

# MARRIAGE, COUPLE, AND FAMILY THERAPY

Family therapy is a distinct profession with its own history, theories, models, professional organizations, and journals. Family therapists are generalists in that we typically treat a wide variety of psychological, emotional, and relational problems. We work with individuals, couples, families, and community groups. The hallmark of family therapy is our systemic and social constructionist approaches, as well as our preferred inclusion of multiple people in the therapeutic process. Family therapists share the premise that human behavior occurs within family, social, and cultural contexts. We understand thoughts, feelings, and behaviors/interactions as interrelated across individual, family, community, societal, and global systems. This includes acknowledging individual psychological, physiological, and genetic factors as well as family and other relational patterns of interaction. Importance is placed on understanding how race, gender, social class, sexual orientation, abilities, language, country of origin, religion, and other social identities/locations interconnect to maintain systems of power and privilege. Family therapists are concerned with how these contextual factors influence well-being and are committed to challenging social structures that maintain individual and family problems.

## Program Mission

To prepare competent marriage, couple, and family therapists who engage in systemic relational therapy in ways that demonstrate excellent therapeutic skills and ethical and socially responsible practice.

*Goal 1. Theory.* Apply a critical contextual guiding framework that addresses power dynamics and embodied connections across biopsychosocial levels and larger societal contexts.

*Goal 2. Diversity and Inclusion.* Advance social justice and cultural democracy in the practice of marriage, couple, and family therapy.

*Goal 3. Research.* Apply research with critical awareness of the links between the processes of inquiry, constructions of knowledge, and cultural equity.

*Goal 4. Practice.* Demonstrate competence in systems/relational practice according to MFT field standards and ethics.

## Accreditation and Licensure

The Marriage, Couple, and Family Therapy program at Lewis & Clark is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE). It meets the academic requirements for state licensure in Oregon and most other states. Graduates of this program will have met the academic requirements needed to become licensed marriage and family therapists (LMFT) and clinical members of the American Association for Marriage and Family Therapy (AAMFT).

Most other states grant eligibility for licensing to graduates of our Marriage, Couple and Family Therapy program. However, some states may have additional educational requirements that must be met prior to licensure.

## Master of Arts in Marriage, Couple, and Family Therapy

The Master of Arts in Marriage, Couple, and Family Therapy (MCFT) Program is designed to lead graduates to eventual licensure and employment as marriage and family therapists in a variety of clinical

and agency settings. The MCFT curriculum provides the knowledge and skills necessary for practitioners to provide high-quality, effective therapy using active, positive approaches that help individuals, couples, and families build on their strengths, improve their relationships, and generate solutions to mental health and relational problems. The program is unique in its emphasis on taking a social justice perspective in the practice of family therapy.

The MCFT program uses a cohort model which encourages students to build relationships and help each other develop over time. Throughout the program, students complete readings and assignments to prepare for active participation and application exercises in the classroom. Practice skills are integrated throughout courses and students complete an extensive supervised clinical internship during the last 15 months of their program in order to develop core practice competencies. MCFT students practice individual, couple, and family therapy under the supervision of full time faculty and experienced, qualified supervisors at the Lewis & Clark Community Counseling Center while also practicing in a community agency during their 15-month internship.

Students can choose one of four special concentrations to add to their studies beyond the standard 60 hour program. Selections include: Addictions Treatment, International Family Therapy, Ecopsychology, and Sex Therapy. Addictions treatment is in great demand across the country. The opportunity to be trained in this area strengthens the practice focus of our students and increases their marketability. A focus on international family therapy increases our students' multicultural competence in the global context and offers valuable opportunities to learn and work in countries outside the U.S. The ecopsychology track focuses on expanding systemic thinking beyond human interactions to include affirmation, interaction, and healing within larger ecological systems. The sex therapy track offers students required educational components for eventual certification as sexuality therapists or educators. MCFT students may also take the Eating Disorders Certificate if they wish to add this specialization to their training.

