

# MARRIAGE AND FAMILY THERAPY (TTFT)

## Courses

### TTFT 500 - Principles of Counseling Credits 2-3

This course is designed to provide a foundation of basic skills in order to build students' counseling abilities. It combines theoretical understanding and hands-on practice of essential counseling micro-skills.

**Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

### TTFT 611 - Marriage and Family Therapy Theories I Credits 3

This course examines the epistemological and theoretical foundations and developments of the classical and contemporary theories used in counseling and marriage and family therapy. Students will be critiquing each theory from theological, socio-cultural, and evidenced-based perspectives. Students will be encouraged to begin to develop their own personal style of therapy in light of theories studied. This course is designed as a survey course and as an introduction to the basic skills required of a family therapist. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

### TTFT 612 - Marriage and Family Therapy Theories II Credits 3

This course examines the epistemological and theoretical foundations of family systems theory and the major schools of family therapy. Working with case studies, students will build on their knowledge of MFT theories by focusing on theory-based assessment, treatment planning, goal prioritization, and intervention informed by the systemic therapy models. Particular emphasis will be placed on students examining their personal and professional development, in terms of their own family history, relationships, faith tradition, and sociocultural context. **Grade Mode:** A.

**Prerequisite(s):** TTFT 611.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

### TTFT 621 - Family Life Cycle and Aging Credits 3

This course explores the development of individuals within the family over the life cycle, and therapeutic strategies for addressing developmental issues. Childhood, adolescence, marriage preparation, transition to parenthood, parenting over the life cycle, work and family issues, aging, chronic illness, and long term care of older people are examined. Attention is given to physical, spiritual, intellectual, and social development and the implications for the practice of family therapy. This course will include 10 hours of instruction on aging and long-term care, addressing biological, social, cognitive, psychological aspect, ethical issues at end of life, assessment, and interventions on aging. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

### TTFT 631 - Child and Adolescent Therapy in Family Contexts Credits 3

This course offers an introductory survey on theories and techniques for working with children, adolescents, and their families. Evidence-based treatments for common childhood disorders, assessment approaches, play and child therapy techniques, child abuse assessment reporting and treatment (7 hours of instruction), domestic violence, self-harm, suicide interventions, and cultural influences in the realm of parenting are explored. **Grade Mode:** A.

**Prerequisite(s):** TTFT 611 (concurrent registration permitted).

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

### TTFT 633 - Couples and Sex Therapy Credits 3

This course examines theories and techniques for working with couples, which will include an overview of current theories, evidence-based treatment, and research on successful marriages and divorce. There will be special emphases on faith, privilege and oppression as related to couples. Particular attention is given to systemic approaches, theological dimensions of gender, and the relationship between marital and sex therapy. Assessment and treatment issues involving domestic violence are reviewed. **Grade Mode:** A.

**Prerequisite(s):** TTFT 611.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

### TTFT 637 - Theory and Process of Group Counseling Credits 3

Major approaches to group therapy are presented which emphasize process groups and the use of experiential and didactic strategies within multiple settings common to the practice of therapy. Highlighted within this course are historical developments and the evolution of group therapy, the advanced theoretical underpinnings, the creation and importance of group work, as well as therapeutic factors with practical implications of group dynamics. Participants will be exposed to designing, implementing, and evaluating therapy group programs contextualized to diverse populations. Students will not only learn how to lead a group in mental health settings, but will also participate in a group counseling experience themselves. This is a valuable emotional growth experience toward a more comprehensive knowledge of the "self of the therapist." **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$450.

### TTFT 641 - Clinical Issues in Human Diversity Credits 3

This course introduces multicultural counseling theories, techniques, and mental health service delivery to individuals and family groups among various ethnic populations and social-economic classes in California. Self-assessment of knowledge, sensitivity and attitudes toward diverse populations, including race, ethnicity, gender, age, socioeconomic status, sexual orientation, spirituality, ability, and language will receive special focus. Theological considerations on diversity will be particularly emphasized. Experientially, students will examine intentional and unintentional oppression and privilege, they will develop ethical and cultural competencies in addressing biases in themselves, and they will participate in a process group. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$200.

