

MARRIAGE AND FAMILY THERAPY (MMFT)

MMFT 500 Introduction to Marriage and Family Therapy 3 Credit Hour(s)

This course provides an in-depth introduction to the profession of marriage and family therapy (MFT), including its historical development, professional identity, systemic theoretical foundations, and ethical standards. Students will explore licensure pathways and core competencies required for the MFT profession. The course emphasizes systemic relational practice, the biopsychosocial model, and evidence-based MFT interventions.

Offered: Online

MMFT 501 Professional Identity, Ethics, and Legal Issues in MFT 3 Credit Hour(s)

This course provides an in-depth study of ethical and legal considerations unique to Marriage and Family Therapy (MFT), including professional identity development, licensure pathways, and systemic ethical decision-making. Students will examine the AAMFT Code of Ethics, and laws affecting relational therapy, confidentiality in systemic treatment, and contemporary ethical dilemmas in MFT practice. The course integrates faith-based ethical perspectives with professional and legal standards, emphasizing a systemic approach to ethical decision-making.

Offered: Online

MMFT 502 Family Life Cycle Development 3 Credit Hour(s)

This course examines human development and relational transitions across the lifespan with a focus on family systems and intergenerational patterns. The course explores biopsychosocial and systemic factors that influence development, including relational resilience, attachment, and the impact of trauma on individuals and families. Special attention is given to cultural and faith-based perspectives, as well as evidence-based interventions that promote relational health and well-being across the family life cycle.

Offered: Online

MMFT 504 Cultural and Contextual Diversity in MFT 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501

This course examines the impact of culture, ethnicity, gender, socioeconomic status, and other contextual factors on relational dynamics. Students will explore culturally competent approaches to systemic therapy, with an emphasis on understanding diverse perspectives and addressing relational challenges in multicultural contexts. Ethical considerations and faith-based integration are highlighted throughout the course.

Offered: Online

MMFT 506 Theological and Spiritual Integration in MFT 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501

This course explores the ethical and clinical integration of spirituality in marriage and family therapy (MFT). Students will analyze how faith and spirituality intersect with systemic therapy, family systems theory, and relational ethics. Special emphasis is placed on the AAMFT Code of Ethics, cultural and religious diversity, and the application of spiritually informed interventions in MFT practice. Legal considerations, ethical dilemmas, and research-based approaches to faith-based MFT interventions are also covered.

Offered: Online

MMFT 510 Theoretical Foundations of Systemic Therapy 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502

This course introduces students to the core theoretical foundations of systemic family therapy, including major historical and contemporary models. Students will explore family systems concepts, relational dynamics, and clinical interventions applicable to individuals, couples, and families. Emphasis is placed on the development of a systemic perspective, ethical and legal considerations in family therapy, and integration of spirituality in relational treatment.

Offered: Online

MMFT 515 Research Methods and Evidence Based Practice in MFT 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504

This course provides an overview of research methods and evidence-based practice in marriage and family therapy (MFT). Students will explore quantitative, qualitative, and mixed-methods research designs, statistical applications, and program evaluation within a systemic framework. Emphasis is placed on integrating research into clinical decision-making, understanding evidence-based MFT interventions, and applying ethical and cultural considerations in research. The intersection of faith and scientific inquiry in systemic therapy is also examined.

Offered: Online

MMFT 601 Marriage and Family Therapy I: Foundations of Systemic Family Therapy 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 510

This course introduces students to the foundations of marriage and family therapy (MFT) from a systemic perspective. Emphasis is placed on understanding core MFT theories, models of family functioning, and systemic interventions. Historical and contemporary developments in family therapy are explored, along with ethical and legal considerations specific to MFT. Students will engage in clinical case analysis, develop genograms, and critically evaluate the integration of spirituality in relational therapy.

Offered: Online

MMFT 602 Marriage and Family Therapy II: Contemporary Approaches and Complex Family Systems 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 510 and MMFT 601 and MMFT 667

This course builds on foundational systemic therapy models, exploring contemporary approaches and their application to complex family systems. Students will analyze evidence-based interventions for treating diverse family structures, relational distress, and mental health concerns within a systemic framework. Ethical, legal, and spiritual considerations in advanced family therapy practice will be emphasized.

Offered: Online

MMFT 603 Couples Therapy 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 510

This course provides an in-depth exploration of systemic therapy models used in couples counseling. Emphasis is placed on evidence-based assessments, relational dynamics, and interventions for common couple concerns such as conflict, intimacy, infidelity, and communication breakdowns. Students will develop case conceptualization skills grounded in systemic approaches such as Emotionally Focused Therapy (EFT), Gottman Method, and Solution-Focused Couples Therapy. Consideration is given to pre-marital assessment and ethical integration of spirituality in relational therapy.