## Degree Requirements

A minimum of 60 semester hours, including:

### Degree Courses

MCFT 502	Introduction to Marriage, Couple, and Family Therapy	1
MCFT 504	Family Therapy: Theory and Practice	3
MCFT 511	Equity in Family Therapy	3
MCFT 510	Legal and Ethical Issues in Family Therapy and Counseling	2
MCFT 506	Applied Child and Adolescent Development	2
CPSY 522	Diagnosis of Mental and Emotional Disorders	2
MCFT 526	Practical Skills in Marriage, Couple, and Family Therapy	3
MCFT 516	Family Development: Cross-Cultural Perspectives	2
MCFT 560	Couple Therapy	3
CPSY 564	Treating Addictions in Marriage, Couple, and Family Therapy	2
MCFT 543	Domestic Violence Treatment in Family Therapy	1
CPSY 514	Group Counseling With Children and Adolescents	3
	or CPSY 515 Group Counseling With Adults	
CPSY 530	Research Methods and Statistics I	3
MCFT 541	Systemic Assessment and Treatment Planning	2

MCFT 553	Sex Abuse Issues in Marriage, Couple, and Family Therapy	1
MCFT 523	Psychopharmacology and Medical Issues in Family Therapy	1
MCFT 562	Advanced Ecosystemic Relational Therapy	3
MCFT 569	Sex Therapy	2
MCFT 563	Treatment Issues in Family Therapy	3
MCFT 582	Internship in Marriage, Couple, and Family Therapy	14

### Elective Courses

The remaining 4 semester hours will be earned by taking elective courses. See options for adding concentrations to your program below.

### Graduate Convocation Requirement

Students must attend Convocation (CORE 500).

### Additional Courses for Addictions Treatment Track (6 semester hours)

MHCA 545	Drugs, the Brain, and Behavior	3
MHCA 546	Models of Addiction and Recovery	3
or MHCA 547	Addictions Treatment: Procedures, Skills, and Case Management	

### Additional Courses for the International Family Therapy Track (4 semester hours)

MCFT 567	International Family Therapy	2
CPSY 902	Culture and Community	2

### Additional Courses for the Sex Therapy Track (4 semester hours)

CPSY 565	Human Sexuality and Counseling	2
MCFT 570	Advanced Sex Therapy	2

### Additional Courses for the Ecopsychology Track (8 semester hours)

CPSY 501	Introduction to Ecopsychology	1
CPSY 554	Theoretical & Empirical Basis of Ecopsychology	1
CPSY 596	Wilderness and Adventure Therapy Immersion	2
CPSY 597	Ecotherapy and Applied Ecopsychology	1
CPSY 598	Topics in Applied Ecopsychology	3

## Master of Science in Marriage, Couple, and Family Therapy

Students admitted to the Master of Arts in Marriage, Couple, and Family Therapy program may choose to seek an MS degree. This option, which involves completion of a thesis, is often of interest to students planning to pursue a doctoral degree. It is available only upon formal application to the MS program. Students wishing to pursue this degree should consult with their advisors and familiarize themselves with the research agendas of the MCFT faculty prior to beginning the application process.

### Requirements for Application

Application to the MS requires prior admission to the Master of Arts in Marriage, Couple, and Family Therapy program and includes:

1. A formal statement of interest in completing an identified thesis topic by April 1 of first year of study. If accepted, a faculty member will be assigned to serve as thesis chair.
2. A faculty evaluation of performance in the following areas:
  - a. Transcript review
  - b. Working knowledge of APA Style
  - c. Previous research work

- d. Assessment of writing level (grammatical consistency, vocabulary, sentence structure, quality of expression, punctuation) based on sample papers submitted to various courses in the MCFT program
  - e. Potential for working independently
  - f. Relevance of research topic to future professional and academic goals
  - g. Demonstrated time available to complete an intensive research project
  - h. Fit with faculty research interests
3. Completion of research courses and full literature review submitted to program director for faculty approval by January 10 of the second year of study. If approved student may proceed to developing a complete thesis proposal.
  4. Successful defense of thesis proposal in the second spring. Upon approval of the proposal, students may complete the study.
  5. Successful thesis defense in third spring. Upon successful defense of the thesis the student is formally transferred to the MS degree program.

