



MASTER OF SCIENCE
Marriage and Family Therapy

Statement of Purpose

MFT Essay

The OBU Marriage and Family Therapy (MFT) Program is requesting that each applicant submit answers to the following questions. Your essay should be 4-5 pages, double spaced, Times New Roman, 12-point font. Use headers. Please include your current address, email, and telephone number at the beginning or end of your essay. Use your best writing skills to convey your thoughts. Make sure you proofread and have other people read it.

The OBU MFT Program is a training program that equips students to practice as marriage and family therapists. Our students learn MFT theories, skills and practice from a relational mindset regardless if they are working with individuals, couples, families or other groups. Our program emphasizes the role of the MFT professional as an agent of change across a variety of systemic levels. Our students work actively to display social justice ideals by working with clients in respectful, compassionate and ethically competent ways. This emphasis on social justice equips our students to understand how important culture is for our clients and empowers good therapeutic work which both understands the power of culture and seeks to address systems of racism and oppression in therapy. Along with this emphasis, the OBU MFT Program works with students to examine and understand the signature themes from their own lives that play a role in shaping who, and how, they are as therapists. This emphasis on “Person of the Therapist” helps equip students to find appropriate and professional ways to integrate their own experiences and beliefs into their development as Marriage and Family Therapists.

- Tell us about your journey to choosing MFT as a profession. Of all the possibilities, why did you choose MFT?
- Talk about the experiences that you have (personal and professional) that you feel have prepared you to pursue a graduate degree in MFT. Highlight the personal skills and attributes that you will bring to our program. In doing this, make sure to address how you plan to cope with the rigors of a graduate degree in MFT, including how you have overcome specific challenges in the past.
- What experiences have you had in your life which have stretched you outside of your comfort zones? What interactions and encounters have you had with people and cultures that are different from your own? Please write about an aspect of your identity that may have been marginalized and how you manage that.
- What do you most want to get out of an MFT graduate program? In addition, what are your professional goals? How do you see yourself using your MFT training in 5-10 years. (You don't have to have it all figured out, but we want to understand more about your direction).

Your essay should contain all of the information above, but feel free to use your own creativity and writing ability to decide how to organize your essay. Keep in mind that **the MFT essay is an important part of your application** and is a very effective way for us to gain insight into who you are as a person.

OBU Graduate College