

Department of Marriage and Family Therapy

Family Studies Minor

Purpose and Focus

The Family Studies minor provides students with basic theory in family studies and therapy. Drawing from the social sciences knowledge base, this program helps students become more self-aware, develop a knowledge of couple and family relationships, and gain a fundamental understanding of family therapy. The minor is designed for students in the social sciences, especially those interested in graduate studies in marriage and family therapy.

Accreditation

Northwest Commission on Colleges and Universities

Minor:

Family Studies Minor (18 credits)

The Family Studies minor provides students with basic theory in family studies and family therapy with particular attention to family systems theory, interpersonal dynamics, multi-cultural issues, human sexuality, and couples and family therapy. The following courses are required for the minor: MFT 150, MFT 225, MFT 350, MFT 360, MFT 370, MFT 428.

Admission Policies: Students may declare Family Studies as a minor at anytime subsequent to being matriculated. Students must have an overall GPA of 2.5 to declare and to graduate with a minor in Family Studies.

Departmental Policies

Academic Policies: An overall GPA of 2.50 must be maintained in order to continue in the Family Studies minor.

Advisement

Upon acceptance into the minor, we recommend that students meet with an advisor from the Greenspun College of Urban Affairs Advising Center (895-1009). Students should meet with their advisor prior to each semester they are taking classes. The department has developed a schedule when classes will be offered and some may not be offered every year. Meeting with an advisor will ensure the student stays on track and can graduate in a timely manner.

Marriage and Family Therapy Courses

MFT 150 Personal Growth

This course facilitates self-awareness and understanding, developing close relationships, resolving interpersonal conflict, promoting physical and psychological health, and examining and expanding one's life goals. 3 credits.

MFT 225 Multicultural Issues and Therapy

This course explores a variety of multicultural topics, such as culture, ethnicity, gender, class, sexual orientation, and physical attributes. Students will examine these topics as they relate to everyday life and therapy. Focuses on awareness, knowledge, and techniques in working with diverse individuals and groups in therapy. 3 credits.

MFT 350 Human Sexual Behavior

Introduction to scientific information and research pertaining to human sexual functioning. The course focuses on a normative understanding of human sexuality, healthy sexuality, and a variety of sexual issues and problems in today's society. Prerequisites: ENG 101 or ENG 102. 3 credits.

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MFT 360 Contemporary Marriage and Family Relationships

Analysis of historic and contemporary trends in marriage and family relationships in American society. Examination of major family processes through the life cycle, including functional and dysfunctional patterns and their interactions with individuals and communities. Prerequisites: ENG 101 or ENG 102. 3 credits.

MFT 370 Couple and Marital Relationships

Analysis of historic and contemporary trends in couple relationships. Focuses on social environmental impacts, cultural diversity and gender issues. Couple relationship viewed through the life cycle, including dating, mate selection and living together. Functional and dysfunctional pattern of behavior (communication, conflict resolution) explored. Prerequisite: ENG 101. 3 credits.

MFT 428 Introduction to Marriage and Family Therapy

Basic examination of marriage and family therapy, including professional issues, major theories and techniques, and introduction to marriage and family counseling skills. Prerequisites: MFT 150. 3 credits.

MFT 499 Individual Study

Selected issues related to marriage and family therapy. Prerequisite: MFT 150, Instructor Permission. 3 credits. May be repeated up to 6 credits.