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. Knowledge. 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 & Ethics. 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 fellows 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 three special concentrations to add to their studies beyond the standard 60 hour program. Selections include: Addictions Treatment, Ecotherapies, and Sexuality in MCFT. 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. The ecotherapies track focuses on expanding systemic thinking beyond human interactions to include affirmation, interaction, and healing within larger ecological systems. The sexuality track offers students educational components for eventual certification as sex therapists or educators. MCFT students may also take the Eating Disorders Certificate (https://docs.lclark.edu/graduate/counselingpsychology/eatingdisorders/) if they wish to add this specialization to their training.

Degree Requirements
A minimum of 60 semester hours, including:

Degree Courses
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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>MCFT 502</td>
<td>Introduction to Marriage, Couple, and Family Therapy</td>
<td>1</td>
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<tr>
<td>MCFT 504</td>
<td>Family Therapy: Theory and Practice</td>
<td>3</td>
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<tr>
<td>MCFT 511</td>
<td>Equity in Family Therapy</td>
<td>3</td>
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<tr>
<td>MCFT 510</td>
<td>Ethical and Legal Issues in MCFT</td>
<td>2</td>
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<tr>
<td>MCFT 530</td>
<td>Research Methods and Systemic Practice</td>
<td>2</td>
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<tr>
<td>MCFT 506</td>
<td>Applied Child and Adolescent Development</td>
<td>2</td>
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<tr>
<td>MCFT 526</td>
<td>Practical Skills in Marriage, Couple, and Family Therapy</td>
<td>3</td>
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<tr>
<td>MCFT 522</td>
<td>Diagnosis of Mental and Emotional Disorders</td>
<td>2</td>
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<tr>
<td>MCFT 516</td>
<td>Family Development: Cross-Cultural Perspectives</td>
<td>2</td>
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<tr>
<td>MCFT 560</td>
<td>Couple Therapy</td>
<td>3</td>
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<tr>
<td>MCFT 543</td>
<td>Interpersonal Violence in Marriage, Counseling and Family Therapy</td>
<td>1</td>
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<tr>
<td>CTSP 514</td>
<td>Group Counseling With Children and Adolescents</td>
<td>3</td>
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<tr>
<td>or CTSP 515</td>
<td>Group Counseling With Adults</td>
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<tr>
<td>MCFT 541</td>
<td>Systemic Assessment and Treatment Planning</td>
<td>2</td>
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<tr>
<td>MCFT 553</td>
<td>Sex Abuse Issues in Marriage, Couple, and Family Therapy</td>
<td>1</td>
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<tr>
<td>MCFT 523</td>
<td>Psychopharmacology and Medical Issues in Family Therapy</td>
<td>1</td>
</tr>
<tr>
<td>MCFT 562</td>
<td>Advanced MFT Theory &amp; Practice</td>
<td>3</td>
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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 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 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 511 Equity in Family Therapy**
Content: Development of diversity awareness and knowledge necessary to practice family therapy from liberation 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 global and multicultural contexts, including becoming aware of their own beliefs, biases, and prejudices relative to culture, race, ethnicity, gender, age, sexual orientation, socioeconomic status, physical or mental ability, religion or spirituality, health or legal status, or nation of origin, or other marginalized and underserved communities.
Prerequisites: None.
Credits: 3 semester hours.

**MCFT 510 Ethical and Legal Issues in MCFT**
Content: Survey of current issues relating to ethical practice and legal responsibilities in family therapy. 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: 3 semester hours.

