



**Academic Advisement Sheet**  
**Master of Arts 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. This sequence ensures students take all prerequisite courses, that full time status is maintained (enrolled in 6 credits or in practicum), and that Adler University is able to plan course offerings each term. Students are required to consult with their Faculty Advisor to confirm course selections including a plan for electives prior to registration for each semester. The MCFT program is a full time 60 credit program to be completed in two years and no longer than five years.

Course	Credits	Semester	Grade
<b>Year 1 – Fall Semester (11 semester credits/11 program credits)</b>			
*MCFT-505: Systemic Ethics~	3		
*MCFT-510: CFT Professional Development Seminar A: POTT~	1		
*MCFT-572: Basic Skills of Therapy for CFTs~	3		
*MCFT-651: Assessment and Treatment Planning with Individual and Family Systems~	3		
*SJP-513: Social Justice Practicum I	1		
<b>Year 1 – Spring Semester (12 semester credits/23 program credits)</b>			
*MCFT-514: CFT Professional Development Seminar B: Pre-practicum~	1		
*MCFT-647: Biopsychosocial Bases of Health and Dysfunction for CFTs	3		
*MCFT-660: Culture and Diversity in Couple and Family Therapy	3		
*MCFT-662: Modern Approaches to CFT	4		
*SJP-514: Social Justice Practicum II	1		
<b>Year 1 – Summer Semester (7 semester credits/30 program credits)</b>			
MCFT-526: Trauma-Informed Systemic Therapy	2		
MCFT-600: CFT Professional Identity & Practicum Seminar	1		
MCFT-538: Addictions and Family Systems	2		
*MCFT-650: Post-Modern Approaches to CFT	2		

\*Pre-requisites for Practicum - These courses are pre-requisites to beginning the clinical practicum (foundational 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.

~Additionally, MCFT-505, MCFT-510, MCFT-572, and MCFT-651 are prerequisites to take MCFT-660 and MCFT-662 in the spring semester. Students will be assessed for readiness to apply to practicum in MCFT-

510 and MCFT-514 across fall and spring courses and instructors. All students will begin clinical practicum at the start of their second year and will register for a total of nine credits of practicum (MCFT-603, MCFT-604, MCFT-605, and MCFT-606).

<b>Year 2 – Fall Semester (13 semester credits/43 program credits)</b>			
MCFT-603: CFT Practicum & Practicum Seminar I	4		
MCFT-655: Intimate Relationships: Theory and Techniques or	3		
MCFT-670: Family Therapy with Children and Adolescents	3		
MCFT-597: Research Methods	3		
<b>Year 2 – Spring Semester (11 semester credits/54 program credits)</b>			
MCFT-604: CFT Practicum & Practicum Seminar II	3		
MCFT-654: Family Development Across the Life Span	3		
MCFT-533: Adlerian Theory and Practice in CFT	2		
**MCFT-653: The Clinical Practice of Sex Therapy/Human Sexuality (for non-Certificate in Sex Therapy students)	3		
<b>Year 2 – Summer Semester (3 semester credits/57 program credits)</b>			
MCFT-512: CFT Professional Identity Seminar and Capstone	1		
MCFT-605: CFT Practicum & Practicum Seminar III	1		
MCFT-606: CFT Practicum & Practicum Seminar Continuation	1		
<b>***MCFT Electives (3 semester credits/60 program credits)</b>			
MCFT/CFTD-XXX: Elective, _____	1		
MCFT/CFTD-XXX: Elective, _____	1		
MCFT/CFTD-XXX: Elective, _____	1		
MCFT/CFTD-XXX: Elective, _____	2		
MCFT/CFTD-XXX: Elective, _____	3		

\*\* Students enrolled in the Certificate in Sex Therapy (CST) do NOT take MCFT-653 and have six credits of electives that can be counted for both the Certificate and/or the MCFT. There is a separate Academic Advisement Sheet for MCFT students electing to do the CST concurrent to their degree.

\*\*\* MCFT students must complete a total of three credits of electives and may choose between a number of offered electives in the department (see Appendix A for list).

Students may also choose to take MCFT-870: International Immersion and Cross Cultural Studies (3 credits). The CFT Department’s goal is to offer MCFT-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.

NOTE: Not all electives are offered every academic year and minimum enrollment numbers must be met otherwise the course will be cancelled. If students continue into the PhD program, electives completed for the MCFT cannot be transferred into the CFTD.

