

2016

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).

Students graduating from K-State'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 evidence-based family therapy theories. The underlying foundation for the treatment approaches taught is a systemic and relational orientation to problems in living.

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. Glade Topham, Program Director & Associate Professor (785) 532-6245; gtopham@ksu.edu

Dr. Topham serves as Program Director and teaches courses in both the master's and doctoral programs. He also serves on committees for both master's and doctoral students. His research and clinical interests are focused on the parent-child relationship and the most effective/efficacious approaches to early parent-child treatment for vulnerable populations. In addition, Glade is interested in the influence of parenting and family relationships in the establishment of healthy weight balance in young children, and in the efficacy of transdisciplinary obesity prevention approaches that target physical and psychosocial health. He is a Licensed Marital and Family Therapist and an AAMFT Approved Supervisor.

Dr. Sandra M. Stith, Professor & Program Director
(785) 532-4377; [sstith@ksu.edu](mailto:ssstith@ksu.edu)

Dr. Stith teaches didactic courses in both the master's and doctoral programs, provides individual and group clinical supervision, serves as major professor for both master's students and doctoral students, supervising theses and dissertations and supervises AAMFT Approved Supervisor Candidates. In her role as MFT program director she is responsible for all aspects of program communication and assists with correspondence with the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE). She also represents the program to the School Director, and works with the other MFT faculty to ensure that the clinical training program operates in a healthy manner and that students' needs are met. Her research interests are in intimate partner violence, dating violence, and treatment of couples in violent relationships. She is a Clinical Member of AAMFT, an Approved Supervisor, and a Kansas Licensed Clinical Marriage and Family Therapist.

Nancy O'Conner, MS., Clinical Director
(785) 532-2220; noconner@ksu.edu

Nancy O'Conner provides individual and group clinical supervision to both master's and doctoral students. 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. 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. Joyce A. Baptist, Associate Professor
(785) 532-6891; jbaptist@ksu.edu

Dr. Baptist teaches, supervises and serves on committees in both the master's and doctoral programs. Her research focuses on the efficacy of clinical treatments, resiliency of minority groups and young adults in Malaysia. In her current research on EMDR therapy, she assesses treatment outcomes using electroencephalogram (EEG) and eye tracking. She studies resiliency in immigrant/refugee groups, military and gay families, and relationship conflict

and violence in Malaysia. Her clinical expertise lies in working with couples and families especially in relation to trauma. Dr. Baptist is the Advisor to the Malaysian Student Association. She is trained in EMDR therapy, is a Clinical Member of AAMFT, an AAMFT Approved Supervisor and a Kansas Licensed Clinical Marriage and Family Therapist.

Dr. Jared R. Anderson, Associate Professor
(785) 532-4198; jra@ksu.edu

Dr. Anderson teaches didactic courses in both the master's and doctoral programs, provides individual and group supervision, and serves as major professor for both master's and doctoral students. His research interests include the study of marriage across the life course, specifically with military couples and couples experiencing chronic illness, and the development of intimate relationships among young adults in China. Clinically he is interested in working with couples on the brink of divorce and couples who are ambivalent about their decision to stay together. Dr. Anderson is a Clinical Member of AAMFT and a licensed Marriage and Family Therapist.

Dr. Amber Vennum, Assistant Professor
(785) 532-1489; avennum@ksu.edu

Dr. Vennum teaches, supervises, and serves on committees in both the master's and doctoral programs. Her research interests include the development of early romantic relationships, the impact of early romantic relationships on later adult romantic relationships, developing and evaluating programs that address healthy relationships, and working therapeutically with adolescents, young adults, and their families in school settings.

Dr. Jared Durtschi, Assistant Professor
(785) 532-1488; jadmft@ksu.edu

Dr. Durtschi teaches in both the master's and doctoral programs, provides individual and group supervision, and serves on committees for graduate students. His research interests center on couple and family process, specifically within the formative developmental periods of emerging adulthood, early marriage, and the transition to parenthood. Dr. Durtschi studies couples and families with large, national data sets, using longitudinal, dyadic data analysis to quantitatively examine processes

between and within family members. Clinically, he enjoys working with couples wanting to strengthen their romantic relationship, and with families coping with crises and stress.

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; and Pre-Practicum.