**MCFT 530 Research Methods and Systemic Practice**
Content: This course addresses the essential concepts related to research design and methodology that systems/relational practitioners need to become critical evaluators of research and prepare for conducting research in their own practices, with an emphasis is on becoming an informed consumer of research and evidence-based practice. Students learn to apply research with critical awareness of the links between the process of inquiry, construction of knowledge, and cultural equity. Focus is on understanding each component of the research process, qualitative and quantitative designs, program evaluations, measurement issues and data analysis as well as the legal, ethical, and contextual issues involved in the conduct of clinical research and program evaluation.
Prerequisites: None.
Restrictions: MCFT students only
Credits: 2 semester hours.
MCFT 522 Diagnosis of Mental and Emotional Disorders
Content: Introduction to the structure and uses of the DSM 5 for diagnosing mental and emotional disorders. Limits and weaknesses of these approaches—especially with regard to sociocultural differences—and alternatives to them. How to use these systems effectively in the context of relational, biopsychosocialspiritual, systemic interventions, and in culturally diverse environments. Current knowledge, theory, and issues regarding selected disorders and their treatment.
Prerequisites: MCFT-502, MCFT-504, MCFT-511
Credits: 2 semester hours.

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 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 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 564 Treating Addictions in MCFT
Content: Family Systems view of the development and maintenance of substance abusing patterns for family therapists and other health practitioners. This course will examine the contributions made to the understanding and treatment of substance abuse by family researchers, theorists, and clinicians; and will consider clinical intervention methods of substance abuse with attention to the treatment of adolescents, couples and families.
Prerequisites: MCFT-504
Corequisites: none
Restrictions: MCFT students only
Credits: 2 semester hours.

MCFT 543 Interpersonal Violence in Marriage, Counseling and Family Therapy
Content: This course addresses the widespread nature of interpersonal violence across individual, partner, familial, and societal levels. It provides family therapists with introductory knowledge and skills for the assessment and treatment of interpersonal violence and trauma in marriage, couple, and family therapy. The curriculum is informed primarily by feminist and critical multicultural theories and practices.
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 from a systemic and relational perspective. This course provides introductory knowledge and skills for the assessment and intervention of sexual abuse. This course will also address ethical and legal issues in working with sexual abuse issues in marriage, couple, and family therapy. The curriculum is informed primarily by feminist and critical multicultural theories and practices.
Prerequisites: None.
Credits: 1 semester hour.

CTSP 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 MHC 506, and MHC 550. For students in the School Psychology program, take SPSY 502.
Restrictions: Consent of Counseling, Therapy & School Psychology department required.
Credits: 3 semester hours.

CTSP 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 MHC 506, MHC 513, and MHC 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.

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.

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 MCFT-530
Credits: 1 semester hour.
MCFT 531 MCFT Research Seminar
Content: Application of research design methods and findings to systems/relational therapy. Focus on drawing conclusions from a body of literature related to clinical practice, identifying a specific research question, and developing a research proposal. Emphasis on the links between the context within which research is conducted and implications for socially responsible practice.
Prerequisites: MCFT-530
Corequisites: none
Restrictions: MCFT students only
Credits: 1 semester hour.

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, MCFT-530 and MCFT-553
Credits: 2 semester hours.

MCFT 562 Advanced MFT Theory & Practice
Content: This advanced family therapy theories course integrates theory with practice. Pulling from systemic, social constructionist, experiential, and attachment models, students establish their own model of working with individuals, couples, and families in diverse sociocultural contexts. Special attention is given to the intersections of clinical practice, social advocacy, and change.
Prerequisites: MCFT 504
Restrictions: Must be enrolled in MCFT program
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 bi-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 563 Treatment Issues in Family Therapy
Content: Applications of systems/relational approaches to treatment of clinical issues. Course offerings address a variety of topics. Each course includes an emphasis on clinical case conceptualization, treatment planning, and intervention.
Prerequisites: None.
Restrictions: Priority for this course will be given to students in the MCFT program.
Credits: 1 semester hour.

MCFT 581 Telemental Health in Family Therapy
Content: Video and phone-based telemental health is a rapidly growing form of service delivery in contemporary marriage, couple, and family therapy. However, these modalities require specific ethical, legal, and practical considerations in order to ensure both therapist and client safety and treatment effectiveness. This course is designed to provide an overview of the history and current best practices, assess the appropriateness of clinical cases for telemental health, and provide the key, foundational knowledge and skills for delivering video and phone-based telemental health in the context of socially just marriage, family, and couple therapy treatment.
Prerequisites: MCFT-526
Corequisites: MCFT-582
Restrictions: Must be enrolled in the MCFT program
Credits: 1 semester hour.

