

# MARRIAGE AND FAMILY THERAPY

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The primary focus of the Master of Arts in Marriage and Family Therapy (M.A.M.F.T.) (<https://catalog.bethel.edu/bethel-seminary/academic-programs/master-of-arts/marriage-and-family-therapy/>) —is designed for persons who would like to work as a licensed marriage and family therapist in a variety of settings. Completion of this degree also prepares students for doctoral studies in this field.

Necessary for the completion of the program are:

Participation in required formation assessments and activities Satisfactory completion of the practicum readiness process A nine to twelve month practicum experience of 300 clinical client contact hours. Completion of a senior integrative project

In addition to maintaining a cumulative grade point average of 2.0 or higher, Marriage and Family Therapy students are required to maintain a minimum grade point average of 3.0 in required Marriage and Family Therapy courses to graduate.

Coursework meets the academic requirements for licensure in the state of Minnesota. To obtain licensure, graduates will need to obtain additional supervised clinical experience and pass both the Examination in Marriage & Family Therapy and the Minnesota State Exam.

## **MF 611 • Foundations of Marriage and Family Studies 3 Credits**

This course examines the historical development and theoretical foundations of marriage and family studies, as well as theological issues in the study of marriage and family and the practice of marriage and family therapy. Special attention is given to family systems theory. Students are encouraged to examine their own assumptions about families and to develop increased congruence between their theological convictions and their theoretical perspectives.

## **MF 612 • Families in Context: Gender, Class and Culture 3 Credits**

This course explores differences in family structure and interaction related to race, ethnicity, culture, and socioeconomic status. The influences of gender role perceptions are examined. Students identify challenges of providing therapy and pastoral care to families who differ from themselves in terms of gender, class, and culture.

*Prerequisites: MF 611.*

## **MF 613 • Dynamics of Family Interaction: Sexuality, Spirituality and Socialization 3 Credits**

This course analyzes dynamic processes of family and couple relationships such as love and intimacy; communication; shame; power; family stress; and coping. Family changes such as divorce, remarriage, and grief are also addressed. Special attention is given to the ways couples and families interact around issues of sexuality and spirituality. Students are encouraged to develop an awareness of the influences of these family dynamics in their own families of origin.

*Prerequisites: MF 611.*

## **MF 621 • Individual Development Within the Family 3 Credits**

This course explores the development of individuals within the family over the life cycle. Childhood, adolescent, and adult development and aging are examined with attention given to physical, spiritual, intellectual, and social development and their implications for the practice of therapy and pastoral care.

*Prerequisites: MF 611.*

## **MF 622 • Individual and Family Psychopathology I 3 Credits**

This course helps students understand and identify individual and relational problems and gain awareness of abnormal and/or unhealthy development of individuals and relationships. The course includes introduction to and critique of the most current DSM diagnostic criteria.

*Prerequisites: MF 611, MF 621, or concurrent with MF 621.*

## *Marriage and Family Therapy 2*

### **MF 623 • Individual and Family Psychopathology II 3 Credits**

This course helps students assess and diagnose relational problems and mental illness and disorders in children, adolescents, and adults. The course includes thorough interaction with the most current DSM diagnostic criteria.

*Prerequisites:* MF 611, MF 622.

### **MF 624 • Challenges over the Family Life Cycle 3 Credits**

Students examine therapeutic strategies for addressing developmental issues throughout the family life cycle, such as marriage preparation, transition to parenthood, parenting over the life cycle, work and family issues, chronic illness, and aging.

*Prerequisites:* MF 611.

### **MF 631 • Professional and Ethical Issues in Marriage & Family Therapy 3 Credits**

This course address legal and ethical situations arising in the practice of marital and family therapy and examine unique challenges of maintaining appropriate boundaries within ministry settings. Issues of professional development are discussed, and students are encouraged to develop strategies for continuing professional, personal, and spiritual growth.

*Prerequisites:* MF 611.

### **MF 640 • Clinical Skills in Marriage and Family Therapy 3 Credits**

This course provides a survey of theory and essential skills in the practice of Marriage Family Therapy. The main focus of the course is to develop a better understanding of the therapy process through the lens of foundational theories and concepts. This course will introduce students to theories and techniques of individual, group, couples and family therapy. This course will focus on beginning training and practice in basic therapy skills, providing experiential exposure to the therapy process.

