

# FAMILY THERAPY (FT)

## **FT 0098 Comprehensive Exam in Family Studies 0 Credits**

The family studies comprehensive exam is a standardized exam in which the candidate answers questions that require them to demonstrate understanding and mastery of terms reflecting the content they have learned throughout the program. It is highly recommended that candidates complete their comprehensive exam during the semester prior to the one in which they plan to graduate.

## **FT 0099 Comprehensive Exam in Marriage and Family Therapy 0 Credits**

The marriage and family therapy comprehensive exam is a standardized exam in which the candidate answers questions that require them to demonstrate understanding and mastery of terms reflecting the content they have learned throughout the program. It is highly recommended that candidates complete their comprehensive exam during the semester prior to the one in which they plan to graduate.

## **FT 0425 Private Practice and Small Business Management 3 Credits**

This course will provide an overview of small business and private practice management. Students will become acquainted with the technical and personal elements necessary to create and sustain a private practice. Attention will be focused on narrowing student focus in order to develop a feasible strategy for creating, implementing and maintaining small business goals.

## **FT 0433 Social Justice and Diversity in Professional Practice 3 Credits**

Students examine professional practice with individuals, couples and families from diverse ethnic, cultural, racial, religious and socioeconomic backgrounds with a focus on issues of diversity, social justice, power, privilege and underserved communities, in accordance with Key Element IV-B and Foundational Curriculum Area (FCA) 3 of the accreditation standards set forth by the American Association for Marriage and Family Therapy Education (COMAFTE). The course addresses the issues of gender role stereotyping and changing sex roles, and integrates professional contributions from the professional literature.

## **FT 0447 Lifespan Human Development 3 Credits**

This course explores the processes of individual and family development from childhood through old age. Presenting theoretical perspectives for studying child, adult, and family development, the course examines the modifications of family structures over time and psycho-social development within family systems and cultural contexts. Crosslisted with CN 0447.

## **FT 0450 Techniques of Narrative and Solution-Focused Therapy 3 Credits**

**Prerequisite:** FT 0559.

This course will provide an overview of two postmodern and strengths-based therapeutic theories, concepts and applications. The student will become acquainted with the theories and concepts developed by White, Epston, Anderson, Freedman, Combs, de Shazer, Berg and others. Attention will be focused on distinguishing between the postmodern approaches in terms of assessment, conceptualization, treatment and theoretical foundations.

## **FT 0465 Introduction to Substance Abuse and Addictions 3 Credits**

Candidates explore basic information about the history and current use/abuse of various drugs and alcohol. Topics include addiction, the 12-step programs, physiological effects, FAS, COAs, and family systems as well as culturally relevant prevention, intervention, and treatment strategies for individuals and families. Crosslisted with CN 0465.

## **FT 0470 Professional Practice with LGBTQ Youth and Families 3 Credits**

This course is designed to expand candidates' multicultural competence when working with lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals, couples, and families in educational and mental health settings. Topics include identity development, political and historical context, minority stress theory, ethical issues, and guidelines for best practice in marriage and family therapy, counseling, psychology, and educational contexts.

## **FT 0525 Divorce, Single-Parenting, and Remarriage 3 Credits**

This course considers the implications of divorce, single parenting, remarriage, and step-parenting for families experiencing these transitions and for society at large. Specific topics include boundary issues during transition, legal aspects of divorce custody decisions, school issues for children of divorce, and the complexities of single-parenting and blending families, with an emphasis on recent research regarding divorce and its aftermath.

## **FT 0550 Introduction to Marriage and Family Therapy 3 Credits**

This course provides an overview of the historical development of the field of family therapy, acquainting candidates with the models developed by Minuchin, Haley, Madanes, Satir, Bowen, Whitaker, and others. The course focuses on distinguishing between the systemic approaches in terms of assessment, conceptualization, diagnosis, treatment, and theoretical foundations, and explores contemporary directions of the field.

## **FT 0552 Intervention in Structural and Strategic Family Therapy 3 Credits**

**Prerequisite:** FT 0550.

This course focuses on the models of Minuchin, Haley, Madanes, and MRI, with an emphasis on developing a substantive understanding of diagnosis, assessment, and intervention design. The course addresses the range of techniques associated with each orientation, indications and contra-indications for using specific techniques, rationale development for intervention, and the role of the therapist.

## **FT 0553 Family Therapy Pre-Practicum 3 Credits**

**Prerequisites:** FT 0433, FT 0550, FT 0552.

Taken after FT 0552 and with the approval of the clinical director, this course provides simulated experiences in the practice of family therapy and focuses on developing skills in joining and forming a therapeutic relationship, designing and implementing interventions, and the use of self at the various stages of therapy. The course emphasizes the structural, strategic, and systemic family therapy models and addresses culturally sensitive practice, management, and treatment of cases of suicide, child abuse, domestic violence, and incest. Successful completion of this course and the requirements determines readiness for clinical practice. Candidates must have a signed clinical training agreement on file before registration.

## **FT 0555 Foundations of Marital and Family Therapy 3 Credits**

This course exposes candidates to the theories upon which the models of family therapy are based, exploring the critical epistemological issues in family therapy theory. Furthermore, it helps candidates think about therapy theoretically applying systems theory to an understanding of the variety of contexts in which marriage and family therapists work, including mental health systems, medical systems, etc. The course prepares candidates to understand and contribute to current thinking in the field in regard to theory and practice. Topics include general systems theory, cybernetics, communication theory, constructivism, and current developments in epistemology.

