



FACULTY OF GRADUATE STUDIES

# MARRIAGE AND FAMILY THERAPY (MMFT)

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The Master of Marriage and Family Therapy (MMFT) program prepares students to become ethical, effective, and competent marriage and family therapists who work within a systemic/relational framework. The program is accredited by the Canadian Association for Couple and Family Therapy.

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The MMFT program is well established, with its first graduates in 1992. It is part of the Faculty of Education. The program prepares students to work in a variety of settings, including community mental health centers, hospitals, and private practice. Graduates are expected to demonstrate an understanding of and an appreciation for diversity in clinical practice and to serve the community.

The MMFT program has a strong clinical focus and is structured to meet the needs of part-time students. Most courses are offered in the evening and meet weekly. There are a few full-time spots available each year. Part-time students complete the master's degree requirements in 6 years, while full-time students complete them in 3 years.

The program includes course work in the areas of Theoretical Foundations, Clinical Practice, Professional Development and Family Studies, Professional Identity and Ethics, Research, and Supervised Clinical Training. Students receive rigorous clinical training under close supervision by qualified supervisors. Part-time students typically apply for practicum and start seeing clients in their 3<sup>rd</sup> year. Full-time students

start clinical practice in their 2<sup>nd</sup> year.

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## SAMPLE CAREERS

Graduates of the MMFT program are well equipped to provide both individual and relational therapy. They obtain employment in a wide-range of public/private sector workplaces and are highly sought-after.

## SAMPLE COURSES

**Self in the Family Laboratory** - The self of the therapist is the subject of this laboratory. Resources, blind spots, and expectations of the self are examined. Isomorphic concepts and intergenerational theories are explored and applied. Experiential learning processes (inclusive of family of origin work and role plays) are extensively used. No letter grade is given, only pass or fail. This is a 12 week, 48 hour laboratory. Because

**Supervised Marriage and Family Therapy** - The content of this course is the supervision of marriage and family therapy. The student will learn to use supervision for professional development and to learn basic skills of therapy (e.g. joining with clients, contracting for services, creating interventions, and planning terminations). Supervision will be provided through a one-way window as well as through recordings and case notes of clinical sessions. Cases are assigned at Aurora Family Therapy Centre. Studentse notes