



Academic Advisement Sheet  
*PhD in Couple and Family Therapy*  
Program of Study  
Beginning Fall 2025

Student Name: \_\_\_\_\_ Faculty Advisor: \_\_\_\_\_

The following list of courses is the required sequence for degree completion of the PhD in Couple and Family Therapy (CFTD). Students are required to consult with their Faculty Advisor to confirm course selections prior to registration for each semester. **The CFTD program is a full-time program to be completed in four years and no longer than seven years.** Students may complete their program in as few as three years with support from their dissertation chair to complete (i.e., register for) their dissertation and internship concurrently.

Accepted students utilize up to 39 credits from their master's degree program in marriage and family therapy, couple and family therapy, or medical family therapy towards the overall 98 credits. **The delivered doctoral coursework is 59 credits.** Students who have a degree in a related clinical program may also receive credits from their graduate work but may be required to take the requisite CFT courses which are underlined in the below course sequence in the **first year** of their doctoral program.

Each student's transcripts will be evaluated on an individual basis using the table available in Appendix A of this Academic Advisement Sheet which is based on both the licensing requirements in the state of Illinois and COAMFTE's foundational curricular areas. Students who did not complete their master's degree at Adler must also complete a Social Justice Practicum (SJP-513 and SJP-514) and CFT Adlerian coursework (MCFT-533) listed in *italics* in the below course sequence. This evaluation of the student's transcript is in no way a guarantee in application for licensure.

**CFTD students are required to complete nine credits of elective courses.** It is recommended that they complete them in their two years of advanced curriculum (this is required for eligibility for the internal internship), but students may take them during completion of their internship and dissertation. Electives taken during the master's program cannot be transferred into the PhD program. Students are advised to work with their Faculty Advisor to determine best options of elective courses and consideration of **full-time status which is defined as 6 credits or registration in clinical practicum, internship, or dissertation.** Currently available electives are listed in Appendix B of this document and should be documented either within the sequence in the appropriate semester or in the table at the end of the curriculum sequence. Students who complete the Certificate in Sex Therapy (10 credits) meet their electives through this program.

The running total of credits DOES NOT include *additional courses* (which are included in italics in the course name and the added number of credits are in parentheses) required for students entering into the CFTD from a related field or students who did not complete their master's degree at Adler:

Course	Credits	Semester	Grade
<b>Year 1 – Fall Semester (6 semester credits/6 program credits)</b>			
CFTD-722: Advanced Therapy with Intimate Relationships	3		
CFTD-740: CFT Qualitative Research Methods	3		
<i>CFTD-719: Systemic Theories Overview</i>	(1)		
<i>SJP-513: Social Justice Practicum I</i>	(1)		
<b>Year 1 – Spring Semester (9 semester credits/15 program credits)</b>			
CFTD-724: Advanced Family Therapy w Children & Adolescents	3		
CFTD-743: CFT Qualitative Data Analysis	3		
*CFTD-720: Advanced CFT Theory I	3		
<i>MCFT-533: Adlerian Theory and Practice in CFT</i>	(2)		
<i>CFTD-701: Systemic Ethics</i>	(1)		
<i>SJP-514: Social Justice Practicum II</i>	(1)		
<b>Year 1 – Summer Semester (6 semester credits/21 program credits)</b>			
CFTD-875: CFT Dissertation Prep Seminar	1		
<i>CFTD-745: Supervision of Couple and Family Therapists (for MCFTs)</i>	2		
CFTD-725: Grief and Loss Through the Family Life Cycle	3		
<b>Year 2 – Fall Semester (13 semester credits/34 program credits)</b>			
CFTD-703: CFT Clinical Practicum & Seminar I	4		
*CFTD-721: Advanced CFT Theory II	3		
CFTD-742: CFT Quantitative Research Methods	3		
CFTD-726: Trauma and the Family System	3		
<b>Year 2 – Spring Semester (9 semester credits/43 program credits)</b>			
CFTD-704: CFT Clinical Practicum & Seminar II	3		
CFTD-730: Diversity & Social Justice: Issues of Access & Equity	3		
CFTD-741: CFT Statistics	3		
<b>Year 2 – Summer Semester (2 semester credits/45 program credits)</b>			
CFTD-705: CFT Clinical Practicum & Seminar III & DQE	1		
<i>CFTD-745: Supervision of Couple and Family Therapists (for nonMCFTs)</i>	2		
CFTD-862: CFT Literature Review	1		
<b>**CFTD Electives (must total 9 semester credits/53 program credits)</b>			
CFTD-XXX: Elective, _____			
CFTD-XXX: Elective, _____			