**FT 0556 Research in Marriage and Family Therapy 3 Credits**

This course covers the methodology, design, and statistical procedures for research in marriage and family therapy. The course addresses selecting appropriate experimental designs, data analysis and understanding the inferential potential of statistical procedures, and evaluating published research, including efficacy and outcome studies in marriage and family therapy. The course content includes quantitative and qualitative research in the field with recognition of cultural factors in research design and methodology.

**FT 0559 Practicum in Family Therapy I 3 Credits**

**Prerequisites:** FT 0553, FT 0565.

This course provides clinical experience working with families and meets the standards for training established by the American Association for Marriage and Family Therapy and the Connecticut Department of Health and Addiction Services. Candidates provide five hours per week of service in the Koslow Center plus five to 10 hours per week of service in a community agency offering family therapy treatment under supervision. This practicum follows consecutively after FT 0553.

**FT 0560 Practicum in Family Therapy II 3 Credits**

**Prerequisite:** FT 0559.

This course is a continuation of FT 0559.

**FT 0561 Advanced Interventions in Family Therapy 3 Credits**

**Prerequisites:** FT 0559.

This course explores in depth the theory and techniques of Bowen Family Systems Theory. It focuses on developing a substantive understanding of the theoretical assumptions and clinical applications of Bowen theory and emphasizes self-of-therapist processes as central to effective practice of Bowen therapy.

**FT 0565 Ethical, Legal, and Professional Issues in Family Therapy 3 Credits**

**Prerequisite:** FT 0550.

This course examines issues specific to the clinical practice and profession of marriage and family therapy. Areas of study include ethical decision-making and the code of ethics; professional socialization and the role of professional organizations; licensure and certification; legal responsibilities and liabilities of clinical practice; research, family law, confidentiality issues, AAMFT Code of Ethics, interprofessional cooperation, and mental health care delivery systems.

**FT 0566 Substance Abuse and the Family 3 Credits**

**Prerequisite:** FT 0465.

This course brings together substance abuse studies and family systems approaches. Students are presented with a knowledge base of skills and methods for assessing and treating family systems. The course identifies the addictive and intergenerational patterns within families. Students are encouraged to reflect upon the theoretical frameworks to understand and create interventions for alcoholic and substance-abusing family systems. Relational clinical models including developmental, systemic, solution-focused, and narrative approaches are reviewed and evaluated. The course examines the history and methods of treatment models. Issues of social justice are emphasized in a review of socio-cultural and social policy that influence family behaviors and treatment. Crosslisted with CN 0565.

**FT 0567 Couples Therapy 3 Credits**

**Prerequisite:** FT 0553.

This course examines couple relationships including issues of intimacy and sexuality throughout the lifespan. The focus is on understanding, conceptualizing, and treating couple relationships across sexual orientations and partnership types. The course addresses assessment and intervention in critical cases as well as treatment of common presenting problems such as infertility, childrearing conflict, infidelity, domestic violence and chronic health issues. The course also covers sexual dysfunction as it occurs in each phase of the couple relationship. Students learn methods for biopsychosocial assessment and diagnosis and develop ethically informed treatment formulations using systemic models of therapy.

**FT 0568 Special Topics in Family Therapy (Shell) 1-3 Credits**

This course explores advanced topics in the field of family therapy. Topics may vary each semester and are determined by the marriage and family therapy faculty as a reflection of pertinent themes of interest in the field.

**FT 0569 Assessment Techniques in Marriage and Family Therapy 3 Credits**

This advanced family therapy course addresses clinical diagnosis and assessment in the treatment process. Topics include major family therapy assessment methods and instruments, familiarity with the DSM V, pharmacological treatments, and recognition and critical assessment of cultural factors.

**FT 0570 School-Based Practicum in Marriage and Family Therapy 3 Credits**

This course is a requirement in the Area of Specialization in School Marriage and Family Therapy and provides an opportunity for candidates to apply theory to practice in the context of the public school system. The practicum is an advanced level clinical experience that is specifically designed to meet the requirements established by the Connecticut State Board of Education for certification in School Marriage and Family Therapy. Enrollment by permission only.

**FT 0580 Internship in Family Therapy I 3 Credits**

**Prerequisite:** FT 0560.

During internship candidates provide 10 to 15 hours of clinical services at an off-campus internship site. They receive weekly individual and group supervision by an approved site supervisor and weekly group supervision by University faculty.

**FT 0581 Internship in Family Therapy II 3 Credits**

**Prerequisite:** FT 0580.

This course is a continuation of FT 0580. Candidates must complete all clinical and supervisory hours by the close of the grading period to be eligible for graduation.

**FT 0582 Continuing Internship in Family Therapy 1 Credit****FT 0595 Independent Study 3-6 Credits**

Candidates undertake individual projects in consultation with a faculty member based on proposals submitted one semester in advance of course registration.

**FT 0598 Master's Thesis in Marriage and Family Therapy 3 Credits**

**Prerequisite:** FT 0556.

This elective seminar is for candidates wishing to conduct original research in the field of family therapy or family science. The thesis is expected to make a scholarly contribution to the field. Credit for this course is contingent upon approval of the completed thesis. Prior to beginning this course, candidates must consult with their advisor and complete the prerequisite steps, including the preparation and acceptance of a thesis proposal.