MSc Couple and Family Therapy

Information Session 2020

Department of Family Relations and Applied Nutrition
- Admissions requirements & application process (Shauna: fran.graduate@uoguelph.ca)
- Structure/nature of the program (program requirements/curriculum, clinical aspect of education)
- Questions
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<th>CFT PROGRAM ADMISSION REQUIREMENTS</th>
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<td>Honours degree or equivalent</td>
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<td>75% (B+) average in the last 2 years of study</td>
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<td>1 semester course in social science research methods with a minimum 70%</td>
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<td>1 semester course in applied statistics with a minimum 70%</td>
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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 Nov 23, 2020
- Upload supplementary material by Dec. 7, 2020
- 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 Research)
- 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 Dec. 7, 2020
**WHAT HAPPENS NEXT?**

- Early February – selection for interview
- Mid Feb interviews
- Early March – 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

Sept. 2021 – Aug. 2023 inclusive; 6 semesters with 2-week breaks between each

- **F’21** – coursework, explore topics for MRP or Thesis, GTA?
- **W’22** – begin to see clients/practicum, coursework, GTA?
- **S’22** – continue to see clients/practicum, coursework, MRP/Thesis proposal for committee approval, GTA?
- **F’22** – continue to see clients/practicum, coursework, write MRP or gather data for thesis, GTA?
- **W’23** – continue to see clients/practicum, coursework (thesis students only - analysis of data), GTA?
- **S’23** – 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 profiles)
- Kevin Van Der Zwet Stafford (Director of Clinical Training)
- Dr. Ruthie Neustifter (Academic Program Director)
- Dr. Olga Smoliak
- Dr. John Beaton (2020-2021 Dept Chair)

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 onsite practica (total 350-400 hr)
- 1 offsite externship practica (total 100-150 hr)
- 500 direct client hours for the entire program
  - Actual therapy, not including documentation time
  - At least 40% with couples or families
- Minimum 150 hours supervision
  - Group and individual/dyadic
  - All onsite client work video-recorded or ‘live’ supervision and team consultation
ACADEMIC SETTING
PROFESSIONAL PRACTICE SETTING

- Workplace setting with clients in building or online 4-5 days/evenings per week
- Clinical training expectations: see clients Jan. 2022 - Mar. 2023 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

I: Dialogic – Collaborative Therapy
II: Solution – Focused Therapy
III: Narrative Therapy
IV: Emotionally – Focused Therapy
COURSES

- Theories & Methods of CFT
- Research Issues in CFT
- Clinical Issues in CFT (4)
- Professional Issues
- Diversity & Power
- Sex Therapy
- Elective
- Thesis: Research Methods & Analysis (1-2)
ACCREDITATION AND PROVINCIAL REGULATION

- AAMFT internationally respected professional organization – FRAN MSc.CFT accredited program

- Current legislation in Ontario (College of Registered Psychotherapists of Ontario)
  - The program is recognized by the College

- Involvement with CAMFT, watching their/our evolving accreditation criteria
Questions

Application Questions:
Shauna - fran.graduate@uoguelph.ca