

2010

Introduction to the Marriage and Family Therapy Program



***Masters Degree
Program***

School of Family Studies
and Human Services
**Kansas State
University**

INTRODUCTION

This document serves as an introduction to the master's degree program in marriage and family therapy at Kansas State University (KSU). The program is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), and is one of eight master's programs in the School of Family Studies and Human Services (FSHS).

KSU MS MFT PROGRAM

GOAL AND EDUCATIONAL OUTCOMES

The mission of the KSU master's program is to provide the academic, clinical and professional training necessary for graduates to be successful clinicians in a variety of mental health settings.

Students graduating from KSU's Master's program in marriage and family therapy will be able to demonstrate competence in:

1. Admitting clients to treatment (Graduates will demonstrate competence in interactions between clients and therapist up to the point when a therapeutic contract is established).
2. Clinical assessment and diagnosis (Graduates will demonstrate competence in activities focused on the identification of the issues to be addressed in therapy).
3. Treatment planning and case management (Graduates will demonstrate competence in directing the course of therapy and extra-therapeutic activities).
4. Conceptual competencies (Graduates will demonstrate competence in conceptualizing using systems theory).
5. Structuring competencies (Graduates will demonstrate competence in structuring clinical sessions).
6. Intervention competencies (Graduates will demonstrate competence in activities designed to ameliorate the clinical issues identified).
7. Crisis Management (Graduates will demonstrate competencies in managing therapeutic crises).
8. Legal issues (Graduates will demonstrate competencies in managing legal issues related to the practice of MFT).

9. Ethics (Graduates will demonstrate competence in all aspects of therapy that involve ethical issues).
10. Professionalism (Graduates will demonstrate professionalism).
11. Use of Supervision (Graduates will demonstrate competence in using clinical supervision).
12. Research (Graduates will demonstrate competence in understanding and using research to enhance their clinical work).

We strive to accomplish these goals in a training environment that is collaborative, respectful, supervision-rich, and that facilitates the development of a supportive student network.

PROGRAM THEORETICAL FOUNDATION

During their time in the program, students receive training in both classic and cutting-edge family therapy theories, disorder-specific approaches, and empirically supported treatments. The underlying foundation for the treatment approaches taught is a systemic and relational orientation to problems in living. In addition, students are expected to view the process of therapy from a biopsychosocial lens.

MFT PROGRAM CLIMATE

The MFT faculty desire that they and the students work together to create a program climate that:

- ❖ values and affirms diversity
- ❖ is safe
- ❖ is non-discriminatory
- ❖ is respectful
- ❖ is positive and empowering
- ❖ is supportive

MFT PROGRAM FACULTY

Dr. Sandra M. Stith, Professor & Program Director
(785) 532 – 4377; sstith@ksu.edu

Sandi joined the KSU faculty after serving as director of the master's program in MFT at Virginia Tech. She is a Kansas Licensed Clinical Marriage and Family Therapist and an AAMFT clinical member and approved supervisor. In 2004 Dr. Stith received the American Association for Marriage and Family Therapy's Outstanding Contribution to Marriage and Family Therapy Award and in 2007 she received the American Family Therapy Association's Distinguished Contribution to Family Systems Research Award and Kansas State University's Distinguished Alumni Award. Her primary research interest is in Intimate Partner Violence and she manages a research program funded by the USAF Family Advocacy Program.

Dr. Jared R. Anderson, Assistant Professor

(785) 532-4198; jra@ksu.edu

Jared completed his doctorate from University of Minnesota in Family Social Science with an emphasis in Marriage and Family Therapy. His research interests include relationship formation and developmental change in marriage, the development and evaluation of relationship strengthening programs, families and health, and the development of democratic community initiatives. He is an AAMFT clinical member and licensed Marriage and Family Therapist.

Nancy O'Conner, MS., Clinical Director

(785) 532-2220; noconner@ksu.edu

Nancy is responsible for case management issues, student therapist orientation and training, quality assurance review, clinical budget, outreach and coordination of contracts for therapy services with the Family Center. In addition, she functions as the placement Coordinator for the MFT unit. She maintains a contract with the State of Kansas providing Home-Based Family therapy training for the Kansas Community mental health centers and private contractors. Nancy is an AAMFT Clinical Member and a Kansas Licensed Clinical Marriage and Family Therapist.

