



OKLAHOMA BAPTIST
UNIVERSITY
COLLEGE OF GRADUATE
AND PROFESSIONAL STUDIES

Master of Marriage and Family Therapy Program – Course Listings

The Marriage and Family Therapy graduate program at Oklahoma Baptist University seeks to meet the overall mission of OBU by equipping graduates to pursue the practice of marriage and family therapy from a Christian perspective.

Foundations of Family Therapy

Course Number: MFT 5113

An overview of the field of family therapy with an analysis of the contrasts between family therapy theories and linear psychotherapy theories and an exploration of family therapy from the vantage point of general systems theory, cybernetics, and theories of living open systems. Course will focus on theoretical foundations of marital and family systems, clinical applications, common treatment planning strategies, and an analysis of theories from a Christian perspective. Videotapes of the pioneers in family therapy will be studied and students will participate in and discuss live treatment sessions. Prerequisites: 5123 or concurrent enrollment in 5123.

Basic Therapy Skills

Course Number: MFT 5123

An applied course offering students experience in basic interview, assessment, and intervention skills used in individual, marital and family therapy. Students will participate in experiential exercises in counseling lab to simulate real counseling scenarios.

Psychopathology

Course Number: MFT 5133

A study of the normal/abnormal or healthy/unhealthy development of personality and interpersonal relationships. Students are provided with specific tools for understanding and diagnosing more accurately individual and relational problems, and thus providing the most appropriate therapeutic interventions.

Developmental Contexts: Gender, Ethnicity, and Religion

Course Number: MFT 5143

A study of the role of gender, religion and culture as developmental contexts and subsequent considerations for family and individual development and the therapeutic process. Students will be prepared to assess important contexts and devise treatment strategies in consideration of the influences of gender, religion and culture on individual and family life. Students will discuss the influence of Christian perspectives on human development.

Family and Individual Assessment

Course Number: MFT 5213

An examination of the major family therapy assessment methods and instruments. Students gain experience in diagnosis and treatment of both dysfunctional relationship patterns and nervous and mental disorders utilizing the major mental health assessment tools within a systemic context. Prerequisites: 5113, 5123

Marital Therapy

Course Number: MFT 5223

A study of a variety of systemic approaches and theories of marital dynamics and therapy with particular emphasis on communication and redundant interaction patterns that produce pathological symptoms and dysfunction. Assessment of marital relationships, contracting with couples for treatment, common couple issues and treatment planning are examined, as well as a consideration of Christian perspectives on marriage. Actual cases and videotapes of commonly seen dysfunctions are studied and treatment interventions discussed. Prerequisite: 5113, 5123, and 5243 or taken concurrently

Professional Issues, Ethics, and the Law

Course Number: MFT 5233

A seminar which focuses on the development of a professional attitude, identity and socialization of the marriage and family therapist. It examines the AAMFT code of ethics and the codes of ethics of other mental health professional associations. Special attention is given to ethical dilemmas unique to the treatment of families utilizing ethical decision-making models, relevant laws regulating the practice of family therapy, the role of the family therapist in court proceedings, and malpractice risks, malpractice insurance coverage, and risk reduction practices.

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Human Sexuality and Treatment**Course Number: MFT 5243**

An examination of human sexual development, the development of sexual attitudes within the context of the family, and sexual adjustment and dysfunction with an emphasis on the diagnosis and treatment of sexual dysfunctions, psychosexual disorders, and sex addictions in the relationship context. Christian perspectives of human sexuality will be addressed. Prerequisites: 5113, 5123.

Research Design and Statistics**Course Number: MFT 5313**

Foundations of research design and statistical analysis with emphasis on interpretation and critical evaluation of marriage and family therapy research for application to clinical practice. Consideration is given to both quantitative and qualitative research relevant to marriage and family therapy.

Child and Adolescent Treatment in MFT**Course Number: MFT 5323**

A course designed to provide students with a basic understanding of the application of MFT theory to the treatment of children and adolescents. Course will also include practical approaches to the assessment and treatment of children and adolescents. Students will develop clinical skills in the areas of observation, assessment, diagnosis, intervention, treatment planning, and referral to community resources. Students will learn specific therapy techniques used in assessing and treating children. Prerequisites: 5113, 5123

Wilderness as Therapy**Course Number: MFT 5333**

An overview of the use of experiential and wilderness modalities to achieve meaningful relational, personal, and spiritual change in families, groups, and individuals. The course will explore theoretical foundations and will include experiential exercises as both participants and eventually as guides. Participation in outdoor activities is required and will enable student to apply techniques in wilderness setting. Course will also include an overview of special considerations such as legal liability, training/competencies, safety and management of crisis situations.

Advanced Practice in MFT**Course Number: MFT 5413**

A study of family therapy theoretical foundations and an examination of the latest developments in family therapy with emphasis on current research of successful family treatment methods. Common presenting problems such as depression, marital dysfunction, parent child problems, and the addictions are studied. Class will also discuss and implement licensure exam preparation. Prerequisite: First year courses

Program Development and Evaluation**Course Number: MFT 5423**

This course examines program development concepts and practice in community-based youth and family development contexts. Topics include program planning; design and implementation; impact evaluation; and accountability. Prerequisite: 5313

Missionary Member Care**Course Number: MFT 5433**

An overview of cross-cultural considerations for the care of missionaries in the field. Unique considerations for work, family life, security, and issues related to furlough will be examined. Common problems along with practical treatment strategies will be discussed, along with use of technology and unique treatment protocols to address care limitations.

Practicum**Course Number: MFT 5803**

The clinical experience consists of 500 contact hours in therapy with a variety of clients. At the beginning, students observe ongoing therapy conducted by senior therapists and supervisors and discuss the rationale, treatment goals, and strategies used by them. Gradually, they are given a case load of clients with different treatment needs, initially as co-therapists, and later as independent therapists under live and videotaped supervision. As they gain experience and assume increased responsibility for conducting therapy, they integrate theory and practice. In its final stages, the clinical experience prepares students to function independently in supervised practice. Students assess, diagnose and implement treatment plans with the consent of their supervisors. Live observation and videotaped sessions demonstrate students' progression toward functioning as autonomous practitioners. Prerequisites: First year courses and approval of application to clinical experience practicum. May be repeated until Supervised Clinical Practice requirements are completed.

Theological Foundations**Course Number: MFT 5033**

A seminar introducing Christian systematic theology and highlighting theological issues relevant to marriage and family therapy. Required of students who have not had at least one survey course in Bible, Religion, or Christian Doctrines.

Elective courses can also be taken based on availability.

If you have questions, please contact the OBU College of Graduate and Professional Studies office at 405.585.4601.