### Degree Requirements

A minimum of 62 semester hours, distributed as follows:

Students must meet all regular requirements for a Master of Arts in Marriage, Couple and Family Therapy except Research Methods and Statistics I (CPSY 530), and:

CPSY 538	Advanced Research Methods (for those with demonstrated skills and experience in research)	3
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One of the following, with a grade of B or better:

CPSY 531	Research Methods and Statistics II	3
CPSY 537	Qualitative Research Methods	2
And		
CPSY 594	Proposal Writing (students who took CPSY 531 take 1 semester hour of Proposal Writing; students who took CPSY 537 take 2 semester hours of Proposal Writing)	1-2
CPSY 595	Master's Thesis Research (Satisfactory completion of a thesis—a minimum of 2 semester hours and maximum of 9 semester hours is required)	2

### Practicum and Internship Information

During the final 15 months of the program, students are involved in direct clinical work with individuals, couples, families, and groups. Throughout four semesters of internship, students move toward increasingly independent practice. There are select agencies in Portland and its surrounding areas that are well-suited for training in family therapy. Lewis & Clark faculty and staff work closely with agency supervisors to ensure positive and appropriate internship placement of MCFT students. Concurrent with this placement, MCFT students also spend three semesters of internship at the Lewis & Clark Community Counseling Center under the supervision of program faculty.

While in their internships, MCFT students must complete at least 500 hours of direct client contact, half of which must be relational (with couples and families). Students participate in weekly individual and group supervision, which relies heavily on "raw data," including video and live observation of students' clinical work.

Throughout the program, students also complete a professional portfolio and submit it during the final semester of internship. More information is in the program handbook, available online.

## Master of Arts Courses

### MCFT 504 Family Therapy: Theory and Practice

Content: Overview of the fundamental assumptions and ideas of general systems theory and the basic premises of theoretical orientations within family therapy.

Prerequisites: None.

Credits: 3 semester hours.

### MCFT 506 Applied Child and Adolescent Development

Content: This course offers an integrated application of developmental theory relevant to working with children and adolescents in family therapy. Emphasis is on developmentally and contextually appropriate intervention that addresses child and adolescent behavior, attachment, and other presenting issues such as child abuse, with attention to the impact of larger systems of power and privilege.

Prerequisites: None.

Credits: 2 semester hours.

### CPSY 514 Group Counseling With Children and Adolescents

Content: Instruction and practice in developing group treatments for children and adolescents in clinical and school settings. Students gain practice as group leaders in addressing issues related to group dynamics, cultural diversity, potential problems encountered when running groups, and generalization and maintenance of behavioral change. Students also gain experience constructing curricula for specific issues such as divorce, substance use, grief, and social skills.

Prerequisites: For Professional Mental Health Counseling or Professional Mental Health Counseling - Specialization in Addictions students, take MHCA 502 or MHC 503, and CPSY 506, and CPSY 550. For students in Marriage, Couple, and Family Therapy programs, take MCFT 506. For students in the School Psychology program, take SPSY 502.

Restrictions: Consent of Counseling Psychology department required.

Credits: 3 semester hours.

### CPSY 515 Group Counseling With Adults

Content: Introduction to the major schools of thought regarding group therapy and the common factors associated with positive outcomes. Covers group dynamics, obstacles to success in group therapy, and the stages of group process. Role-playing, outside group membership, and demonstrations illustrate principles of effective group leadership.

Prerequisites: For students in Professional Mental Health Counseling or Professional Mental Health Counseling - Specialization in Addictions, take MHCA 502 or MHC-503, and CPSY 506, MHC 513, and CPSY 550.

For Marriage, Couple, and Family Therapy students, take MCFT-516. For students in the School Psychology program, take SPSY 502.

Credits: 3 semester hours.

### CPSY 522 Diagnosis of Mental and Emotional Disorders

Content: Introduction to the structure and uses of the DSM-5 and ICD-10 systems for diagnosing mental and emotional disorders. Limits and weaknesses of these approaches—especially with regard to cultural differences—and alternatives to them. How to use these systems effectively in the context of person-centered, psychosocial, and systemic interventions, and in culturally diverse environments. Current knowledge, theory, and issues regarding selected disorders. Use of technology-based research tools to secure and evaluate contemporary knowledge.

Prerequisites: For Marriage, Couple, and Family Therapy students, take MCFT 502, MCFT 504, and MCFT 511. For Professional Mental Health Counseling and Professional Mental Health Counseling - Specialization in Addictions students, take MHCA 502, CPSY-506, MHC 513, and one of the following: MHC 535 or CPSY 538.

Credits: 2 semester hours.