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CFTD-XXX: Elective, _____			
CFTD-XXX: Elective, _____			
<b>Course</b>	<i>Credits</i>	<i>Semester</i>	<i>Grade</i>
<b>Year 3 (2 credits over the year/56 program credits)</b>			
^CFTD-865: CFT Doctoral Internship I	1		
^CFTD-866: CFT Doctoral Internship II	1		
<b>Year 4 (3 credits over the year/59 program credits)</b>			
CFTD-876: CFT Dissertation I & Proposal	1		
CFTD-877: CFT Dissertation II	1		
CFTD-878: CFT Dissertation III & Oral Defense	1		

\* Pre-requisites for Practicum - These courses are pre-requisites to beginning the clinical practicum (advanced practice component). Students who do not earn a “B” or better in these courses must retake them, postponing the start of practicum and extending the overall length of the degree.

\*\* CFTD Students must complete a total of nine credits of electives and may choose between a number of offered electives in the CFT Department (see Appendix A for list). Students may also choose to take CFTD-870: International Immersion and Cross-Cultural Studies (3 credits). The CFT Department’s goal is to offer CFTD-870, the Study Abroad opportunity, on an annual basis. Professor, location of travel, length of trip, and additional costs, and the semester offered may vary each academic year. Students are also assessed a \$400 fee when registering for this course. Additionally, if there is insufficient student interest to support the course, it may be cancelled.

Not all electives are offered every academic year and minimum enrollment numbers must be met otherwise the course will be cancelled. If students took electives as a master’s student at Adler, they may not transfer them into the CFTD.

^ Internship must be a total of 9 months and 10 hours/week. If you start September 1 (fall), you must go through the end of May. If you start January 1 (fall), you must go through the end of August. If you start May 1 (summer), you must go through the end of January. Adjustments can be made to the start date as long as the internship contract is for a minimum of 9 months and 10 hours/week. Please see the CFT Handbook regarding the impact to the Internal Internship opportunities.

The department reserves the right to make changes to the curriculum or curriculum sequence in the best interest of the student with adequate notification.

NOTE: Students are required to fill in the following information as degree requirements are completed. This is a record that is maintained both by the department and recommended to be maintained by the student.

**Social Justice Practicum (SJP)**

\_\_\_ Student met these requirements during their master’s degree at Adler University.

SJP Site			
SJP Supervisor			
Start Date		End Date	

**Final Clinical Practicum Log**

Practicum Site			
Practicum Supervisor			
Start Date		End Date	

A breakdown of requirements for degree completion can be found in the *CFT Clinical Training Manual*. PhD students are required to have 120 hours of relational therapy and 100 hours of supervision.

Client Contact		Supervision	
<b>Individual Total</b>		Individual (at site)	
Relational Couple		Group (at site)	
Relational Family		<b>Site Total</b>	
Relational Group		Individual (seminar)	
Relational Observation		Group (seminar)	
<b>Relational Total</b>		<b>Seminar Total</b>	
<b>TOTALS</b>		<b>TOTALS</b>	
<i>Of total supervision hours, how many were raw data?</i>			

**Doctoral Qualifying Exam**

Students must complete their Doctoral Qualifying Exam as part of the final semester of clinical practicum (CFTD-705).