### **MF 641 • Theories of Marriage and Family Therapy 3 Credits**

Students review and critique, from theological and theoretical perspectives, major approaches to family therapy, including structural, strategic, transgenerational, experiential, object relations, contextual, systemic, and other emerging models of therapy. Application of techniques from these approaches is practiced in class. Students also examine the place of marriage and family therapy in pastoral care and begin to articulate their own approaches to working with families.

*Prerequisites:* MF 611.

### **MF 642 • Couple and Family Assessment 3 Credits**

Theoretical perspectives on marital and family assessment are presented, along with an overview of and experience with frequently used personality and relationship assessment tools. This course also introduces the student to the fundamental skills necessary for mental health diagnostic assessment and treatment planning. Students will learn and practice the skills essential to the first three sessions of family treatment. Both medical model and systems integration will be addressed so that students may become bilingual in their ability to negotiate professional relationships with insurance companies, Rule 29 agencies, and other professionals who use a medical model as their primary approach to mental health, while retaining an inherently systemic approach to treatment.

*Prerequisites:* MF 611.

### **MF 643 • Advanced Clinical Issues 3 Credits**

This course focuses on developing therapeutic and pastoral care strategies based on research, theory, and theological reflection to address issues such as separation and divorce, single-parent and remarried families, infertility, adultery, sexual dysfunction, abuse and violence in the family, and addictive and compulsive behaviors.

*Prerequisites:* MF 611 and MF 642.

### **MF 651 • Research Design & Evaluation in Marriage & Family Therapy 3 Credits**

Students explore the interpretation and design of qualitative and quantitative research in family issues and in processes and outcomes of marriage and family therapy. Principles of understanding and critiquing published research are examined, with the goal of enabling students to use current literature to ground their therapeutic and pastoral responses to family concerns.

*Prerequisites:* MF 611.

**MF 670 • Directed Study in Marriage and Family Studies 1-9 Credits**

Research and study by arrangement with the professor.

*Special Notes: Permission is required.*

**MF 699PT • Portfolio in Marriage and Family 0.5-6 Credits**

Portfolio course of preselected topics within an existing course in the field of Marriage and Family.

*Special Notes: Portfolio courses are created upon request with permission by an overseeing Program Director.*

**MF 711 • Supervised Clinical Experience I 3 Credits**

MF 711 and MF 712. These two units constitute a nine month practicum including 300 hours of clinical contact and 80 hours of supervision by a licensed marriage and family therapist and/or an AA M.F.T.-approved supervisor. The practicum must conform to the guidelines of the M.F.T. program manual.

*Prerequisites: MF 631 and permission of the director of the M.F.T. program. Special Notes: Audit unavailable.*

*A continuation fee of \$375 is assessed for any semester of participation in group supervision beyond the second S.C.E. unit for M.F.T. students, or for any extension required in certificate programs. \$200 software fee.*

**MF 712 • Supervised Clinical Experience II 3 Credits**

MF 711 and MF 712. These two units constitute a nine month practicum including 300 hours of clinical contact and 80 hours of supervision by a licensed marriage and family therapist and/or an AA M.F.T.-approved supervisor. The practicum must conform to the guidelines of the M.F.T. program manual. A continuation fee of \$375 is assessed for any semester of participation in group supervision beyond the second S.C.E. unit for M.F.T. students, or for any extension required in certificate programs.

*Prerequisites: MF 631 and permission of the director of the M.F.T. program. Special Notes: Audit unavailable.*

**MF 713 • Supervised Clinical Experience Extension 0 Credit**

Continued enrollment beyond the last term of Internship registration, required when the internship is incomplete. The extension allows students continued access to university resources. Student must be registered in an extension course at the time the internship is finalized and receives a grade.

**MF 780 • Senior Integrative Seminar: Worldview, Ethics, and Practice 3 Credits**

This seminar is designed to encourage students to integrate theoretical, theological, and clinical elements into a coherent worldview that will facilitate congruence in professional therapy and ministry practice. Attention will be given to epistemological theories in shaping integrative knowledge; the moral nature of clinical practice, research, and theory; and the value of paradigms of virtue ethics and wisdom for effective ministry to individuals and families.

*Prerequisites: MF 611. Special Notes: Limited to graduating seniors in the M.A.M.F.T. degree program. Audit not available.*

**MF 899PT • Portfolio in Marriage and Family 0.5-6 Credits**

Portfolio course of preselected topics within an existing course in the field of Marriage and Family.

*Special Notes: Portfolio courses are created upon request with permission by an overseeing Program Director.*