuses on understanding basic behavioral statistics as a foundation for MFT 602 and other statistics-related classes. Topics include causality, levels of statistical measurement, frequencies distribution, measures of central tendency, dispersion, probability theory, normal distribution, and ANOVA. Laboratory sessions used to discuss problems encountered in the lectures and to refine student’s statistical computing skills. Examples focus on family and mental health issues and clinical outcomes. Per week: 1 lecture, 1 laboratory.
MFTH 602. Statistics II. 4 Units.
The second of three statistics courses taught in the Ph.D. degree programs in marital and family therapy and family studies. Consists of lectures and computer laboratory sessions. MFTH/FMST 602 focuses on multivariate techniques. Topics include ANOVA, ANCOVA, MANOVA, MANCOVA, formulation and computation of multiple regression models using scalar and matrix algebra, multivariate analysis of variance, regression diagnostics and solutions, regression with categorical dependent variables. Computer laboratory sessions used to discuss problems encountered in the lectures and written assignments and to refine student's statistical computing skills. Provides experience with datasets that focus on outcomes affected by family and mental health issues.

MFTH 603. Statistics III. 4 Units.
Final course in a three-quarter sequence of statistics courses taught in the doctoral programs in marital and family therapy, as well as in family studies. Includes nonlinear regression models, logistic regression, discriminant analysis, path analysis, factor analysis, structural modeling; as well as brief discussion of social network analysis and multilevel modeling. Computer laboratory (and problem sets) sessions used to discuss problems encountered in the lectures and to refine student's statistical computing skills. Covers a range of related multivariate statistical analytical techniques as they relate to systemic issues. Per week: 2 lectures, 2 laboratories. Prerequisite: MFTH 602.

MFTH 604. Advanced Qualitative Methods. 4 Units.
Prepares doctoral students to conduct and evaluate qualitative research in marital and family therapy and family studies. Introduces students to a social constructionist critique of research and teaches them to think broadly about research paradigms and design—considering questions such as the researcher’s role and relationship to the research process, objectivity, reflexivity, credibility, and the construction of knowledge. Students examine various qualitative methodologies—including grounded theory, ethnography, phenomenology, narrative and conversation analysis, and participatory-based action research. Students engage in a grounded theory research project relevant to family processes and/or clinical practice.

MFTH 605. 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 606. Issues in MFT Research. 4 Units.
Addresses current issues in marriage and family therapy (MFT) research as a basis for on-going 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 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. 3 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 785. Professional Clinical Training in MFT. 1.5,3 Unit.
Supervised experience in the practice of marital and family therapy. Hours represent face-to-face direct client contact. May be repeated.

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.

MFTH 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 MFTH 785B for a maximum of five quarters, or until all hours are completed. Students can repeat MFTH 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 MFTH 785B varies, depending on the verification of clinical advanced standing achieved through MFTH 785A. Students pay a course fee instead of unit tuition.

MFTH 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.

MFTH 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: MFTH 786.

MFTH 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.