### CPSY 530 Research Methods and Statistics I

Content: Introduction to research methods with an emphasis on design, sampling, measurement issues, and introductory data analysis. Topics include (1) research design: elements of the research process, types of designs, program evaluation; (2) ethical considerations of research: informed consent, research with diverse and vulnerable populations, research with children, human subjects review; (3) basic measurement concepts: validity, reliability, norms, score interpretation; (4) basic statistical concepts: frequency distributions, central tendency, measures of variability, correlation. Reviews Web-based resources for conducting research. Note: Taught during the fall semester only, as the first course of a two-semester sequence. Students who wish to pursue the thesis-option M.S. program are advised to take this sequence as early as possible in their course of study.

Prerequisites: None.

Credits: 3 semester hours.

### CPSY 564 Treating Addictions in Marriage, Couple, and Family Therapy

Content: Family systems view of the development and maintenance of substance abusing patterns for family therapists and other health practitioners. Examines the contributions made to the understanding and treatment of substance abuse by family researchers, theorists, and clinicians. Considers clinical intervention methods of substance abuse with attention to the treatment of adolescents, couples, and families.

Prerequisites: MCFT 504.

Restrictions: Priority is given to Marriage, Couple, and Family Therapy and Professional Mental Health Counseling - Specialization in Addictions students. Permission of the Counseling Psychology Department Office.

Credits: 2 semester hours.

### MCFT 502 Introduction to Marriage, Couple, and Family Therapy

Content: Basic theoretical assumptions of the profession of marriage, couple and family therapy, with an overview of its historical roots, social and cultural contexts, types of practice, ethical principles, and professional orientation.

Prerequisites: None.

Credits: 1 semester hour.

### MCFT 510 Legal and Ethical Issues in Family Therapy and Counseling

Content: Survey of current issues relating to ethical practice and legal responsibilities in family therapy and counseling. Addresses issues such as confidentiality, informed consent, dual relationships, and therapist liability. Includes models for ethical decision making, working with the legal system, and relevant aspects of family law.

Prerequisites: None.

Credits: 2 semester hours.

**MCFT 511 Equity in Family Therapy**

Content: Development of awareness and knowledge of diversity necessary to practice family therapy from liberation-based and social-justice-based frameworks. This includes interrogating multiple embedded systems of power and privilege relative to interconnections of identity and social position. Focus is on helping students become capable family therapists in diverse contexts, including becoming aware of their own beliefs, biases, and prejudices relative to culture, race, ethnicity, gender, age, sexual orientation, or physical or mental ability.

Prerequisites: None.

Credits: 3 semester hours.

**MCFT 516 Family Development: Cross-Cultural Perspectives**

Content: Family interaction processes and development within cultural contexts. Topics include: family development, diverse family forms, patterns and dynamics of family interaction, and the impact of social context and culture on family life.

Prerequisites: None.

Credits: 2 semester hours.

**MCFT 523 Psychopharmacology and Medical Issues in Family Therapy**

Content: This course examines biological and medical issues in the practice of MCFT and includes an introduction to pharmacology. Emphasis is on understanding medical issues in family context and collaborating with other health professionals, as well as an examination of the sociopolitical context in which psychotropic drug regimens are developed, researched, and prescribed.

Prerequisites: MCFT 504 and CPSY 530 or equivalent.

Credits: 1 semester hour.

**MCFT 526 Practical Skills in Marriage, Couple, and Family Therapy**

Content: Overview of basic relational therapy concepts and skills, including skill development through role-playing and simulated counseling experiences.

Prerequisites: Take MCFT 504, MCFT 502, and MCFT 510.

Credits: 3 semester hours.

**MCFT 541 Systemic Assessment and Treatment Planning**

Content: Application of family systems theories, social equity, and evidence based practice to assessment, diagnosis, and treatment planning in marriage, couple and family therapy. Course examines the theoretical assumptions and values underlying approaches to the treatment of major mental health issues and other presenting issues such as child behavior problems, addiction, suicide, familial violence, and families managing acute and chronic medical conditions. Specific assessment techniques and tools are discussed, evaluated, practiced, and applied to clinical diagnoses and treatment planning, including risk assessment and crisis intervention.

Prerequisites: MCFT 504, MCFT 511, MCFT 543, and MCFT 553

Corequisites: CPSY 530 or CPSY 538

Credits: 2 semester hours.

**MCFT 543 Domestic Violence Treatment in Family Therapy**

Content: This course addresses the widespread nature of family violence across individual, familial, and societal levels. It provides family therapists with introductory knowledge and skills for the assessment and treatment of family violence.

