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Master of Arts in **Marriage & Family Therapy**

USIU-Africa is accredited in Kenya by the Commission for University Education (CUE) & the United States of America by WASC Senior College and University Commission respectively.



PROGRAM DESCRIPTION

Marriage and Family Therapy is a specialized form of psychotherapy that deals with family patterns of behavior, couples relationships, individuals challenges using a systemic framework to nurture change. Trainees are exposed to systems theories which they'll use to diagnose mental and emotional diseases. Marriage and family therapists are trained to work in diverse clinical settings and conduct research in the field.

LEARNING OUTCOMES

Upon completion of the program, students will be able to:

1. Apply a systemic framework and clinical language in their clinical practice.
2. Develop treatment plans after conducting mental status examination, assessment and diagnosis
3. according to the current Diagnostic and Statistical Manual of Mental Disorders system.
4. Apply theories of psychotherapy to assessments and interventions.
5. Apply professional ethics and law following local and international standards.
6. Conduct research in Marriage and Family Therapy.

DEGREE REQUIREMENTS

57 UNITS

FOUNDATION COURSES

12 UNITS

(Only for students without adequate background in the field of Psychology)

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|----------|----------------------------|---------|
| PSY 1101 | Introduction to Psychology | 3 units |
| PSY 1105 | Developmental Psychology | 3 units |
| PSY 3110 | Psychology of Personality | 3 units |
| PSY 3115 | Abnormal Psychology | 3 units |

CORE COURSES

45 UNITS

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| MFT 6800 | Introduction to Family Therapy | 3 units |
| MFT 6801 | MFT Ethics & Law | 3 units |
| MFT 6802 | Family Therapy with Adolescents and Children | 3 units |
| MFT 6803 | Child Abuse and Family Violence | 3 units |
| MFT 6812 | Family Assessment | 3 units |
| PSY 6002 | Research Methods | 3 units |
| MFT 6805 | Group Psychotherapy | 3 units |
| MFT 6806 | Supervision In MFT | 3 units |
| MFT 6807 | Couples and Sex | 3 units |
| PSY 6704 | Clinical Psychopathology | 3 units |
| MFT 6771 | Clinical Practicum I | 3 units |
| MFT 6772 | Clinical Practicum II | 3 units |
| MFT 6810 | Master's Thesis I | 3 units |
| MFT 6773 | Clinical Practicum III | 3 units |
| MFT 6811 | Master's Thesis II | 3 units |

CONCENTRATIONS

12 UNITS

Family Violence and Trauma

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|----------|---|---------|
| MFT 6819 | First Responders, Military Personnel and Trauma | 3 units |
| MFT 6821 | Culture, Attachment and Trauma | 3 units |
| MFT 6822 | Immigration Trauma | 3 units |
| MFT 6823 | Trauma and the Family | 3 units |

Mindfulness and Family Therapy

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|----------|---|---------|
| MFT 6824 | Mindfulness and Acceptance in Couples Therapy | 3 units |
| MFT 6826 | Mindfulness and Family Therapy | 3 units |
| MFT 6827 | Integrating Mindfulness and Narrative Therapy | 3 units |
| MFT 6828 | Mindfulness and Art Therapy | 3 units |

Extra Credit Courses

(Available upon request and availability of quorum)

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| MFT 6804 | Publication & Research Presentation | 3 units |
| MFT 6809 | Family and Divorce Mediation | 3 units |
| MFT 6813 | Life Work and Planning | 3 units |
| MFT 6814 | Men and Families | 3 units |
| MFT 6815 | Couple & Family Therapy with LGBTQ Relationships | 3 units |
| MFT 6816 | School Counseling Seminar | 3 units |
| MFT 6817 | Play Therapy | 3 units |
| MFT 6818 | Current Trends in the Field of Family Therapy | 3 units |
| MFT 6820 | Substance Abuse and Childhood Trauma | 3 units |
| MFT 6825 | Mindfulness Based-play Family Therapy | 3 units |

CAREER OPTIONS

A Master of Arts in Marriage and Family Therapy program opens up a wide range of career opportunities, examples include:

1. Marriage and Family Therapist
2. Couples Counselor
3. Child and Adolescent Therapist
4. Mental Health Counselor
5. Substance Abuse Counselor
6. Trauma and Crisis Therapist
7. School and Academic Counselor
8. Grief and Loss Therapist
9. Parenting Coach
10. Clinical Supervisor

CONTACTS

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