

# Master of Arts in Marriage and Family Therapy

---

The Master of Arts in Marriage and Family Therapy at Mount Mercy has a mission to develop highly qualified professionals at the Master's level, who possess the knowledge, skills and dispositions to use a systemic perspective to improve the lives of individuals, couples and families. Marriage and Family therapists believe that individuals, couples and families are complex systems influenced by a wide variety of biopsychosocial dynamics. All human systems are subject to occasionally becoming sufficiently disorganized that they need outside help to become stable again. Students in our program will be trained to help these human systems through a deep understanding of systems, human development and intimate human relationships. The program provides the academic and experiential training needed for students to apply for licensure as Marriage and Family Therapists. To become fully licensed in Iowa students are required to complete a two year post-graduate supervised clinical experience, the completion of 3,000 clinical hours (1500 direct client contact) and the passage of the National MFT examination. Graduates will be prepared for work as therapists and consultants in clinical and counseling settings, in private practice as therapists, and in businesses, schools, hospitals and churches.

The MFT program aims to develop the student's ability, for example, to: assess, evaluate, and create treatment plans and goals for individuals, families and couples experiencing distress; cultivate empathic, respectful and congruent interpersonal skills; and research and evaluate the latest advances in the field.

## Course requirements:

### MFT Specialization Courses

MF 503	Family Systems	3
MF 518	Models of Marriage and Family Therapy	4
MF 545	Micro-Counseling	3
MF 546	Pre-Practicum	3
MF 569	Ethical and Professional Issues in Marriage and Family Counseling	3
MF 582	Models of Couples Therapy	4
Total Hours		20

### General Courses

MF 524	Human Development and the Family	3
MF 550	Human Sexuality and Family Systems	3
MF 602	The Cross-Cultural Family	3
MF 626	Psychopathology and the Family	4
MF 640	Research Methods for Marriage and Family Therapy	3
MF 671	Therapeutic Techniques with Parents and Children	3
Total Hours		19

### Elective Course

MF 605	Neuroscience for Marriage and Family Therapy	3
MF 655	Spirituality and the Family	3
MF 678	Intro to the Theory & Practice of Marriage and Family Therapy	3
MF 695	Thesis	0
Total Hours		9

### Clinical Courses

MF 590	Practicum in Marriage and Family Therapy I	4
MF 690	Practicum in Marriage and Family Therapy II	4
MF 692	Practicum in Marriage and Family Therapy III	4
Total Hours		12

MFT Specialization Courses must be passed with a "B-" or higher to receive credit.