Prerequisites: None.

Credits: 1 semester hour.

**MCFT 553 Sex Abuse Issues in Marriage, Couple, and Family Therapy**

Content: This course is designed to help family therapists competently address sexual abuse situations. This course provides introductory knowledge and skills for the assessment and intervention of sexual abuse. The curriculum is informed primarily by feminist and critical multicultural theories and practices.

Prerequisites: None.

Credits: 1 semester hour.

**MCFT 560 Couple Therapy**

Content: Systems/relational therapies and practices relative to assessment, research, and treatment of couples, with an emphasis on promoting relational justice through addressing power/privilege and the links between neurobiology, emotion, societal context, and couple interaction. Students develop competencies to work with a wide range of couples across the life span and diverse sociocultural contexts, with attention to issues such as intimacy, conflict, co-parenting, spirituality, infidelity, divorce, loss, and illness. Couple therapy for the treatment of trauma and mental health disorders will also be addressed.

Prerequisites: MCFT 504.

Credits: 3 semester hours.

**MCFT 562 Advanced Ecosystemic Relational Therapy**

Content: This advanced family therapy theories course integrates neuropsychobiological, ecological, spiritual aspects of human behavior with challenges that different societal contexts bring into family life. Addresses contemporary relational, experiential, and social constructionist approaches to marriage, couple, and family therapy and explores the intersections of clinical practice and social advocacy.

Prerequisites: MCFT 504.

Credits: 3 semester hours.

**MCFT 569 Sex Therapy**

Content: Sexual health and introduction to treatment of sexual issues. Topics include sexual development across the lifespan, sexual orientation and identity, critique of the social construction of sex, systemic bio-psycho-social-spiritual assessment of sexual well-being, and treatment of specific sexual problems.

Prerequisites: MCFT 504

Restrictions: Instructor consent required.

Credits: 2 semester hours.

**MCFT 582 Internship in Marriage, Couple, and Family Therapy**

Content: Applied training in family therapy during a 15 month internship, including supervised clinical practice with individuals, couples, and families using systemic, social constructionist, and critical family therapy models.

Prerequisites: None.

Restrictions: Consent of program clinical director.

Credits: 1-4 semester hours.

**MCFT 563 Treatment Issues in Family Therapy**

Content: Applications of family systems approach to treatment of families in crisis and transition. Topics include issues such as substance abuse, domestic violence, sexual abuse, trauma and loss, poverty, and chronic illness. A portion of this course emphasizes clinical case conceptualization and treatment planning.

Prerequisites: None.

Credits: 0.5-3 semester hours.



## Master of Science Courses

### CPSY 538 Advanced Research Methods

Content: Designed for students with a strong psychological research methods background and/or those who are considering conducting an independent research project and completing a thesis. The course builds on student's base of knowledge and provides opportunities to learn more about new and innovative designs and/or methods. Research paradigms, qualitative, quantitative, and program evaluation methods will be covered over the course.

Prerequisites: None.

Restrictions: Consent of instructor or at least one research methods and one statistics class taken as part of an undergraduate degree program passed with a B+ or better. (If you have only taken one course, but have other research experience such as writing a thesis or working as a research assistant, you may still be eligible.)

Credits: 3 semester hours.

### CPSY 530 Research Methods and Statistics I

Content: Introduction to research methods with an emphasis on design, sampling, measurement issues, and introductory data analysis. Topics include (1) research design: elements of the research process, types of designs, program evaluation; (2) ethical considerations of research: informed consent, research with diverse and vulnerable populations, research with children, human subjects review; (3) basic measurement concepts: validity, reliability, norms, score interpretation; (4) basic statistical concepts: frequency distributions, central tendency, measures of variability, correlation. Reviews Web-based resources for conducting research. Note: Taught during the fall semester only, as the first course of a two-semester sequence. Students who wish to pursue the thesis-option M.S. program are advised to take this sequence as early as possible in their course of study.

Prerequisites: None.

Credits: 3 semester hours.

### CPSY 531 Research Methods and Statistics II

Content: Research design and data analysis, inferential statistics. Simple and complex designs, normal distribution, z-test, t-test, analysis of variance, statistical power, simple regression. Overview of nonparametric and multivariate analysis. Note: Taught in spring semester only, as the second course of a two-semester sequence. Students who wish to pursue the thesis-option M.S. program are advised to take this sequence as early as possible in their course of study.