**TTFT 643 - Community Mental Health****Credits 3**

The course provides a context for introducing students to contemporary mental health issues and services, especially in Southern California. Emphasis will be on strengths-based systemic recovery-oriented treatment with consumers, their families, and their communities who struggle with the challenges, among others, of severe mental illness, chronic medical conditions, poverty, joblessness, and violence. A Christian response to mental health issues will be discussed. Direct contact with public and private agencies and their clients is a core part of this course. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 651 - Research Methods and Design in Marriage and Family Therapy****Credits 1-3**

This course provides an overview of the purpose, methodology, and process of marriage and family therapy research. Specific attention is given to the scholarly writing of a literature review, various methods of research design, a process for evaluation and critique of research articles, and becoming meaningful consumers of research through an application of effectiveness-based research and progress research. Ethical issues will be addressed as well as what it means to view research through a theological lens. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 653 - Individual and Family Psychopathology****Credits 3**

This course examines the Diagnostic and Statistical Manual of Mental Disorders, explores relational diagnoses and the interaction of individual disorders and relational functioning. The focus will include a descriptive psychopathology, developing an in-depth knowledge of the DSM-5 criteria, and reviewing empirically supported treatments for individual and relational disorders. Appropriate use of the DSM-5 and its diagnostic categories with diverse populations in various clinical settings will be emphasized. **Grade Mode:** A.

**Prerequisite(s):** TTFT 611, TTFT 621.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 655 - Assessment of Individuals and Families****Credits 1-3**

This course provides an overview of approaches to the assessment of relationship problems with individuals, couples, and families. Emphasis is placed on psychometric theory and the use of relevant psychological testing instruments for assessment and research in marriage and family therapy. Students learn how to administer and score various instruments, interpret assessment data, and write clinical reports that assist in diagnosis and psychotherapeutic treatment. Legal, ethical, and cultural issues will receive particular focus, as well as students' interpretation of their own assessment profiles. This course includes a 6-hour training in suicide prevention, assessment, and intervention. **Grade Mode:** A.

**Prerequisite(s):** TTFT 653.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$400.

**TTFT 661 - Law, Ethics, and Professional Issues****Credits 3**

This course addresses legal and ethical situations arising in the practice of marriage and family therapy. These topics include confidentiality, informed consent, dual relationships, licensing standards, and family law. The course provides a review of California and professional laws governing the practice of marriage and family therapists. Christian ethics surrounding clinical issues and professional development are discussed. Students identify and apply ethical principles to specific professional and moral dilemmas. Students develop strategies for continuing professional, personal, and spiritual growth. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 663 - Professional Development Seminar I****Credit 1**

This professional development seminar assists students in the practice of basic family therapy skills with individuals, couples, and families. This learning experience spans two semesters of studies and includes role-playing, audio-video taped feedback, and participation in triads. The course includes a focus on professional knowledge (BBS, CAMFT), professional development, and practical training in responding to ethical and legal issues. **Grade Mode:** A.

**Prerequisite(s):** TTFT 500 (may be taken concurrently).

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$120.

**TTFT 664 - Professional Development Seminar II****Credit 1**

This professional development seminar assists students in the practice of basic family therapy skills with individuals, couples and families. This learning experience spans two semesters of studies and includes role-playing, audio-video taped feedback, and participation in triads. Seminar II is designed to develop and practice basic clinical interviewing skills. Emphasis is on the continued development of the therapist and the structure of the therapeutic process. A one-time fee of \$1200 is charged to the student's account. **Grade Mode:** A.

**Prerequisite(s):** TTFT 663.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$200.

**TTFT 667 - Professional and Personal Formation of the Therapist I** **Credits 1-3**

This course is an introductory study of the nature of spiritual theology and formation which attempts to understand the nature of new life in Christ, the process of formation in the Spirit, and the directives for cooperating with God's work as related to the personal and professional development of the self of the therapist. Attention is given to the implications of Spiritual Theology for Marriage and Family Therapy training and classroom experience. Particular focus is given to understanding the implications of life in Christ regarding guilt, shame, and legalism, as well as the New Covenant ministry of the Spirit in transforming the heart in light of the dynamics of original sin, early relational development, and the habits of sin developed over time. Attention is also given to developmental spirituality, how the Spirit transforms the heart over time, and how this affects services in the community. A 48-hour retreat will be introduced and required. This course includes participation in a cohort group which explores the course content as well as the student's own life and growth within community. A personal experience is required in Spiritual Direction. This provides students the opportunity to explore their life of prayer and growth with a trained staff spiritual director from the Institute for Spiritual Formation. Students are required to meet a minimum of four times throughout the semester. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$400.

**TTFT 668 - Professional and Personal Formation of the Therapist II** **Credits 1-3**

This course focuses on a theological and experiential exploration into human relationships and issues related to gender, romance, marriage, family, and parenting as they relate to spiritual growth. Course includes an investigation into the impact of personal and family history on theological outlook, emotional congruence, relational attractions, and moral decisions. Personal assessments and a one-day retreat are an integral part of this course. Students will experience spiritual community and intercessory prayer as they continue individual spiritual direction and further relationships within a cohort group to explore deeply their relational capacity at the heart of how Christ is formed in them, thereby developing deeper levels of trust and vulnerability. A personal experience is required in Spiritual Direction. This provides students the opportunity to explore their life of prayer and growth with a trained staff spiritual director from the Institute for Spiritual Formation. Students are required to meet a minimum of four times throughout the semester. **Grade Mode:** A.