MCFT-670 and MCFT-655 must be taken concurrently with CFT clinical practicum (MCFT-603 and MCFT-604). Continuous enrollment in CFT Practicum and Practicum Seminar (MCFT-607) is required until the necessary client contact hours for degree completion are met. This may also increase the overall program credits and delay degree conferral. Students take the MAQE concurrent to their last semester in clinical practicum.

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

**Professional Development – Self-of-the-Therapist**

The mission of the MCFT program is to train quality couple and family therapists firmly grounded in systemic theories who are culturally competent and socially responsible. To bring the curriculum, social justice lens, and clinical practicum experience together, the CFT program attends to self-of the-therapist growth and development throughout the curriculum and specifically in the following course sequence:

Orientation -> 510 -> 514 + 660 -> 600 -> Practicum Seminars -> 512 -> Capstone Project

Because of this sequence, students cannot transfer in any of these courses, but may use a transferred graduate level equivalent to these to meet the program’s elective requirement following the university’s transfer policies. For example, if a student is transferring in a Diversity course, that can meet the 3 credits of elective, but they must still take MCFT-660 in our department.

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 in the student’s digital file and recommended to be maintained by the student and submitted to their faculty advisor each semester.

**Social Justice Practicum (SJP)**

SJP Site			
SJP Supervisor			
Start Date		End Date	

**Final Clinical Practicum Log**

Practicum Site			
Practicum Supervisor			
Start Date		End Date	

Supplemental Practicum Site			
Supplemental Practicum Supervisor			
Start Date		End Date	

A breakdown of requirements for degree completion can be found in the *CFT Clinical Training Manual*.

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

### Capstone Project Completion

The Capstone Project has two components – the MAQE and the Professional Portfolio. Both will be completed as part of MCFT-512 and are described in the course syllabus. Students who are not yet in the last semester of their clinical practicum, will take an incomplete in MCFT-512 to completed the Capstone Project concurrent to completing practicum.

#### Part I: Master of Arts Qualifying Exam (MAQE)

The MAQE is a comprehensive examination at the culmination of students’ training in the CFT Program at Adler University. It is an evaluation of the students’ competencies on the program’s Student Learning Outcomes (SLOs) 1 through 7. The MAQE is a four-hour, 200 question, multiple-choice exam that mimics the AMFTRB exam for licensure. Results are provided immediately after each attempt and 75% is considered passing.

Attempt I: \_\_\_\_\_ Attempt II: \_\_\_\_\_ Attempt III: \_\_\_\_\_

**Overall Rating for Part I:** \_\_\_\_\_ Pass \_\_\_\_\_ Remediate \_\_\_\_\_ Fail

#### Part II: Professional Portfolio

The professional portfolio is completed within the final profesional development seminar, MCFT-512 in the students’ final summer semester of the program, and concurrent with the final semester in practicum. The portfolio represents students’ clinical growth and academic accomplishments in development of their professional identity as a Couple and Family Therapist (SLO8).

Date submitted: \_\_\_\_\_ Section I: \_\_\_\_\_ Section II: \_\_\_\_\_

Section III: \_\_\_\_\_ Section IV: \_\_\_\_\_ Section V: \_\_\_\_\_

**Overall Rating for Part II:** \_\_\_\_\_ Pass \_\_\_\_\_ Remediate \_\_\_\_\_ Fail

**Overall Rating for Capstone Project:** \_\_\_\_\_ Pass \_\_\_\_\_ Remediate \_\_\_\_\_ Fail

All students participate in an Exit Interview that is held as part of the final professional development seminar (MCFT-512). 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 MCFT-512:** \_\_\_\_\_ (*insert date completed*)

*Appendix*

**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-728	Divorce Mediation and Conflict Resolution with Couples	3
CFTD-732	Integration of Religion and Spirituality in CFT	3
CFTD-735	LGBTQ Competent Therapy with Couples and Families	3
CFTD-736	Medical Family Therapy	3
CFTD-738	Gerontology Issues in Family Therapy	3
CFTD-788	Grant Writing	1
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	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 Families	1
CFTD-870	International Immersion and Cross-Cultural Studies	3
MCFT-711	Couples and Families in Crisis: Forensic Work from a Systemic Perspective	1
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