Dr. Anthony P. Jurich, Professor & Admissions Coordinator

(785) 532 – 1488; jurich@ksu.edu

Tony is a Clinical Member and Past President of AAMFT, an AAMFT Fellow, an Approved Supervisor and a Kansas Licensed Clinical Marriage and Family Therapist. He received the NCFR Osborne Award in 1987, the National Member Award from Kappa Omicron Nu in 1990 and the Kansas Association for Marriage and Family Therapy Service to the Profession Award in 1997. His specialty areas are adolescence, sex therapy, family crisis and suicide.



Dr. Candyce Russell, Professor

(785) 532-1489; crussell@ksu.edu

Candy is a Clinical Member of AAMFT, an AAMFT Past Secretary and an AAMFT Fellow. She is also an Approved Supervisor and a Kansas Licensed Clinical Marriage and Family Therapist. She earned her doctorate at the University of Minnesota. Dr. Russell served as the Vera Mowery McAninch Chair at K-State from 1990 until 2006 when she started five years of phased retirement. Her specialty areas are MFT supervision and training, the process of couples therapy and chronic illness to meaning-making.

Dr. Joyce A. Baptist, Assistant Professor

(785) 532-6891; jbaptist@ksu.edu

Joyce is a Clinical Member of AAMFT, an Approved Supervisor, and a Kansas Licensed Clinical Marriage and Family Therapist. She is a consultant to counseling agencies in Malaysia and Singapore. Her areas of interest include cross-cultural couple relationships, orphans and families in Africa, immigrant families, and trauma.

SCREENING PROCEDURES FOR ENTRY INTO MFT SPECIALIZATION

Master's students are provisionally admitted to the MFT program. They are screened before being admitted into the clinical phase of the program.

When to Screen: The spring semester, before first practicum in therapy, and after taking (or concurrent with) Clinical Theory & Practice, Professional Studies; Principles of MFT I: Couples; Pre-Practica; and Psychopathology.

Who Screens: A committee of at least three marriage and family therapy faculty members.

Evaluation Criteria:

Academic performance, especially in Clinical Theory & Practice, Principles of MFT I: Couples, and Professional Studies.

Personal Integration and your ability to:

1. perceive and accept your strengths and limitations
2. perceive your own responsibility in interpersonal relationships (avoiding projection)
3. recognize situational appropriateness of your own responses
4. identify professional responsibility (job performance, preparation for classes, lack of incompletes, etc.)
5. be self-directed
6. commit to professional ethics, including respect for confidentiality and scope of professional practice
7. form effective relationships with other professionals
8. subordinate self interests to interests of clients
9. practice a level of appropriate assertiveness
10. join with a variety of age groups and social backgrounds
11. take differentiated positions with family, peers, colleagues, etc.

The subjectivity of these criteria is recognized. Although discrete competencies are important, the way behaviors are integrated are also a concern-the total gestalt is measured.

COMPREHENSIVE EXAMINATION POLICY

Each master's student is expected to satisfactorily complete a multiple choice comprehensive examination covering the three general areas: (1) Marriage and Family Therapy Theory and Practice; (2) Professional Ethics and Culture and Ethnicity; and (3) Psychopathology and MFT Assessment. The exam is

designed to insure that students have a clear understanding of the content covered in the first two years of the MFT program. Additionally, the exam should assist students in being prepared for the national exam administered by the Association of Marital and Family Therapy Regulatory Boards.

CAPSTONE PROJECT

In accordance with Kansas State University graduate school policy, the master's degree in MFT requires the completion of a capstone project. This project is directly related to the student's career goals and is in line with the tract and coursework selected.

As a result, a contract will be established between the student and major professor by the start of the second fall semester in the program.

To complete the Capstone Project the student selects one of the following options:

Thesis Option: Students planning to continue in doctoral studies are encouraged to adopt the thesis option however any student may also choose this option.

Non- Thesis Option: During the second spring semester, each master's student completes the Advanced Family Therapy class. Through this class each student prepares a personal theoretical integration paper and presents this through a case presentation format that includes video support illustrating his/her own clinical work. In addition, this class assists the student in broadening his/her thinking to help identify adjacent contextual issues relevant to their case presentation. After completing the class and a minimum of 300 clinical hours the student selecting the Non-Thesis option will create a document that situates their case presentation within a larger intellectual and cultural context.

RESEARCH TEAMS

The Research team experience provides an opportunity to work directly with faculty researchers and student colleagues. These direct experiences in collaborative relationships compliment knowledge and understanding acquired in coursework. The research team experience can enhance expertise, foster career goals and advance skills needed for the thesis or dissertation. In addition, you may have an opportunity to co-author publications or conference presentations. The research teams also aim to inspire an appreciation

of scholarly excellence and a commitment to the research enterprise.

