



Eastern Nazarene College
DISCOVER YOUR PURPOSE

Master of Science in Marriage and Family Therapy

Curriculum

Course Requirements

60 credits

PS510, Introduction to Professional Counseling (3 cr)

PS515, The Family: Developmental and Relational Issues (3 cr)

PS521, Seminar in Personal and Professional Development (3 cr)

PS522, Legal and Ethical Issues in Counseling (3 cr)

PS531, Counseling: Philosophy, Theory, and Practice (3 cr)

PS532, Marital Preparation, Enrichment, and Therapy (3 cr)

PS533, Marriage and Family Therapy: Historical Approaches (3 cr)

PS534, Marriage and Family Therapy: Collaborative and Integrative Approaches (3 cr)

PS540, Lifespan Development and Treatment Interventions I: Children and Adolescents (3 cr)

PS551, Culturally-Sensitive Counseling (3 cr)

PS561, Understanding Research Design and Statistics (3 cr)

PS562, Techniques for Psychological and Family Assessment (3 cr)

PS571, Psychopathology and Pharmacology: Treatments for Adults (3 cr)

ONE of:

PS572, Religious and Spiritual Issues in Counseling (3 cr)

PS586, Addictions and Substance Abuse Counseling (3 cr)

PS588, Lifespan Development and Treatment Interventions II: Adults (3 cr)

PS595, Group Counseling (3 cr)

PS600, Practicum and Internship: Clinical Experience and Supervision (12 cr)

Degree Total:

60 credits

Course Descriptions

PS510, Introduction to Professional Counseling

This course introduces students to the roles of professional counselors within the mental health system of our current society. Foundations, contexts, and skills for helping relationships and professional functioning will be identified and reviewed. Emphasis will be placed on assisting the beginning counselor to become committed to the profession and the development of their professional competencies.

PS515, The Family: Developmental and Relational Issues

This course surveys a broad spectrum of information about the family that is pertinent to providing services to families and their members. A family systems perspective will be the primary basis for examining family development theory, a diverse range of family structures, and a variety of issues families and their members encounter. Recent research findings in family studies will be reviewed.

PS521, Seminar in Personal and Professional Development

This course emphasizes personal development. In order to be an effective helper, counselors must be committed to their own growth as people. Through reading, self-development projects, and group sharing experiences, the course attempts to promote the following knowledge and skills: self-acceptance in the light of accurate perceptions of one's strengths and weaknesses; an ability to face one's own problems and to deal with them effectively; a willingness and ability to accept and use help from other people; a recognition that each stage of life has crises and developmental tasks to be handled; and the knowledge of how to plan and carry out a self-improvement program.

PS522, Legal and Ethical Issues in Counseling

This course covers a variety of professional, ethical, and legal issues with which counseling professionals must contend. Students will evaluate and develop beliefs, attitudes, and values which will impact their work with clients and other professionals. They will become familiar with the mechanisms by which the legal system renders all professionals accountable and with specific areas for which the law dictates practice.

Information regarding legal and ethical standards for practice will be provided.

PS531, Counseling: Philosophy, Theory, and Practice

This course offers the student an opportunity to examine the major theoretical approaches to counseling. There will be inquiry into the key concepts, basic assumptions, goals, evaluations and application of therapeutic techniques and procedures. Students will attempt to relate the counseling theories to personal values and personhood.

PS532, Marital Preparation, Enrichment, and Therapy

This course will review approaches to pre-marital counseling, marital enrichment, and marital therapy. Topics include the assessment of the relationship, growth-producing techniques, and the counselor's / facilitator's role in providing appropriate interventions. Special issues important in marriage, such as sexuality and sex therapy, will be given attention.

PS533, Marriage and Family Therapy: Historical Approaches

This course introduces the student to the theoretical basis for the beginning of the marriage and family therapy field and family systems interventions. Contributions from psychiatry, social work, and marriage counseling to the development of the field will be examined. The basic assumptions, key concepts, therapeutic goals and interventions of the early and modernistic approaches (e.g., Satir, Bowen, Structural, Strategic) to marriage and family therapy will be surveyed.

