

# *Challenging and Rewarding Passion*

## The training cycle of a Marriage and Family Therapist

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*For graduates of our Master of Science in Marriage and Family Therapy (MSMFT) Program, the process of becoming a marriage and family therapist begins well before their arrival on campus. Prospective applicants research the MSMFT Program via our website, read faculty publications before they apply, and take part in open houses and interviews. The message of our program is clear: we have a passion for relational therapy and recruit and train talented applicants who have that passion, too.*



After a rigorous screening process, the 28 accepted applicants arrive on campus in September where they are welcomed by the 40 members who make up the teaching and supervising faculty. Over the next seven quarters, they will take 19 courses, receive 250 hours of supervision and conduct 400 hours of therapy. The work is intense and the pace unrelenting.

By the end of the first quarter, students begin working with Institute clients. While scary and challenging, most students report that they were initially attracted to the program because clinical work is incorporated early on. Along the way, students experience moments of self-doubt about their ability to be a good therapist. They address their “growing edges” and explore them in supervision. They become more well-rounded and mature individuals.

As students enter their second year, they gain confidence and the program leaders begin to step back. As students enter their final quarter, energy shifts to life after

graduation when our jobs committee assists students in finding employment. Most students will seek employment in agencies or practices where they can accrue the post-degree experience needed to obtain a license in marriage and family therapy (LMFT). Others will enter doctorate programs.

The cycle of an MSMFT student is challenging but rewarding. When our students compare their training to that of other graduate programs, they express amazement at the level they received. For the faculty, one of the greatest joys is to be able to provide that training, and then welcome graduates as colleagues in the exciting profession of marriage and family therapy.

For more information about our MFT Program, visit [www.family-institute.org/mft](http://www.family-institute.org/mft).