



Preparing for the Future: Values of the Marriage and Family Therapy program

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The Master of Science in Marriage and Family Therapy program (MSMFT), launched in 1990, is one of the leading programs of its kind. Every year the program attracts a national and international cohort of talented students who choose our program for good reasons: They recognize the stellar reputation of The Family Institute and Northwestern University. They also value the program's accredited status, the faculty's national reputation, the volume of clinical work, the extensive supervision and the thoughtful curriculum.



Programs that train marriage and family therapists are unique because they train therapists to work with relationships, particularly families and couples. The clinical approach is grounded in systems theory positing that human problems are functions of the context in which they occur; consequently, therapy must change that context for the problems to be resolved. In practice, this translates to having the relevant relationships present for therapy.

As the field of marriage and family therapy evolved, many approaches to this type of therapy have been developed. The MSMFT program doesn't select one approach, but rather uses an integrative approach, systematically utilizing the many models of therapy. Faculty of the program developed the approach — Integrative Problem Centered Metaframeworks (IPCM). IPCM provides a map that enables trainees to learn how to navigate

the biopsychosocial terrain of relationships, and enables students to choose clinical strategies that help clients solve their problems.

The MSMFT program prepares graduates for practice in the 21st Century. Therapy has always been part art and part science, but increasingly, the science of therapy is getting better and more emphasized. Accordingly, the emphasis of the program is to train therapists in the scientist-practitioner model that uses science to guide practice. Trainees learn to use the STIC® (Systemic Therapy Inventory of Change), which allows therapists to track the progress of therapy over time.

Graduates of the program have a range of options. With further experience and supervision, they can obtain a license in marriage and family therapy in all 50 states. This license enables them

to collect insurance and to practice independently in agency settings or private practices. Some go on to doctoral studies in marriage and family therapy, clinical psychology, counseling and human development. Regardless of their specific paths, the training and education they receive at the Institute prepares graduates for promising futures as mental health practitioners.

For more information about the MSMFT program, email education@family-institute.org or visit www.family-institute.org/mftprogram.

Learn how you can make a difference to our students. See the back cover.