Prerequisites: None.

Credits: 3 semester hours.

### CPSY 537 Qualitative Research Methods

Content: Overview and application of qualitative research methods. Through course readings, discussion, and practical application, candidates explore: (1) different approaches in qualitative research and epistemologies and common theoretical perspectives that undergird qualitative inquiry, and (2) various methods and techniques for gathering, interpreting, and making meaning of in-depth and rich information about things as they occur in their natural settings. Candidates gain the skills necessary to review and critique qualitative research and to design and undertake their own qualitative research.

Prerequisites: None.

Restrictions: Consent of instructor or program director.

Credits: 2 semester hours.

### CPSY 594 Proposal Writing

Content: Direct instruction and support for the process of preparing a thesis and/or other research or grant proposals. Includes both a colloquium and individual consultations with a thesis chair (or, if not writing a thesis, another faculty member). The colloquium will focus on the refinement of research questions, the specifics of research design, and the Human Subjects in Research application process. Consultations with thesis committee chair or other faculty member will focus on the development of a manuscript that clearly details the purpose of the research, summarizes relevant literature, and identifies the proposed design and methodology for the research project.

Prerequisites: CPSY 530 and CPSY 531, or consent of instructor.

Restrictions: Permission of thesis coordinator.

Credits: 1 semester hour.

### CPSY 595 Master's Thesis Research

Content: Completion of thesis research project under the direction of the chair of the candidate's thesis committee. Three semester hours, which can be taken in 1-semester hour increments, are required for degree. Grades are deferred until the candidate has successfully defended his or her thesis.

Prerequisites: Consent of thesis committee chair.

Restrictions: Consent of thesis committee chair.

Credits: 1-9 semester hours.

## Additional Courses for Addictions Concentration

### MHCA 545 Drugs, the Brain, and Behavior

Content: Psychopharmacology of alcohol and drug abuse. Major drugs and classes of abused substances. Mechanisms of action in the brain, patterns of physiological response in abuse, addiction, and recovery. Impact on brain function, cognition, emotions, behavior, and social effects. Pharmacological adjuncts to detoxification and treatment.

Prerequisites: None.

Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.

Credits: 3 semester hours.

### MHCA 546 Models of Addiction and Recovery

Content: Theories of the nature, course, causes, and effects of addiction to alcohol and drugs of abuse. Conditions, processes, and patterns of recovery. Emphasis on physiological, social learning, and interpersonal models and theories. Natural history of onset, abuse, addiction, and recovery; effects of intergenerational transmission, genetic predilection, developmental risk, and sociocultural factors; effects on psychosocial development; impact of culture and gender differences. Implications for treatment.

Prerequisites: None.

Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.

Credits: 3 semester hours.

**MHCA 547 Addictions Treatment: Procedures, Skills, and Case Management**

Content: Emphasis on developing detailed understanding and beginning skills in the use of specific strategies, procedures, and interventions in assessment, diagnosis, and treatment of substance abuse and addictive disorders. Topics include multiple modes and models of assessment, intervention and treatment, content and basic assumptions of different treatment modalities, organization of comprehensive treatment strategies, motivational interviewing in the context of stages-of-change models, contracting with clients, consultation, integration of medical and psychosocial treatments, referral processes and standards, issues of moderation versus abstinence, relapse prevention, and case management. Also covers documentation, record keeping and management, confidentiality, and ethical and legal issues.

Prerequisites: None.

Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.

Credits: 3 semester hours.

**Additional Courses for International Family Therapy Concentration****MCFT 567 International Family Therapy**

Content: Introduces students to family work worldwide, including the emerging professionalization of family therapy in many countries. Foci include international family therapy education and clinical practice; transferability of family therapy knowledge across national contexts; and issues of power, resources, and colonization in transnational work.

Prerequisites: None.

Restrictions: Admission to the Marriage, Couple, and Family Therapy program.

Credits: 2 semester hours.

**CPSY 902 Culture and Community**

Content: An intensive international or intercultural immersion course designed to raise awareness of issues in personal and community well-being in a particular community or region. After pre-visit briefings and readings, students visit professionals at schools, clinics, and NGOs to learn about the cultural and social realities of the community or region. The visit is followed by systematic reflection on implications for local practice and the understanding of one's own self and society. Interdisciplinary approaches and interprofessional collaboration are emphasized.