Offered: Online

MMFT 604 Crisis Therapy 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 506 and MMFT 510

This course provides an in-depth examination of crisis therapy from a systemic and relational perspective. Students will explore the impact of crises, disasters, and trauma on individuals, couples, and families, with an emphasis on systemic interventions and relational healing. The course covers suicide risk assessment, crisis stabilization, trauma-informed therapy, and evidence-based crisis interventions. The role of marriage and family therapists in interdisciplinary crisis response teams and emergency management systems is explored. Ethical and faith-based perspectives on crisis therapy are also discussed

Offered: Online

MMFT 605 Addiction and Family Systems 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 506 and MMFT 510 and MMFT 601

This course explores the systemic impact of addiction on individuals, couples, and families, emphasizing relational and intergenerational dynamics. Students will examine evidence-based treatment models for substance and behavioral addictions within the context of marriage and family therapy. Special attention is given to family-based interventions, systemic relapse prevention, and the role of faith-based perspectives in recovery. Ethical considerations and co-occurring disorders in relational therapy will also be addressed

Offered: Online

MMFT 610 Human Sexuality in Therapy 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 506 and MMFT 510

This course examines human sexuality through a systemic and relational lens, focusing on its impact on individuals, couples, and families. Students will explore the physiological, psychological, cultural, and spiritual aspects of sexuality, along with evidence-based interventions for sexual health concerns in relational therapy. Topics include sexual development across the lifespan, common sexual dysfunctions, ethical and legal considerations in sex therapy, and the integration of faith-based perspectives in MFT practice.

Offered: Online

MMFT 620 Counseling Children, Adolescents, and Their Families 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 506 and MMFT 510

This course provides a systemic and developmental approach to counseling children and adolescents within the context of marriage and family therapy. Students will examine relational and environmental influences on child and adolescent mental health, focusing on evidence-based interventions and systemic case conceptualization. Emphasis is placed on family dynamics, ethical and legal considerations, crisis intervention, and faith-based integration in therapy with children and adolescents

Offered: Online

MMFT 640 Trauma and Relational Healing 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 506 and MMFT 510 and MMFT 601 and MMFT 602 and MMFT 603

This course explores the intersection of trauma and relational therapy, examining the impact of trauma on individuals, couples, and families. Students will learn systemic trauma-informed interventions, including attachment-based and resilience-focused approaches. Ethical and cultural considerations, as well as faith-based perspectives on healing, are emphasized.

Offered: Online

MMFT 667 Systemic Diagnosis and Treatment 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 510

This course provides an advanced study of systemic assessment, diagnosis, and treatment planning in marriage and family therapy. Emphasis is placed on clinical decision-making, treatment planning, and evidence-based systemic interventions. Students will develop skills in case conceptualization, relational diagnosis, and the integration of ethical and faith-based considerations in systemic treatment. Special attention is given to the impact of crisis, trauma, addiction, and cultural factors in systemic case formulation and intervention strategies.

Offered: Online

MMFT 692 Marriage and Family Therapy Internship I 3 Credit Hour(s)

Prerequisite: MMFT 500 and MMFT 501 and MMFT 502 and MMFT 504 and MMFT 510 and MMFT 601 and MMFT 667

This course is the first in a series of supervised clinical experiences in marriage and family therapy (MFT). Students will engage in direct client contact, case conceptualization, treatment planning, and professional development under the supervision of a licensed MFT supervisor. Emphasis is placed on ethical decision-making, systemic interventions, and faith-based integration in clinical practice.

Offered: Online

MMFT 693 Marriage and Family Therapy Internship II 3 Credit Hour(s)

Prerequisite: MMFT 602 and MMFT 692

This course builds on MMFT 692, providing continued supervised clinical experience with a focus on advanced case conceptualization, ethical decision-making, and clinical competency in marriage and family therapy. Students will refine their therapeutic approach through direct client contact and professional supervision.

Offered: Online

MMFT 694 Marriage and Family Therapy Internship III 3 Credit Hour(s)

Prerequisite: MMFT 693

This final practicum experience prepares students for independent practice in marriage and family therapy. Emphasis is placed on refining clinical competencies, professional identity, and ethical decision-making. Students will work toward completing required client contact hours and demonstrating competency in systemic therapy.

Offered: Online

MMFT 696 Marriage and Family Therapy Internship IV 3 Credit Hour(s)

Prerequisite: MMFT 694

This course provides additional supervised clinical experience in marriage and family therapy (MFT). Students will refine their case conceptualization, assessment, and intervention skills while integrating ethical and faith-based considerations into their practice. Emphasis is placed on clinical competency, professional development, and preparation for independent licensure.

Offered: Online