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: 1-5 semester hours.

MCFT 591 Professional Development Seminar
Content: This seminar course provides a capstone experience in developing professional skills to prepare students for entry level career development and clinical practice in the field of family therapy. Students will self-reflect on their own social locations and consider how to build their career practices in ways that demonstrate attention to social justice and cultural democracy. This course will cover career related topics such as: AMFTRB practice exam preparation and successful achievement of a passing score, the OBLPCP licensing process, resume writing, cover letter writing, professional disclosure writing, exploring post-graduation MFT positions and career options, building a private practice, clinical membership, and engaging in professional MFT networks.
Prerequisites: MCFT-582
Corequisites: MCFT-582
Restrictions: MCFT students only
Credits: 1 semester hour.

Additional Courses for Addictions Concentration
MHCA 545 Drugs, the Brain, and Behavior
Prerequisites: None.
Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.
Credits: 3 semester hours.
Additional Courses for ECOT 501 Introduction to Ecotherapy

Content: Ecotherapy is the field of inquiry concerned with the human-nature relationship and includes a substantial body of evidence demonstrating the physical and psychological benefits of interacting with nature. A basic tenet of the field is that our inner worlds and the outer world are intimately connected. The need for nature still resides in our bodies, minds, and spirit. From an ecotherapy perspective, a central challenge of our time is the integration of our connection with nature with our scientific culture and our technological selves. As such, ecotherapy has a role to play in addressing such issues as the decreased presence of nature in our lives; the exponential growth of technology in daily living; and the impact of global climate change. This course guides students toward self-reflection regarding their environmental identity and their "sense of place". It also explores the motivations for integrating ecological perspectives into academic and professional work.

Prerequisites: None.
Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.
Credits: 1 semester hour.

ECOT 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, Wilderness Therapy, and other Nature-based therapies. The course also surveys related concepts, findings and practices in psychology and counseling/therapy that provide a foundation for conservation and sustainability work, environmental education, advocacy, and activism.

Prerequisites: ECOT-501
Restrictions: None.
Credits: 1 semester hour.

ECOT 596 Wilderness and Adventure Therapy Immersion

Content: This course provides an opportunity to explore ecopsychology concepts and nature based 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 counseling/therapy in the outdoors. The course typically features an off-campus weeklong or multi-weekend residential format including tent camping along with other activities such as day and/or overnight hiking; mindfulness and team building exercises; and other nature based and/or adventure based activities. Outdoor experience not required. There is a course fee.

Prerequisites: ECOT-501
Credits: 2 semester hours.

Additional Courses for Sexuality in MCFT Concentration

CTSP 565 Human Sexuality and Counseling

Content: Sexuality are not simply something we possess; they are constructed, performed, restricted and controlled, all within the historical and cultural setting in which we live. This course will examine the intersections among sexuality, culture, gender, and the body. Our goal will be to explore a variety of sexualities emphasizing the multifaceted nature of power, privilege, and oppression inherent in human sexuality. There will be a specific focus on the role counseling/therapy plays in cultivating sexual discourses and the impact those discourses have on our lives. For example, students will learn to critically investigate how and why some sexual behaviors become pathologized and later normalized by mental health practitioners. Finally, an important part of this course includes the consideration of our own histories and vulnerabilities as they influence our capacity to support others' sexual health.

Prerequisites: MHCA-502 or MHC-503 or MCFT-502 or AT-510
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.
ECOT 597 Ecotherapy and Applied Ecopsychology

Content: This course in Ecotherapy focuses on broadening and deepening the practice of counseling and therapy by extending the psychotherapeutic context to include the natural world in which we live. We will further our survey of 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 further explore the restorative effects of direct contact with nature, the psychological impact of “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 and incorporating ecotherapy with special populations will be discussed.

Prerequisites: ECOT-501, ECOT-554
Restrictions: Admission to Ecotherapies Certificate
Credits: 2 semester hours.

ECOT 598 Topics in Ecotherapy and 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 human animal bond, environmental justice, and creative interventions.

Prerequisites: None.
Credits: 1 semester hour.