CLINICAL OPPORTUNITIES

To achieve their 500 hours of direct client contact, all students participate in clinical work at the Family Center, the on-campus MFT clinic.

The K-State Family Center includes 5 therapy rooms and a large group room. All rooms have one-way mirrors and state-of-the-art audiovisual equipment.

In addition, there are opportunities for practicum placements at a variety of social service agencies in the area, including a regional medical center and other

facilities serving medically underserved populations.

STUDENT ASSOCIATION ORGANIZATION

The Marriage and Family Therapy Student/Associate Organization is a student-run campus organization with a mission to assist students as they progress through their graduate studies. This is accomplished by (1) Coordinating social events to help students grow closer together, and maintain some balance in their lives; and (2) Providing a voice to faculty by raising issues and providing feedback relevant to improving the experience of graduate students.

2010 Sample Program with Clinical Project

FIRST FALL (11 CREDITS)			
FSHS 867	Pre-Practicum in MFT (1)	FSHS 864	Clinical Theory and Practice (2)
FSHS 852	Contemporary Family Theories (3)	FSHS 878	Professional Studies (3)
FSHS 853	Family Systems in Cultural Context (2)		

FIRST SPRING (12 CREDITS)			
FSHS 868	Pre-Practicum in MFT (1)		
FSHS 879	Systemic Assessment and Treatment of Psychopathology (3)	FSHS 888	Research in FSHS (3)
FSHS 872	Principles of MFT II: Family (2)	FSHS 805	Brief Solution Focused Therapy (1)
Complete Screening into Clinical Portion of the Program			

FIRST SUMMER (6 CREDITS)			
FSHS 865	Human Sexuality (3)	FSHS 885	Practicum in MFT (3)
FSHS 870	Principles of MFT I: Couples (2)		

SECOND FALL (10 CREDITS)			
FSHS 886	Principles of MFT III: Child & Adolescent Family Therapy (2)	FSHS 877	Individual & Family Assessment (2)
FSHS 885	Practicum in MFT (3)	FSHS 866	Sex Therapy (3)

SECOND SPRING (6 CREDITS)			
FSHS 869	Systemic Tx of DV and Substance Abuse (2)	FSHS 823	Personal Integration (1)
FSHS 885	Practicum in MFT (3)	TAKE COMPREHENSIVE EXAMINATION	

SECOND SUMMER (6 CREDITS)			
EDCEP 921	Lifespan Human Development (3)	FSHS 885	Practicum in MFT (3)

THIRD FALL (6 CREDITS)			
	MFT Elective (3)*	FSHS 885	Practicum in MFT (3)

THIRD SPRING (3 CREDITS)			
	MFT Elective (1)*	FSHS 889	Clinical Project (2)

*At least 4 credit hours must be completed as an elective

*At least 6, credit hours must be completed within each semester to maintain an assistantship (and no more than 10)

*A total of 60 hours are required for licensure

* This sample program assumes the student is employed 10-20 hours a week.

Note: This is the minimum that is required in order to obtain an MFT Masters Degree. These courses may be taken whenever offered. This is just an example of a program of study.

2010 Sample Program with Thesis

FIRST FALL (11 CREDITS)			
FSHS 867	Pre-Practicum in MFT (1)	FSHS 864	Clinical Theory and Practice (2)
FSHS 852	Contemporary Family Theories (3)	FSHS 878	Professional Studies (3)
FSHS 853	Family Systems in Cultural Context (2)		

FIRST SPRING (12 CREDITS)			
FSHS 868	Pre-Practicum in MFT (1)		
FSHS 879	Systemic Treatment of Psychopathology (3)	FSHS 888	Research in FSHS (3)
FSHS 872	Principles of MFT II: Family (2)	FSHS 805	Brief Solution Focused Therapy (1)
Complete Screening into Clinical Portion of the Program			

FIRST SUMMER (6 CREDITS)			
FSHS 865	Human Sexuality (3)	FSHS 885	Practicum in MFT (3)
FSHS 870	Principles of MFT I: Couples (2)		

SECOND FALL (10 CREDITS)			
FSHS 886	Principles of MFT III: Child & Adolescent Family Therapy (2)	FSHS 877	Individual & Family Assessment (2)
FSHS 885	Practicum in MFT (3)	FSHS 866	Sex Therapy (3)

