

# MSc COUPLE AND FAMILY THERAPY

Information Session 2019

UNIVERSITY  
*of* GUELPH

DEPARTMENT OF  
FAMILY RELATIONS  
AND APPLIED NUTRITION

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- Admissions requirements & application process (Shauna: [fran.graduate@uoguelph.ca](mailto:fran.graduate@uoguelph.ca))
- Structure/nature of the program (program requirements/curriculum, clinical aspect of education)
- Questions

# CFT PROGRAM ADMISSION REQUIREMENTS

- Honours degree or equivalent
- 75% average in the last 2 years of study
- 1 semester course in applied statistics with a minimum 70%
- 1 semester course in social science research methods course with a minimum 70%

## CALCULATING YOUR ADMISSION AVERAGE

- Last two years of full-time equivalent study (or 4 semesters of study)
- Interpreted as the last 20 semester courses
- We do not split a semester
- We will not consider any fewer than 16 credits
- You are asked to self-determine your average

# HOW TO APPLY

<http://www.uoguelph.ca/family/how-apply>

OUAC online application  
(\$110)

WebAdvisor  
(supplementary materials + cover letter)

# APPLICATION CHECKLIST – MSc CFT

- Apply for External Awards (OGS, SSHRC, etc.) in fall prior to application (encouraged not required)
- Complete online application form Office of Graduate Studies by November 25, 2019
- Upload supplementary material by December 9, 2019
- Complete and upload Cover Letter
- Official Transcript
- Two (2) Academic Letter of Reference (electronic – ensure proper email address)
- One (1) Professional Letter of Reference (electronic – ensure proper email address)
- 3 pg Overview of Professional Experience and Plans (upload Statement of Resear
- 1-2 pg Statement of Academic/Research Intent (Thesis Applicants ONLY - upload Writing Sample)
- Curriculum Vitae – include all relevant research, volunteer, and employment experience (upload Resume/CV)
- Upload all documents electronically to WebAdvisor by December 9, 2019

## WHAT HAPPENS NEXT?

- Early February – selection for interview
- February 12 & 14 – interviews
- Late February – advised that department is recommending admission
- CFT admission process also provides ‘wait list’ – usually 4-5 applicants designated for this
- As of June 1 – formal offer of admission from the Office of Graduate Studies
- Late June/early July – wait list ended

# CRITERIA

- Sophisticated understanding of family therapy practice and personal commitment/fit.
- Understanding of FRAN MSc.CFT program and fit with personal goals/strengths.
- Self-awareness re: interactions with others including power, social location, diversity (concern for social justice & inclusion).
- Ability to articulate well-developed sense of ethical practice.
- Ability to analyse complexities of personal interactions in helping context & ability to tolerate ambiguity.
- Ability to manage stress.
- Evidence of learning from personal experience.



# CRITERIA

- Evidence of good judgement in difficult circumstances, and willingness to seek direction/supervision as necessary.
- Evidence of learning in academic context
- Awareness of academic/professional competencies and limits (humility)
- Openness to interdisciplinarity and sufficient awareness of how own disciplinary background to date fits with this.
- Demonstrated research abilities (if applicable)
- Conceptual skills
- Sense of compassion and care

# CFT PROGRAM - TIMELINES

September 2020 – August 2022 inclusive; 6 semesters with 2-week breaks between each

F19 – coursework, explore topics for MRP or Thesis, GTA?



W20 – begin to see clients/practicum, coursework, GTA?



S20 – continue to see clients/practicum, coursework, MRP/Thesis proposal for committee approval, GTA?



F20 – continue to see clients/practicum, coursework, write MRP or gather data for thesis, GTA?



W21 – continue to see clients/practicum, coursework (thesis students only - analysis of data), GTA?



S21 – Externship (3-4 days/week), coursework (thesis students only - writing final thesis and preparing for defence)

# CLINICAL SUPERVISORS AND RESEARCH

## **Clinical Supervisors** (see department website for profiles)

- Kevin Van Der Zwet Stafford, MSc, RP, RMFT
  - Director of Clinical Training
- Olga Smoliak, PhD, C Psych, RMFT
  - Academic Program Director
- John Beaton, PhD, RP, RMFT
- Ruthie Neustifter, PhD, RP, RMFT