PS534, Marriage and Family Therapy: Collaborative and Integrative Approaches

This course introduces the student to the theoretical approaches to marriage and family therapy as a core profession of the mental health services field. The basic assumptions, key concepts, therapeutic goals and interventions that reflect the solution-focused and collaborative approaches to psychotherapy in the post-modern era will be reviewed. Attention will also be given to the approaches that have emerged through the integration of more traditional theories.

PS540, Lifespan Development and Treatment Interventions I: Children and Adolescents

This course will focus on the behavioral disorders and psychopathology of the pre-

adult individual. Emphasis will be given to understanding the cognitive, moral, emotional, and social development of children and adolescents and planning age-appropriate treatments. Various treatment approaches for children and adolescents (i.e., play therapy, storytelling techniques, art therapy, and behavioral methods) will be presented as a basis for providing services to individuals and families.

PS551, Culturally-Sensitive Counseling

This course is designed to acquaint the student with the concept of cross-cultural counseling, paradigms concerning various ethnic families, and application of family counseling theories to particular ethnic groups. An additional area of focus is the cross-cultural counseling competency of the student. Current literature related to cross-cultural counseling is explored.

PS561, Understanding Research Design and Statistics

This course uses a case study approach to experimental and quasi-experimental designs focusing on the development of the ability to assess the validity of research findings. Course objectives are: to provide a review of basic descriptive statistical measures and techniques; to provide a survey of major research designs commonly employed in psychology and education; and to foster the development of abilities used to assess the validity of research findings.

PS562, Techniques for Psychological and Family Assessment

This course acquaints students with the administration and interpretation of assessment techniques and their application to the psychotherapeutic process. Standardized instruments and questionnaires that assess psychological functioning and family dynamics will be reviewed. The review of assessment options will focus on understanding basic statistical and measurement concepts, and selecting appropriate tests for special assessment purposes.

PS571, Psychopathology and Pharmacology: Treatments for Adults

Clinical theories and the results of research on psychopathology are explored in this course. Methods for making a differential diagnosis and establishing an appropriate treatment plan are examined. Basic information about psychotropic medications and their physiological effects is reviewed and applied to specific disorders.

PS572, Religious and Spiritual Issues in Counseling

This course is designed to acquaint the student with a broad range of issues in the literature on religious and spiritual aspects of counseling. One's own beliefs and values will be examined in light of religious worldviews and psychological practices. Strategies will be presented for assessing and utilizing the religious/spiritual systems of clients.

PS586, Addictions and Substance Abuse Counseling

This course deals with systems theory explanations of substance abuse and reviews individual, group, and family approaches to therapy.

PS588, Lifespan Development and Treatment Interventions II: Adults

This course is designed to promote a more comprehensive understanding of how gender impacts life issues for men and women. Understanding the life span development through the adult years for

both men and women, the role of gender stereotypes, social roles, and the impact of changes in society, family and work will be emphasized. Specific issues such as sexual abuse, violence, eating disorders, biological concerns, and identity issues will be addressed to provide a more comprehensive base for therapeutic work with the different genders.

PS595, Group Counseling

This course will provide students with several theoretical perspectives for functioning as group counselors. Emphasis will be on understanding the group process, applying strategies and skills with groups, and handling special needs and critical events of groups. Student participation will be important for simulating a group atmosphere for practice and application of course content.

PS600, Practicum and Internship: Clinical Experience and Supervision

This 12-month course introduces the student to the activities of a professional

counselor in the workplace, provides the student with the opportunity to perform the types of activities typical of a professional counselor, and integrates classroom instruction with the field experience. The practicum component must include a minimum of 100 clock hours, of which 40 hours must be direct client contact, 10 hours must be individual supervision, and 15 hours must be group supervision. The internship portion of the placement experience requires 600 clock hours, of which 260 hours must be direct client contact, 15 hours must be individual supervision, and 30 hours must be group supervision. All supervision must be provided by an approved supervisor and intern students will meet with the course instructor on a regular basis to discuss assigned readings and their clinical experiences. Students must complete a total of 700 hours including 300 direct service hours.