SECOND SPRING (6 CREDITS)			
FSHS 869	Systemic Tx of DV and Substance Abuse (2)	FSHS 823	Personal Integration (1)
FSHS 885	Practicum in MFT (3)	TAKE COMPREHENSIVE EXAMINATION	

SECOND SUMMER (6 CREDITS)			
EDCEP 921	Lifespan Human Development (3)	FSHS 885	Practicum in MFT (3)

THIRD FALL (6 CREDITS)			
FSHS 899	Thesis (3)	FSHS 885	Practicum in MFT (3)

THIRD SPRING (3 CREDIT HOURS)			
FSHS 899 Thesis (3)			

- * At least 6 credit hours must be completed within each semester to maintain an assistantship (and no more than 10)
- * A total of 60 hours are required for licensure
- * This sample program assumes the student is employed 10-20 hours a week.

Note: This is the minimum that is required in order to obtain an MFT Masters Degree. These courses may be taken whenever offered. This is just an example of a program of study.

MFT Research Teams Opportunities

Fall 2010 and Spring 2011

Faculty	Topic	Participant duties	Presentations and publications
Stith/Amanor-Boadu	<i>Impact of culture on therapy (Series of interviews with five couples of color and their therapists on the impact of culture on therapy)</i>	<ul style="list-style-type: none"> • Reviewing literature • Analyzing data • Writing journal article 	<ul style="list-style-type: none"> • AAMFT presentation • Journal article
Stith	<i>Client/therapist perspectives on systemic treatment of domestic violence (series of interviews with clients and therapists in conjoint DV treatment program)</i>	<ul style="list-style-type: none"> • Reviewing literature • Analyzing data • Writing journal article 	<ul style="list-style-type: none"> • AAMFT presentation • Journal article
Stith	<i>How highly successful MFT researchers developed area of specialization</i>	<ul style="list-style-type: none"> • Reviewing literature • Coding data • Analyzing data • Writing journal article 	<ul style="list-style-type: none"> • AAMFT presentation • Journal article
Stith	<i>Understanding college students decision-making regarding condom use</i>	<ul style="list-style-type: none"> • Reviewing literature • Collecting data (survey and interview) • Analyzing data • Writing journal article 	<ul style="list-style-type: none"> • NCFR presentation • Journal Article
Jurich	<i>Patterns of quality of life over the course of therapy</i>	<ul style="list-style-type: none"> • Writing literature review • Write a discussion of the results 	<ul style="list-style-type: none"> • Journal article
	<i>Correlates of committing suicide as described by accidental survivors of suicide</i>	<ul style="list-style-type: none"> • Writing literature review • Writing discussion for a paper 	<ul style="list-style-type: none"> • Journal article
Anderson, Amanor-Boadu, Stith	<i>Resiliency in Air Force Couples Following Deployment</i>	<ul style="list-style-type: none"> • Transcribing qualitative interviews • Coding & Analyzing data • Reviewing literature • Writing journal article 	<ul style="list-style-type: none"> • Presentation • Journal article
Anderson	<i>Development of Young Adult Romantic Relationships in China</i>	<ul style="list-style-type: none"> • Data Entry • Reviewing literature • Writing journal article 	<ul style="list-style-type: none"> • Presentation • Journal article
Anderson	<i>Dating Violence in Young Adult Romantic Relationships in China</i>	<ul style="list-style-type: none"> • Data Entry • Reviewing literature • Writing journal article 	<ul style="list-style-type: none"> • Presentation • Journal article

Baptist	<i>Cross cultural study of relationship maintenance behaviors and conflict in relationships</i>	<ul style="list-style-type: none"> • Review literature • Contribute to questions • Collect data • Clean and analyze data • Write lit review and discussion sections of a paper. 	<ul style="list-style-type: none"> • Journal article • Presentation
Baptist	<i>Intergenerational transmission of attachment and relational behaviors from parent to adult child</i>	<ul style="list-style-type: none"> • Review literature • Analyze data • Write journal article 	<ul style="list-style-type: none"> • Journal article • Presentation
Macchi & O'Conner	<i>Therapist supervision and self-care supporting home-based family therapy (HBFT)</i>	<ul style="list-style-type: none"> • Reviewing literature • Analyzing data • Writing journal article 	<ul style="list-style-type: none"> • Journal article
Archuleta	<i>Are solution focused therapy techniques effective in a financial counseling setting?</i>	<ul style="list-style-type: none"> • Reviewing literature • Recruiting subjects • Completion of treatment manual 	<ul style="list-style-type: none"> • Conference presentation • Journal article