COURSE TITLE: Advanced Family Therapy /Counseling

COURSE NUMBER: MCC 8080

I. RATIONALE:

Marriage and Family Therapy/Counseling (MFT/C) provide a powerful set of interventions that have been shown to be efficacious in a variety of clinical contexts, including anti-social behavior, substance misuse, and childhood behavioral and emotional disorders. This course is designed to provide students and practicing clinicians salient strategies for effectively intervening with families dealing with a variety of behavioral health issues. The course will cover the primary domains of the MFT/C core competencies (1) Admission to Treatment, 2) Clinical Assessment and Diagnosis, 3) Treatment Planning and Case Management; 4) Therapeutic Interventions, and 5) Legal Issues, Ethics, and Standards) providing participants the requisite knowledge to provide comprehensive services to families.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
Understand the Marriage and Family Therapy Core Competencies (MFT-CC) and the implications for training.

Learning Outcomes: The student will:

A-1. Demonstrate knowledge of the various aspects of family therapy treatment.
A-2. Identify the areas of strength and weakness relative to the MFT-CC
A-3. Use the MFT-CC to develop a plan to become a competent family therapist.

GOAL B:
Understand the requisite skills and experience needed for admitting clients into treatment for MFT/C.

Learning Outcomes: The student will:

B-1. Demonstrate knowledge of MFT/C models and their role in the behavioral healthcare system.
B-3. Demonstrate knowledge of the indications and contraindications of MFT/C.

GOAL C:
Understand the requisite skills and experience needed for diagnosing and assessing clients in MFT/C treatment.

**Learning Outcomes:** The student will:

C-1. Apply effective and systemic interviewing techniques and strategies.
C-2. Develop hypotheses regarding relationship patterns, their bearing on the presenting problem, and the influence of extra-therapeutic factors on client systems.
C-3. Assess each clients’ engagement in the change process.
C-4. Construct a genogram of a client family.

**GOAL D:**
Understand the requisite skills and experience needed for treatment planning and case management in MFT/C.

**Learning Outcomes:** The student will

D-1. Know how to develop, with client input, measurable outcomes, treatment goals, treatment plans, and after-care plans with clients utilizing a systemic perspective.
D-2. Know how to develop a clear plan of how sessions will be conducted.
D-3. Work collaboratively with other stakeholders, including family members, other significant persons, and professionals not present in sessions.

**GOAL E:**
Understand the requisite skills and experience needed for therapeutic interventions in MFT/C.

**Learning Outcomes:** The student will:

E-1. Recognize strengths, limitations, and contraindications of specific therapy models, including the risk of harm associated with models that incorporate assumptions of family dysfunction, pathogenesis, or cultural deficit.
E-2. Distinguish differences between content and process issues, their role in therapy, and their potential impact on therapeutic outcomes.
E-3. Deliver interventions in a way that is sensitive to special needs of clients (e.g., gender, age, socioeconomic status, culture/race/ethnicity, sexual orientation, disability, personal history, larger systems issues of the client).
E-4. Reframe problems and recursive interaction patterns.
E-5. Generate relational questions and reflexive comments in the therapy room.

**GOAL F:**
Understand the requisite skills and experience needed for Legal Issues, Ethics, and Standards in MFT/C treatment.
**Learning Outcomes:** The student will

**F-1.** Know state, federal, and provincial laws and regulations that apply to the practice of marriage and family therapy.

**F-2.** Inform clients and legal guardian of limitations to confidentiality and parameters of mandatory reporting.

**F-3.** Develop safety plans for clients who present with potential self-harm, suicide, abuse, or violence.