

Master of Arts in Couple and Family Therapy

(54 semester hours)

Course #	Course Name	Credits	Prerequisites	Course Description	Semester offered
CMFT 5150	Foundational Family Therapy Theories	3		This course offers an introduction to foundational family therapy theories and intervention strategies. Emphasis is on historical development of systems theories.	Fall and Spring
CMFT5160	Individual & FT Foundational Techniques and Self of the therapist	3		This didactic and experiential course presents an overview of foundational techniques and theories in family therapy. It will help students continue to develop a theoretical framework for engaging in foundational theory driven therapeutic interventions via practice of individual relational and family therapy role plays.	Fall and Spring
CMFT 6180	Family Issues: Multicultural Intersectional Systems through the Lifespan	3		This is a family studies course designed to assist you to become more informed about multicultural and social justice issues that affect you, your clients, and families in society. The course addresses multicultural theories and critical consciousness such as decolonization theories, liberation theories, and intersection family life cycle.	Fall and Spring
CMFT 5151	Contemporary Family Therapy Theories	3	CMFT 5150, 5160	This course offers an introduction to contemporary family therapy theories and intervention strategies. Emphasis is on historical development of systems theories.	Fall and Spring
CMFT 5161	Individual & FT Contemporary Techniques and Self of the Therapist	3	CMFT 5150, 5160	This didactic and experiential course presents an overview of contemporary	Fall and Spring

				techniques and theories in family therapy. It will help students continue to develop a contemporary family theoretical framework for engaging in theory driven therapeutic interventions via practice family therapy role plays.	
CMFT 5330	Professional Identity & Relational Ethics	3	CMFT 5150, 5160	This course addresses the professional identity and ethics of couple and family therapists. It concentrates on couple and family therapist's ethical and legal responsibilities and liabilities as described in mental health and family law, insurance claims, and private practice management.	Fall and Spring
LDFS 6200	Human Development	3		An inquiry into the experience and meaning of human development over the full span of life. Both analytical and reflective modes of exploration are utilized to approach the study of personhood and the courses and themes of life.	Fall, Spring, and Summer
RSEM 5120	Introduction to Research	3		This is a survey course that examines the purposes of research, the methods of quantitative, qualitative, and mixed research, and the processes involved in research studies. The primary aims of this course are to improve your skills as an informed consumer of research and to provide you with the skills to conduct your own research.	Fall, Spring, and Summer
CMFT 5180	Therapy with Couples/Relationships	3	CMFT 5150, 5151, 5160, 5161, 5330	This course is didactic and experiential dealing with therapeutic techniques applied to the improvement of intimate/couple relationships. Emphasis is placed on empirically based assessment, diagnosis, and treatment of couple/relationship problems. This is a survey course covering	Fall and Spring

				different approaches working with couples/relationships.	
COUN 6250	Mental Health Diagnosis	3		This course addresses individual diagnosis from a variety of perspectives: Biological, developmental, medical, neurological, psychosocial, cultural and interpersonal. It will provide students with a broad theoretical base for understanding psychopathology, from not only an individual, descriptive, symptom-based perspective as presented in the DSM-5, but also from a contextual systemic perspective including developmental hallmarks, familial patterns and socio-cultural contributors.	Fall, Spring, and Summer
CMFT 6160	Advanced Assessment & Treatment in Family Systems	3	CMFT 5150, 5151, 5160, 5161, 5330, RSEM 5120, COUN 6250	This is a didactic and experiential course focusing on family assessment instruments and their use in family therapy. Emphasis is placed on the role of assessment in family therapy, the relationship of assessment to treatment planning and evaluation, gaining familiarity with a variety of assessment instruments and learning to apply assessment skills to real-world clients.	Fall and Spring
*CMFT 6140	Counseling/Therapy with children, adolescent & parents	3	CMFT 5150, 5151, 5160, 5161, 5330	This is a didactic and experiential course dealing with therapeutic techniques applied to the improvement of child functioning, and parent-child relationships. Emphasis is placed on play therapy, assessment, diagnosis and treatment of childhood and adolescent disorders, parent education, crisis intervention.	Spring and Summer
*CMFT 6170	Family Issues: Addictions & Trauma in Family Systems	3	CMFT 5150, 5151, 5160, 5161, 5330	This is a family studies course that is both didactic and experiential. It is designed to assist you to become more informed about addiction, trauma and other contemporary	Fall and Spring

				family issues that affect beginning practitioners, their clients, and society.	
*CMFT 6000	Sex Therapy	3	CMFT 5150, 5151, 5160, 5161, 5330	Provides an overview of human sexuality over the life cycle, addressing social, psychological, and physiological aspects of human sexuality. Etiology of human sexuality diagnoses and treatment of problems related to human sexuality are addressed.	Fall, Spring, and Summer**
CMFT 5910	Practicum in Couple & Family Therapy	6	CMFT 5150, 5151, 5160, 5161, 5330, 5180, 6180, 6160.	Supervised practice with an emphasis on individual and couple and family therapy techniques and therapeutic intervention strategies.	Fall, Spring, and Summer
CMFT 5930	Internship in Couple and Family Therapy	3	CMFT 5910/5911	Supervised practice with an emphasis on individual and couple and family therapy techniques and therapeutic intervention strategies in an approved community site.	Fall, Spring, and Summer
CMFT 5930	Internship in Couple and Family Therapy	3	CMFT 5910/5911	Supervised practice with an emphasis on individual and couple and family therapy techniques and therapeutic intervention strategies in an approved community site.	Fall, Spring, and Summer
Total Credits		54			

*One of the courses marked can be completed concurrently with Practicum.

***CMFT 6000 will be only offered in Fall and Spring semesters from Academic year 2024-25.