Prerequisites: None.

Credits: 2 semester hours.

**Additional Courses for Sex Therapy Concentration****CPSY 565 Human Sexuality and Counseling**

Content: Recent research on sexual health issues of importance to counselors. Issues include sexual health in childhood, adolescence, adulthood, and aging; review of recent research on sexual preference; and common sexual dysfunction experienced by rape and incest victims and modes of treatment.

Prerequisites: MHCA 502, MHC 503, or MCFT 502.

Credits: 2 semester hours.

**MCFT 570 Advanced Sex Therapy**

Content: Advanced knowledge and practice of sex therapy from a systemic, relational perspective. The course includes a focus on the professional context and educational requirements for eventual certification as a sex therapist.

Prerequisites: MCFT 504, MCFT 526, MCFT 560, MCFT 569.

Restrictions: Admission to the Marriage, Couple, and Family Therapy program.

Credits: 2 semester hours.

**Additional Courses for Ecopsychology Concentration****CPSY 501 Introduction to Ecopsychology**

Content: Ecopsychology is the field of inquiry concerned with the human-nature relationship. As a species, we came of age embedded in the natural world, and that need for nature still resides in our bodies, minds, and spirit. A substantial body of scientific evidence demonstrates the physical and psychological benefits of interacting with nature. There is a growing interest in this area of psychology as we recognize the decreased presence of nature in our lives; the exponential growth of technology in daily living; and the awareness of global climate change and the role psychology has to play in addressing it. Ecopsychology recognizes that one of the central challenges of our time is to integrate our embeddedness within the natural world with our scientific culture and our technological selves. This course guides students toward self-reflection regarding their environmental identity and their "sense of place"; it explores the motivations for integrating ecological perspectives into academic and professional work; and it addresses the interrelationship between human and planetary health and wellbeing.

Prerequisites: None.

Credits: 1 semester hour.

**CPSY 554 Theoretical & Empirical Basis of Ecopsychology**

Content: This course provides an introduction to ecopsychological theory and surveys research that supports the theoretical foundations of nature-based practices found in Ecotherapy and Wilderness Therapy. The course also surveys related concepts, findings and practices in psychology and the social sciences that provide a foundation for conservation and sustainability work, and for environmental education, advocacy, and activism.

Prerequisites: CPSY 501

Credits: 1 semester hour.

**CPSY 596 Wilderness and Adventure Therapy Immersion**

Content: This course provides an opportunity to explore ecopsychology concepts and practices in the context of a multi-day outdoor experience.

Topics include backcountry safety, outdoor leadership, wilderness philosophy and conservation, benefits of immersion in natural settings and retreats from modern technologies, multicultural rites of passage, and techniques for mental health and substance abuse treatment. The course typically features an off-campus weeklong or multi-weekend residential format with activities such as tent camping, day or overnight hiking, mindfulness and team building exercises, rock climbing and river rafting. Equipment provided. Outdoor experience not required. There is course fee.

Prerequisites: CPSY 501.

Credits: 2 semester hours.

**CPSY 597 Ecotherapy and Applied Ecopsychology**

Content: This course in Ecotherapy focuses on broadening and deepening the practice of psychotherapy by extending the psychotherapeutic context to include the natural world in which we live. We will survey research that supports the theoretical foundations of ecotherapy found in environmental and conservation psychology, ecopsychology, evolutionary psychology, and biophilia. Specific practices and methods that incorporate nature into the therapeutic process will be explored and students will have the opportunity to practice these techniques. We will explore topics such as environmental identity, restorative effects of direct contact with nature, a “sense of place,” the concepts of a Nature Language and Human Rewilding, and contemporary influences that affect the human-nature relationship. Ethical issues unique to the practice of ecotherapy will be discussed.

Prerequisites: CPSY 501.

Credits: 1 semester hour.

**CPSY 598 Topics in Applied Ecopsychology**

Content: This course provides an opportunity for students to do in-depth exploration of specialized topics or practices related to ecopsychology and to gain experience in various roles such as counselor, therapist, educator, activist, consultant, or researcher. Course focus and format varies given year and instructor. Topics have included children and nature, environmental advocacy, writing workshop, and horticultural therapy.

Prerequisites: None.

Credits: 1 semester hour.