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

Evaluation Criteria:

Academic performance, especially in Clinical Theory & Practice 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. be responsible (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 faculty recognize the subjectivity of these criteria. Although discrete competencies are important, other concerns are about the way behaviors are integrated -- the total gestalt.

LIABILITY INSURANCE

Students and their supervisors incur liability for the therapy conducted by students. Therefore, each student is required to obtain liability insurance before enrolling in a clinical practicum.

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 Marriage and Family Therapy 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: After completing the class and a minimum of 300 clinical hours the student selecting the Non- Thesis option may begin writing their capstone paper, and preparing their capstone presentation. This capstone paper will include three primary sections, including (a) a description and literature review regarding the area of clinical emphasis, (b) a summary of how your unique clinical approach you will use with this area of clinical emphasis, and (c) provide a clinical example of how you used your approach with this clinical area.

EXIT INTERVIEW

Upon graduating and leaving the marriage and family therapy program the faculty would like to invite graduates to participate in an online exit interview. The primary purpose of the exit interview is to give students an opportunity to share with the MFT

faculty their overall evaluation of the MFT program, including ways that it can be improved. Although the faculty welcomes suggestions and feedback at any time, the exit interview is the primary vehicle for students to consider their experience in the program, as a whole, and provide feedback. Please ensure that the faculty has a valid email address so that a link to the exit interview survey can be sent.

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 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.



COURSE OUTLINE: Fall 2016 M.S. Cohort

Thesis Option

Non-Thesis Option

FALL 2016 M.S. (10 - 12)		FALL 2016 M.S. (10 - 12)	
MFT 864	Clinical Theory and Practice (3)	MFT 864	Clinical Theory and Practice (3)
MFT 878	Professional Studies (3)	MFT 878	Professional Studies (3)
MFT 879	Psychopathology (3)	MFT 879	Psychopathology (3)
MFT 867	Pre-Practicum (1)	MFT 867	Pre-Practicum (1)

SPRING 2017 M.S. (10)		SPRING 2017 M.S. (10)	
FSHS 868	Practicum in MFT (1)	FSHS 868	Practicum in MFT (1)
FSHS 888	Research Methods (3)	FSHS 888	Research Methods (3)
FSHS 870	Couples & Sex Therapy (3)	FSHS 870	Couples & Sex Therapy (3)
FSHS 879	Culture (2)	FSHS 879	Culture (2)
FSHS 805	Solution Focused (1)	FSHS 805	Solution Focused (1)

SUMMER 2017 M.S. (6)		SUMMER 2017 M.S. (6)	
MFT 885	Practicum in MFT (3)	MFT 885	Practicum in MFT (3)
FSHS 865	Human Sexuality (3)*	FSHS 865	Human Sexuality (3)*

FALL 2017 M.S. (10)		FALL 2017 M.S. (10)	
MFT 885	Practicum in MFT (3)	MFT 885	Practicum in MFT (3)
MFT 877	Individual & Family Assessment (2)	MFT 877	Individual & Family Assessment (2)
MFT 886	Children and Families-Experiential Approaches (2)	MFT 886	Children and Families-Experiential Approaches (2)
FSHS 852	Contemporary Family Theories (3)*	FSHS 852	Contemporary Family Theories (3)*
XXXX xxx	Stats I (3)	XXXX xxx	Qualitative, Stats, or Evaluation (3)

SPRING 2018 M.S. (14)		SPRING 2018 M.S. (11)	
FSHS 885	Practicum in MFT (3)	FSHS 885	Practicum in MFT (3)
FSHS 872	Family Therapy (3)	FSHS 872	Family Therapy (3)
FSHS 869	DV & Substance Abuse (2)	FSHS 869	DV & Substance Abuse (2)
FSHS 896	Advanced Family Therapy (3)	FSHS 896	Advanced Family Therapy (3)
XXXX xxx	Stats II (3)		

SUMMER 2018 M.S. (6)		SUMMER 2018 M.S. (6)	
FSHS 885	Practicum in MFT (3)	FSHS 885	Practicum in MFT (3)
FSHS 820	Theories of Human Development (3)	FSHS 820	Theories of Human Dev (3)

FALL 2018 M.S. (9)		FALL 2018 M.S. (7)	
FSHS 885	Practicum in MFT (3)	FSHS 885	Practicum in MFT (3)
FSHS 899	Thesis (6)	FSHS 889	Clinical Project (2)
		XXXX xxx	Elective (2)

*Instead of FSHS 865: Human Sexuality, students could take FSHS 852: Contemporary Family Theories which is offered each fall. Students could also take FSHS 852 as an elective. As currently constructed, Non-Thesis students would take 60 hours, Thesis students would take 60+ hours.