Doctoral Qualifying Exam Submission Date	
Doctoral Qualifying Exam Defense Date	
Reviewer(s) of Document	
Faculty Present for Oral Examination	
Written Document Results	
Oral Examination/Presentation Results	

**Dissertation and Internship**

Year 3 and Year 4 are interchangeable. But students cannot enroll in CFTD-876 until they have successfully completed CFTD-875 and CFTD-862. Students also cannot defend their dissertation proposal in CFTD-876 until they have successfully passed the Doctoral Qualifying Exam. Students may be concurrently enrolled in CFTD-705 and CFTD-876, but the completion of the DQE must occur chronologically prior to the dissertation defense. For example, the DQE can be successfully defended in week 6 of the semester and then the dissertation defense can occur in week 7 or later. Additionally, students cannot register in internship and dissertation concurrently without the approval of their dissertation chair which is done through the registration approval process in Self-Service.

<b>Internship:</b>			
<b>Internship Supervisor:</b>			
<b>Start Date:</b>		<b>End Date:</b>	

<b>Dissertation Title:</b>			
<b>Dissertation Chair:</b>			
<b>Committee Member:</b>			
<b>Defense Member:</b>			
<b>Proposal Defense Date:</b>		<b>Defense Date:</b>	

**Master’s Degree Credits and Requisites**

Accepted students utilize up to 39 credits from their master’s degree program in marriage and family therapy, couple and family therapy, or medical family therapy as requisites for the doctoral program. Students who have a degree in a related clinical program may also receive credits from their graduate work but will be required to take the requisite MCFT courses in the first year of their doctoral program. Each student’s transcripts and syllabi will be evaluated on an individual basis using the table in Appendix A. This table includes the requirements for licensure in the state of Illinois which is equivalent to the expected completed curriculum that all CFTD students bring to the program or will complete in their first year. Additionally, it confirms the successful completion of foundational curricular areas (COAMFTE v12). Only courses with a grade of “B” or better will be approved. This evaluation is done for the sole purposes of the degree requirements for the PhD. Students graduating from a COAMFTE-accredited master’s degree will automatically meet the 39-credit requisite but will be required to complete both the SJP and the department’s Adlerian course, MCFT-533: *Adlerian Theory and Practice in CFT*.

All students participate in an Exit Interview that is held as part of the final professional development seminar (CFTD-790). Notes are aggregated from this group interview and distributed to all faculty the following fall as part of the program’s cycle of assessment.

**Exit Interview Completed as part of CFTD-790:** \_\_\_\_\_ *(insert date completed)*

*Appendix A*

Requisite Master’s Degree Curriculum Checklist Table (equivalent to 39 credits– *this review in no way guarantees licensure approval, it is for the sole purpose of determining the required requisite master’s level courses to be completed by incoming PhD students*)

<b>Illinois MFT Licensure Requirements</b>	<b>Foundational Curricular Areas (COAMFTE v12)</b>	<b>Adler Coursework</b>	<b>Course Equivalent</b>	<b>Where Taken</b>	<b>When Taken</b>	<b>Credits &amp; Grade</b>	<b>Date Approved</b>
Six courses (18 credits) across theoretical ...	FCA 1: Foundations of Relational/Systemic Practice, Theories & Models (Minimum of 6 semester credits)	MCFT-662 (3cr) Overview of Modern Approaches to Couple and Family Therapy					
		MCFT-650 (3cr) Overview of Post-Modern Approaches to Couple and Family Therapy					
... and clinical knowledge.	FCA 2: Clinical Treatment with Individuals, Couples and Families (Minimum of 6 Credits)	MCFT-572 (3cr) Basic Skills of Therapy for CFTs					
		MCFT-651 (3cr) Assessment and Treatment Planning with Individual and Family					
		MCFT-655 (3cr) Therapy with Couples: Theory and Techniques					
		MCFT-670 (3cr) Family Therapy with Children & Adolescents					
One course (3cr) in human development	FCA 6: Biopsychosocial Health & Development Across the Life Span (Minimum of 3cr)	MCFT-654 (3cr) Individual Life Span and the Family Life Cycle					
One course (3cr) in ethics	FCA 5: Professional Identity, Law, Ethics & Social Responsibility (Minimum of 3cr)	MCFT-505 (3cr) Professional Identity, Law & Ethics in Couple and Family Therapy					