**Prerequisite(s):** TTFT 667.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$350.

**TTFT 669 - Talbot MFT Spiritual Direction** **Credits 0**

A personal experience is required in Spiritual Direction at the Center for Spiritual Renewal at ISF. This course provides students the opportunity to explore their life of prayer and growth with a trained spiritual director from the Institute for Spiritual Formation. **Grade Mode:** C.

**Prerequisite(s):** TTFT 667.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$120.

**TTFT 670 - Professional and Personal Formation of the Therapist III** **Credit 1**

This course is an exploration of the work of the clinician as a part of the Christian's vocation. Emphasis will be placed on how scripture and tradition speak to "callings" in the Bible as it relates to the general call of loving God and neighbor, a training in righteousness, and conformity to Christ's image. There will also be a personal exploration, through the cohort and retreat components of the course, examining spiritual disciplines and one's relation to the various calls of God, particularly the personal call as a therapist. A 48-hour retreat will be required. A personal experience is required in Spiritual Direction. This provides students the opportunity to explore their life of prayer and growth with a trained staff spiritual director from the Institute for Spiritual Formation. Students are required to meet a minimum of four times throughout the semester.

**Grade Mode:** A.

**Prerequisite(s):** TTFT 668.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$350.

**TTFT 671 - Crisis and Trauma Counseling** **Credits 2-3**

This course provides conceptual knowledge to treat individuals, couples, and families in crisis and trauma. Students learn how short-term crisis approaches and interventions can assist in mitigating the long term effects of crisis and reduce risk for developing PTSD as well as provide support for people with PTSD and co-morbid conditions. Students learn assessments and interventions related to mental health disorders including Acute Stress Disorder, Post-Traumatic Stress Disorder, and Traumatic Brain Injuries. **Grade Mode:** A.

**Prerequisite(s):** TTFT 611.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 673 - Psychopharmacology and Psychobiology** **Credits 2-3**

This course is designed to provide MFT students with a basic knowledge of psychopharmacology – its scope, effectiveness, and hazards. Students will gain a historical perspective of treatment uses of medication for mental disorders within the context of biological, social, cultural, gender, and religious issues. Focus is on major classifications of psychotropic drugs, specifying their psychiatric uses, benefits, side effects, toxicities, combinations, and biochemical actions. Students explore how MFT students can best work with medical and other mental health practitioners to provide a more comprehensive, coordinated, and recovery-oriented plan of care to clients. **Grade Mode:** A.

**Prerequisite(s):** TTFT 653.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 675 - Chemical Dependence, Addictions, and Co-Occurring Disorders** **Credits 2-3**

This course provides current research, assessment, and treatment models of behavioral addictions, alcoholism, and other substance abuse, dependency, and co-occurring disorders. Emphasis is placed upon learning the language of recovery and how to work with both the client as well as the codependent and family members. Community referral resources and therapy techniques suitable for the marriage and family therapist in the treatment and referral of families affected by addiction are also explored. Spiritual, psychosocial, and biological perspectives are integrated with special emphasis on the effects of chronic poverty. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 681 - Biblical Interpretation and New Testament****Psychology****Credits 3**

This course investigates what Scripture has to offer for the development of psychological theory and practice. The course covers the nature and authority of Scripture, the illumination of the Spirit, and biblical hermeneutics. The course includes a study of various biblical texts that are particularly relevant for psychological theory and practice, as well as a hermeneutical project that requires each student to interpret, contextualize, and apply a biblical passage relevant to psychological theory and/or practice. A personal experience is required in Spiritual Direction. This provides students the opportunity to explore their life of prayer and growth with a trained staff spiritual director from the Institute for Spiritual Formation. Students are required to meet a minimum of four times throughout the semester. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$120.

**TTFT 682 - Marriage and Family Therapy Seminar****Credits 1-3**

Selected topics in the fields of Marriage and Family Therapy and Spiritual Formation. **Note(s):** May be taken multiple times with different content.

**Grade Mode:** A.

**Prerequisite(s):** TTFT 670.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Repeat Limit (after first attempt):** 10.

**Course Fee:** \$120.

**TTFT 750 - Directed Study****Credits 1-4**

Supervised reading, research, retreat or experiential practice. Developed and approved in conjunction with MFT faculty and advisor. **Note(s):** May be taken multiple times for credit with different content. **Grade Mode:** A.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Repeat Limit (total number of credits):** 6.