MFT Research Teams Opportunities

Fall 2016 and Spring 2017

Faculty	Topic	Participant duties	Presentations and publications
Topham	<i>Parent-child relationship predictors of child physical (healthy weight balance) and socioemotional outcomes</i>	<ul style="list-style-type: none"> Collect & analyze data Write sections of journal articles 	<ul style="list-style-type: none"> Conference Presentations Journal Articles
Topham	<i>Efficacy/Effectiveness of Early Parent-Child Intervention</i>	<ul style="list-style-type: none"> Write section of proposals Collect & analyze data Intervention delivery Write section of journals articles 	<ul style="list-style-type: none"> Conference Presentations Journal Articles
Stith	<i>Meta-analysis on risk factors for partner violence</i>	<ul style="list-style-type: none"> Write Proposals Write sections of journal articles Use meta-analysis software to analyze data 	<ul style="list-style-type: none"> Journal articles NCFR and AAMFT proposals
Anderson	<i>The Couples & Diabetes Project: Marital Influences on Disease Management and Metabolic Control</i>	<ul style="list-style-type: none"> Reviewing literature Analyzing data Writing journal article Grant Writing 	<ul style="list-style-type: none"> AAMFT/NCFR presentations Journal articles
Anderson	<i>The Development of Young Adult Romantic Relationships in Mainland China.</i>	<ul style="list-style-type: none"> Reviewing literature Analyzing data Writing journal article 	<ul style="list-style-type: none"> NCFR Presentation Journal article
Baptist	<i>Clinical Research on EMDR</i>	<ul style="list-style-type: none"> Reviewing literature Collecting and analyzing data Writing journal articles Writing grants 	<ul style="list-style-type: none"> Journal articles Conference presentations
Baptist	<i>Relationship maintenance and partner violence in Malaysia</i>	<ul style="list-style-type: none"> Reviewing literature Analyzing quantitative data Writing journal articles 	<ul style="list-style-type: none"> Journal articles AAMFT/NCFR presentations
Vennum	<i>Supporting military families through school-based mental health</i>	<ul style="list-style-type: none"> Grant writing & Project Design Collecting & analyzing data Writing journal articles 	<ul style="list-style-type: none"> Conference Presentation Journal Articles
Vennum	<i>The development of a relationship education app for young adults.</i>	<ul style="list-style-type: none"> Reviewing literature Grant writing & Project Design Marketing Data Analysis Writing journal articles 	<ul style="list-style-type: none"> NCFR Presentation Journal Article
Vennum	<i>Predictors & outcomes of relationship cycling during young adulthood</i>	<ul style="list-style-type: none"> Reviewing literature Project Design Participant Recruitment Collecting & analyzing data Writing journal articles 	<ul style="list-style-type: none"> Conference Presentation Journal Articles
Durtschi	<i>Relationship quality across the transition to parenthood</i>	<ul style="list-style-type: none"> Review literature Grant writing Assist in gathering data, managing data, & paying participants in a 15-month study of couples Analyze data Write journal articles 	<ul style="list-style-type: none"> AAMFT/NCFR presentation Journal Articles

Durtschi	<i>Marital quality in early stages of marriage</i>	<ul style="list-style-type: none"> • Review literature • Analyze data • Write journal articles 	<ul style="list-style-type: none"> • AAMFT/NCFR presentation • Journal Articles
Durtschi	<i>Links between marital interactions, parenting and child outcome</i>	<ul style="list-style-type: none"> • Review literature • Analyze data • Write journal articles 	<ul style="list-style-type: none"> • AAMFT/NCFR presentation • Journal Articles
O'Conner	<i>Home-based family therapy-fidelity study addressing therapist self-care and supervision</i>	<ul style="list-style-type: none"> • Review Literature • Downloading data • Analyzing data 	<ul style="list-style-type: none"> • AAMFT/NCFR presentations and posters • Journal article