One course (3cr) in research	FCA 4: Research & Evaluation (Minimum of 3cr)	MCFT-597 (3cr) Research Methods					
48 credits must have been completed (27 credits above plus practicum and additional learning such as ....)	FCA 7: Systemic/Relational Assessment & Mental Health Diagnosis and Treatment (Minimum of 3cr)	MCFT-647 (3cr) Biopsychosocial Bases of Health and Dysfunction for CFTs					
	FCA 3: Diverse, Multicultural and/or Underserved Communities (Minimum of 3cr)	MCFT-660 (3cr) Culture and Diversity in Couple and Family Therapy					
	FCA 9: Community Intersections & Collaboration	MCFT-533 (3cr) Fundamentals of Adlerian Psychology and Parenting Education: Theory and Interventions <u>OR</u> <i>Adlerian Theory and Practice in CFT</i>					
	FCA 8: Contemporary Issues	MCFT-870 (3cr) or Equivalent Specials Course					

*Appendix B*

**CFT Department Specials Course Descriptions**

<b>Course</b>	<b>Course Title</b>	<b>Credits</b>
CFTD-681	CFT Special Topic 1	1
CFTD-682	CFT Special Topic 2	2
CFTD-683	CFT Special Topic 3	3
CFTD-711	Couples and Families in Crisis: Forensic Work from a Systemic Perspective	1
CFTD-728	Divorce Mediation and Conflict Resolution with Couples	3
CFTD-732	Integration of Religion and Spirituality in CFT	3
CFTD-735	Working Systemically with Sexual & Gender Minority Populations	3
CFTD-736	Medical Family Therapy	3
CFTD-738	Gerontology Issues in Family Therapy	3
CFTD-746-748	CFT Supervision of Supervision I-III (must take full series – 1 credit each)	3
CFTD-789	Creative Interventions with Couples and Families	1
CFTD-802	hooks & Hardy	2
CFTD-804	Adult Attachment Theory	2
CFTD-805	Divorce	1
CFTD-807	Infidelity	1
CFTD-811	Pop-culture and Couple & Family Therapy	1
CFTD-815	Consensus Rorschach	1
CFTD-821	Private Practice	1
CFTD-823	Building a Psychoeducation Program from the Ground Up	1
CFTD-825	Working with Families with Children with Special Needs	1
CFTD-827	How to Publish in the Field of Mental Health	1
CFTD-831	Becoming A Kink-Aware Professional: An Exploration of Kink and BDSM	1
CFTD-833	Perinatal Mental Health	1
CFTD-837	Introduction to Consensual Nonmonogamy	1
CFTD-841	Men's Mental Health	1
CFTD-843	Exploring Stereotypes of Women of Color	1
CFTD-861	Introduction to Mediation for Couples and Families	1
CFTD-863	Clinical Risk Management: Suicide in Couples and Families	1
CFTD-870	International Immersion and Cross-Cultural Studies	3
CFTD-871	CFT Research Application (Independent study; by approval only)	3
SEX-690	A Biopsychosocial Approach to Sexuality Across the Lifespan	3
SEX-691	Sexual Attitude Reassessment (SAR)	1
SEX-692	Diversity in Sexuality: Socio-cultural, Medical, Technological, and Ethical Influences	3
SEX-693	Sex Therapy in Action: Assessment, Diagnosis, and Treatment of Psychosexual Issues and Dysfunction	3