**TTFT 765 - Professional Development Seminar III - Capstone****Credit 1**

This capstone course is designed to be concurrent with students' supervised clinical experience, yet separate from the practicum series. Students' clinical theory with clinical practice (professional formation), theology (biblical and theological formation), and spirituality (personal and spiritual formation) as a marriage and family therapist are expressed in a culminating master's level clinical project that comprises a written clinical portfolio and a final case presentation. **Grade Mode:** A.

**Prerequisite(s):** TTFT 664.

**Corequisite(s):** TTFT 793.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Course Fee:** \$200.

**TTFT 791 - Practicum in Marriage and Family Therapy I****Credits 3**

Practicum in Marriage and Family Therapy I-III: The practicum sequence is an integral component of marriage and family therapy education. These three courses constitute a 12-month practicum, including a minimum of 300 clinical contact hours with individuals, couples, families, and other systems, and a minimum of 100 hours of supervision by a qualified Board of Behavioral Sciences (BBS) California Licensed Marriage and Family Therapist or psychologist. MFT Practicum I-III fulfills the requirements of the BBS for face-to-face experience counseling individuals, couples, families, or groups. A 3-credit continuation of practicum (TTFT 794) is required for students who do not meet the minimum of 300 clinical contact hours by the end of Practicum III (TTFT 793). TTFT 791: Practicum in Marriage and Family Therapy I focuses on the development of the therapeutic relationship, structuring, conceptualization, interventions, case management, and professional development. **Grade Mode:** A.

**Prerequisite(s):** TTFT 500, TTFT 612, TTFT 633, TTFT 641, TTFT 653, TTFT 661, TTFT 664.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); Graduate Level.

**TTFT 792 - Practicum in Marriage and Family Therapy II****Credits 3**

Practicum in Marriage and Family Therapy I-III: The practicum sequence is an integral component of marriage and family therapy education. These three courses constitute a 12-month practicum, including a minimum of 300 clinical contact hours with individuals, couples, families, and other systems, and a minimum of 100 hours of supervision by a qualified BBS California Licensed Marriage and Family Therapist or psychologist. MFT Practicum I-III fulfills the requirements of the Board of Behavioral Sciences for face-to-face experience counseling individuals, couples, families, or groups. A 3-credit continuation of practicum (TTFT 794) is required for students who do not meet the minimum of 300 clinical contact hours by the end of Practicum III (TTFT 793). In TTFT 792: Practicum in Marriage and Family Therapy II, case management competencies become focal as students demonstrate the ability to fulfill agency responsibilities as well as the ability to coordinate a clinical caseload. Supervision predominates rather than training; for supervision, students are expected to identify their therapy concerns and problem cases. Clinical supervisors continue to assess their students' professional goals, needs, and plans for future growth as a therapist. **Grade Mode:** A.

**Prerequisite(s):** TTFT 791.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 793 - Practicum in Marriage and Family Therapy III Credits 3**

Practicum in Marriage and Family Therapy I-III: The practicum sequence is an integral component of marriage and family therapy education.

These three courses constitute a 12-month practicum, including a minimum of 300 clinical contact hours with individuals, couples, families, and other systems, and a minimum of 100 hours of supervision by a qualified BBS California Licensed Marriage and Family Therapist or psychologist. MFT Practicum I-III fulfills the requirements of the Board of Behavioral Sciences for face-to-face experience counseling individuals, couples, families, or groups. A 3-credit continuation of practicum (TTFT 794) is required for students who do not meet the minimum of 300 clinical contact hours by the end of Practicum III (TTFT 793).

TTFT 793: Practicum in Marriage and Family Therapy III focuses on the integration of students' ideas and personal styles into their theory of change. Conceptual competencies are again emphasized but at a more advanced level. Clinical supervisors continue to assess their students' professional goals, needs, and plans for future growth as therapists.

Toward the end of the semester, the process of supervision transitions from direct supervision and assessment to consultation. **Grade Mode:** A.

**Prerequisite(s):** TTFT 792.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**TTFT 794 - Practicum Continuation in Marriage and Family Therapy Credits 1-3**

For graduation, students will be required to have a minimum of 300 clinical contact hours with individuals, couples, families, and other systems, and a minimum of 100 hours of supervision by a qualified BBS California Licensed Marriage and Family Therapist or psychologist. Students who are not able to complete all the required clinical contact hours by the end of TTFT 793 will need to enroll in this course for a maximum of three semesters until they complete the minimum of 300 clinical contact hours. **Grade Mode:** C.

**Prerequisite(s):** TTFT 793.

**Restriction(s):** Must be Marriage and Family Therapy (TAFT); and Graduate Level.

**Repeat Limit (after first attempt):** 2.