# Marriage and Family Therapy (MFT)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Term</th>
<th>Prerequisite(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>MFT 6000</td>
<td>Systemic Foundations of Marriage and Family Therapy</td>
<td>3:3:0</td>
<td>Fall</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to the historical development of the relational/systemic perspective. Emphasizes a systemic paradigm for clinical intervention. Includes conceptual foundations and founders of MFT. Compares early models of MFT.</td>
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<tr>
<td>MFT 6100</td>
<td>Contemporary Approaches to MFT</td>
<td>3:3:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to contemporary models of MFT. Compares post-modern models of MFT. Includes evidence-based practice and the biopsychosocial perspective.</td>
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<tr>
<td>MFT 6200</td>
<td>Ethical Issues in Marriage and Family Therapy</td>
<td>3:3:0</td>
<td>Fall</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Promotes MFT identity. Develops student competence in ethical decision making. Includes application of the American Association for Marriage and Family Therapy Code of Ethics and relevant Utah law to clinical scenarios.</td>
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<tr>
<td>MFT 6520</td>
<td>Working with Diversity in MFT</td>
<td>3:3:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to a variety of common presenting problems including addiction, suicide, trauma, abuse, intra-familial violence, and acute chronic medical conditions. Utilizes a relational/systemic philosophy. Includes evidence-based practice and crisis intervention with individuals.</td>
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<tr>
<td>MFT 6300</td>
<td>Systemic Assessment and Diagnosis</td>
<td>3:3:0</td>
<td>Fall</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Develops student competence in treatment approaches specifically designed for use with families. Introduces students to crisis intervention with families. Includes evidence-based practice for clinical work with young children, adolescents, families in mid-life, and elderly families.</td>
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<tr>
<td>MFT 6240</td>
<td>Individual Therapy</td>
<td>2:2:0</td>
<td>Fall</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Develops student competence in treatment approaches specifically designed for use with families. Introduces students to crisis intervention with families. Includes evidence-based practice for clinical work with young children, adolescents, families in mid-life, and elderly families.</td>
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<tr>
<td>MFT 6230</td>
<td>Family Therapy</td>
<td>3:3:0</td>
<td>Summer</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Develops student competence in treatment approaches specifically designed for use with groups. Evaluates group work with addiction, abuse and trauma. Includes evidence-based practice and crisis intervention with groups.</td>
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<tr>
<td>MFT 6210</td>
<td>Couples Therapy</td>
<td>3:3:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Develops student competence in treatment approaches specifically designed for use with a range of diverse couples, including sex therapy, same-sex couples, elderly, and interfaith couples. Includes evidence-based practice and crisis intervention with couples.</td>
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<tr>
<td>MFT 6320</td>
<td>Group Therapy</td>
<td>2:2:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Develops student competence in treatment approaches specifically designed for use with groups. Evaluates group work with addiction, abuse and trauma. Includes evidence-based practice and crisis intervention with groups.</td>
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<tr>
<td>MFT 6310</td>
<td>Child and Adolescent Development</td>
<td>3:3:0</td>
<td>Fall</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to individual and family development during stages of childhood and adolescence. Addresses human sexuality. Discusses biopsychosocial health during childhood and adolescence.</td>
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<tr>
<td>MFT 6400</td>
<td>Research in Marriage and Family Therapy</td>
<td>3:3:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to basic research methodology. Examines evidence-based practice in MFT. Evaluates usefulness of couple, marriage, and family therapy research.</td>
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<tr>
<td>MFT 6500</td>
<td>Community Intervention</td>
<td>1:1:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to practice within defined contexts (e.g., healthcare settings, schools, military settings, private practice). Addresses nontraditional MFT professional practice using therapeutic competencies (e.g., community advocacy, psycho-educational groups). Considers multidisciplinary collaboration.</td>
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<tr>
<td>MFT 6510</td>
<td>Contemporary Issues in MFT</td>
<td>1:1:0</td>
<td>Fall</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to practice within defined contexts (e.g., healthcare settings, schools, military settings, private practice). Addresses nontraditional MFT professional practice using therapeutic competencies (e.g., community advocacy, psycho-educational groups). Considers multidisciplinary collaboration.</td>
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<tr>
<td>MFT 6320</td>
<td>Adult Issues in Human Development</td>
<td>3:3:0</td>
<td>Spring</td>
<td>Admission to the Master of Marriage and Family Therapy, M.A. program</td>
<td>Introduces students to individual and family development across stages of adulthood. Addresses human sexuality. Discusses biopsychosocial health during adulthood.</td>
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**Utah Valley University**

**Course Catalog 2019-2020**

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Marriage and Family Therapy

MFT 6600
Capstone in MFT
1:1:0
Spring
* Prerequisite(s): Admission to the Marriage and Family Therapy, M.A. program
* Prerequisite(s) or Corequisite(s): MFT 6930
Emphasizes achievement of the program-level outcomes. Integrates knowledge across the program to promote student awareness of their own potential contributions to and positioning in the MFT field.

MFT 6900
Pre-Practicum
3:3:0
Fall
* Prerequisite(s): Admission to the Master of Marriage and Family Therapy, M.A. program
Introduces basic skills and competencies needed for effective and ethical clinical practice. Guides self-awareness and self-reflection. Presents expectations of competency in basic MFT interventions, sensitivity to client contextual variables, completion of case documentation, and use of supervision and feedback.

MFT 6910
Practicum I
3:3:0
Spring
* Prerequisite(s): Approval of MFT faculty and admission to the Marriage and Family Therapy, M.A. program
* Prerequisite(s) or Corequisite(s): MFT 6900
Advances competence in MFT assessment and intervention. Includes practice with diverse, international, multicultural, marginalized, and/or underserved communities. Guides competence in working with sexual and gender minorities and their families as well as anti-racist practices. Guides self-awareness and self-reflection.

MFT 6920
Practicum II
3:3:0
Summer
* Prerequisite(s): MFT faculty approval and admission to the Marriage and Family Therapy, M.A. program
* Prerequisite(s) or Corequisite(s): MFT 6910
Advances student competence in MFT assessment and intervention. Includes practice with diverse, international, multicultural, marginalized, and/or underserved communities. Guides competence in working with sexual and gender minorities and their families as well as anti-racist practices. Guides self-awareness and self-reflection.

MFT 6930
Practicum III
3:3:0
Fall
* Prerequisite(s): Approval of MFT faculty and admission to the Marriage and Family Therapy, M.A. program
* Prerequisite(s) or Corequisite(s): MFT 6920
Advances student competence in MFT assessment and intervention. Includes practice with diverse, international, multicultural, marginalized, and/or underserved communities. Guides competence in working with sexual and gender minorities and their families as well as anti-racist practices. Guides self-awareness and self-reflection.

MFT 6940
Practicum IV
3:3:0
Spring
* Prerequisite(s): Approval of MFT Faculty and admission to the Marriage and Family Therapy, M.A. program
* Prerequisite(s) or Corequisite(s): MFT 6930
Advances student competence in MFT assessment and intervention. Includes practice with diverse, international, multicultural, marginalized, and/or underserved communities. Guides competence in working with sexual and gender minorities and their families as well as anti-racist practices. Guides self-awareness and self-reflection.