## Major Research Review Paper

- Contribute to profession, publish on The Atrium

## Thesis

- Qualitative or Quantitative Research project

# CLINICAL TRAINING

Sem. 1

- Introductory skill
- Role-play
- Self-reflection

4 onsite practica: 8-10  
client sessions per  
week

- Preparation for sessions
- Indirect service: documentation, reports, fees
- Supervision: review video, prepare question and clip, provide feedback to colleagues (1-3 hrs/wk)

Sem. 6 – Externship: 3-4 days per  
week

- Agency setting
- 3-4 days/week
- Within 1 hour drive (own transportation)

# CLINICAL TRAINING

- 4 x 300 hour onsite practica
- 1 x 350-400 hour externship practica
- 500 direct client hours (face to face)
  - At least 40% with couples or families
- Minimum 150 hours supervision (AAMFT)
- All onsite client work video-recorded or 'live' supervision and team consultation

## ACADEMIC SETTING

## PROFESSIONAL PRACTICE SETTING

- Workplace setting with clients in building 4-5 days/evenings per week
- Clinical training expectations: see clients January 2021 – March 2022 during ALL weeks except for 2 week breaks between semesters
- Master's level academic expectations – out of class preparation, reading, writing, research
- Expect 50-60 hour work week throughout

# SELF OF THERAPIST

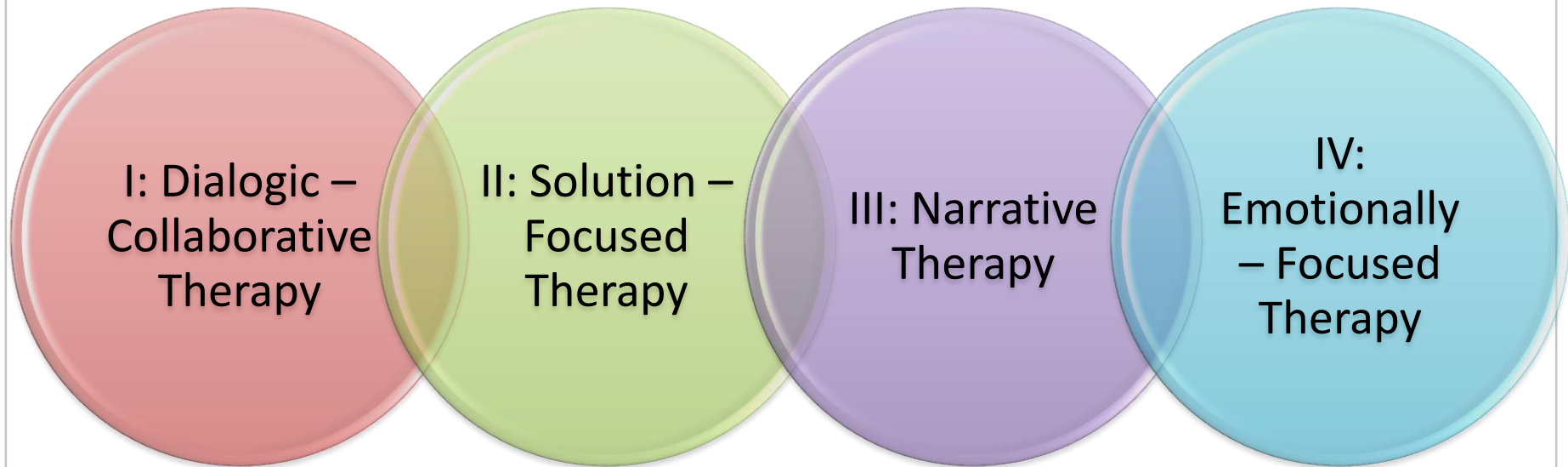
- Development of professional therapy skills requires use of self
- Clients with whom you work have serious concerns and live in difficult circumstances
- Personal learning alongside theoretical and practical learning

# SELF OF THERAPIST

- Personally and academically challenging learning context requires:
  - Self awareness
  - Personal boundaries
  - Ability to ask for and receive help and direction
  - External support network
  - Good work habits, self-care practices



# MODELS OF THERAPY - PRACTICA



# COURSES

- Theories & Methods of CFT (2)
- Research Issues in CFT
- Clinical Issues in CFT (4)
- Professional Issues
- Special Topics (Diversity)
- Sex Therapy
- Elective
- Thesis: Research Methods & Analysis (1-2)

# ACCREDITATION AND PROVINCIAL REGULATION

- The CFT Program is one of only two AAMFT accredited degree programs in Canada.
- The CFT Program is a Recognized Education and Training Program with the College of Registered Psychotherapists of Ontario (CRPO).

# QUESTIONS

