

MARRIAGE AND FAMILY STUDIES

The primary focus of the courses in Marriage and Family Studies—the Master of Arts in Marriage and Family Therapy (M.A.M.F.T.) (<http://catalog.bethel.edu/bethel-seminary/academic-programs/master-of-arts/marriage-and-family-therapy/>)—is to prepare students for the role of marriage and family specialists with a strong biblical and theological understanding of the need for and implications of this ministry. This role could be practiced as a marriage and family therapist or as a specialist in family ministries within a church setting, in a parish-based counseling practice or other kinds of para-church or pastoral counseling agencies, in a secular community mental health center, or in other treatment settings requiring family therapy expertise. The M.A.M.F.T. program is not intended for persons who will eventually seek ordination.

Objectives for students

- Develop a professional identity as agents of formation and transformation who respond to God's call to minister to couples, families, and other systems by intentionally integrating biblically grounded, professionally coherent theological and theoretical understandings with ethical clinical practice;
- Provide effective therapeutic responses (both preventive and interventive) in a broad range of settings for a wide variety of issues;
- Demonstrate sensitivity and expertise in ministering to individuals, couples, families, and members of other systems who differ from themselves in areas such as culture, race, ethnicity, religious background, socio-economic level, worldview, values, and family constructs;
- Demonstrate emotional and spiritual maturity and wholeness, which enable them to reflect on their own continuing formation process in ways that enhance their personal relationships as well as their professional effectiveness.

This program offers students a comprehensive, advanced opportunity to learn to:

- Understand their own family relationships in ways that enhance therapy and ministry;
- Offer effective programming for prevention and enrichment;
- Intervene appropriately with individuals, couples, families and systems; and
- Understand systemic dynamics in congregations and organizations.

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.

Special Notes: Enrollment limited to students in M.A.M.F.T.

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. Special Notes: Enrollment limited to students in the M.A.M.F.T.

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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. Special Notes: Enrollment limited to students in the M.A.M.F.T.

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. Special Notes: Enrollment limited to students in M.A.M.F.T.

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 626 • Theories and Best Practices of Marital and Family Therapy II 3 Credits

Working with case studies, students will build on their knowledge of MFT theories by focusing on theory-based assessment, treatment planning, goal prioritization and intervention informed by the recovery model. Therapy adaptations will be explored for a variety of clinical settings with culturally and economically diverse clinical populations. Special emphasis will be given to AAMFT's Core Competencies and self-of-therapist dynamics.

Prerequisites: MF625.

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. Special Notes: Enrollment limited to students in M.A.M.F.T.

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. Special Notes: Enrollment limited to students in M.A.M.F.T.

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. *Special Notes:* Enrollment limited to students in M.A.M.F.T.

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. *Special Notes:* Enrollment limited to students in M.A.M.F.T.

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. *Special Notes:* Enrollment limited to students in M.A.M.F.T.

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 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. 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 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.