

MARITAL AND FAMILY THERAPY (MFTH)

MFTH 600 Art Therapy Literature and Research (2 semester hours)

This course reviews the art therapy literature and explores the integration of this modality in the current delivery of mental health services, focusing on cultural issues, marital and family theory, and recovery-oriented care. The course includes an introduction to research design, ethics, and philosophy from a variety of research paradigms and approaches to support students with art/therapy focused research and literary explorations adding the foundations of research.

MFTH 601 Art Therapy Studio: Theories and Practice (2 semester hours)

This course is designed to engage students in a hands-on tutorial of various art techniques and directives. By exploring materials, directives, and their own relationship to the art process, students will begin to recognize art's clinical properties, further increase cultural awareness, and develop creative problem-solving skills to deal with common workplace challenges.

MFTH 602 Fundamentals of Marriage/Family Systems, Law and Ethics (2 semester hours)

This course introduces systems theory as a foundation to therapeutic intervention in marital and family therapy and clinical art therapy. This groundwork and art focus provides the conceptual view for the exploration of theoretical perspectives in the family therapy literature. This course also introduces beginning concepts of law and ethics in the marital and family art therapy field and their implications on the clinical setting.

MFTH 603 Art Therapy Explr in Mexico (1 semester hour)

MFTH 604 Child Psychotherapy: Theory and Practice (2 semester hours)

This course critically reviews child development theories, introduces models of psychotherapy and clinic art therapy with children. Additionally, discussion around issues of culture prepares the student for work with children. A major component of this course includes an in-depth community-based learning project that facilitates the student in creating, implementing, and assessing two consecutive art activities with children in a K-8 school.

MFTH 606 Adolescent Psychotherapy: Theory and Practice (2 semester hours)

Continuation of MFTH 604. Within a family context, this course coordinates normal adolescent development, psychopathology, and techniques of psychotherapy. It includes an in-depth community-based learning project that facilitates increased awareness of adolescents marginalized by poverty and incarceration. The course integrates and applies psychological and art therapy theories of adolescence in planning and facilitating creative interactions with teens.

MFTH 607 Adult Art Th/Dr/Al Trtmt (3 semester hours)

Normal adult development and clinical art therapy and psychiatric theories for dysfunctional adults are presented. Family, marital, individual, and group treatment strategies are addressed. Emphasis is placed on the differential approach between psychiatric hospital, day treatment, and out-patient settings, and includes one unit (15 hours) of theories and applications of drug and alcohol treatment.

MFTH 608 Theories of Marriage and Family Therapy (2 semester hours)

Within a conceptual framework of systems theory in marital and family treatment as well as clinical art therapy, major theories are surveyed including psychodynamic, structural, strategic, communications, experiential, and post-modern. To demonstrate these theories, videotape of live supervision of cases is utilized where possible. Verbal and nonverbal treatment approaches are explored. Corequisite: MFTH 680.

MFTH 609 Introduction to Mental Health Services (2 semester hours)

This course introduces the network of mental health services in Los Angeles County and principles of mental health recovery-oriented care, including case management, treatment plans, referral procedures, communication and coordination skills, documentation, and the systems of care for the severely mentally ill and victims of abuse. It explores the social and psychological implications of socio-economic position; the impact of poverty, culture, sexual orientation, gender, age, language, and immigration status on the delivery of mental health services; and the consumer's recovery. Additionally, it identifies professional responsibilities, experiential treatment implications, and mandated reporting requirements and introduces consumer and family member perspectives on the experience of mental illness, treatment, and recovery.

MFTH 610 Adult Psychotherapy (2 semester hours)

Normal adult development and theories of dysfunction are presented. Family, marital, individual, and group treatment strategies are addressed exploring both verbal and nonverbal treatment interventions. Emphasis is placed on the differential approach between psychiatric hospital, day treatment, and out-patient settings.

MFTH 611 Drug, Alcohol, and Addiction Recovery Treatment (1 semester hour)

This course helps students to recognize, assess, and treat substance abuse and addiction. It respects the complexity of the subject matter's physiological, sociological, psychological, economic, political, and international facets. Students will recognize the impact of oppression, prejudice, discrimination, and privilege on access to mental health care, and develop responsive practices that include collaboration, empowerment, advocacy, and social justice action. Student will learn how to incorporate art-based interventions with substance treatment theories.

MFTH 612 Marriage and Family Psychotherapy: Issues and Applications (2 semester hours)

This course reviews various models of psychotherapy through didactic and experiential methods. It includes effective approaches to communications as well as resolution of problematic issues in the treatment process. Considerations of culture, socioeconomic, and stress are addressed and effective practice strategies are emphasized. Integrate and analyze didactic and experiential learning of art psychotherapy techniques and Facilitates inclusion of art processes as resource and support. It assists in recognizing and displaying a professional commitment to art therapist characteristics that promote therapeutic process.

MFTH 613 Assessment and Intervention of Intimate Partner Violence (2 semester hours)

This course reviews the phenomenon of domestic violence, looking at distinguishing criteria, types, prevalence, lethality, the theory and dynamics of its causes, risk factors, patterns, escalation, and cultural factors. It supports students' abilities to recognize and assess the signs and patterns of domestic violence using the art.

MFTH 615 Group Psychotherapy: Theory and Practice (2-3 semester hours)

This course reviews the theory and practice of group psychotherapy. It emphasizes the link between cultural diversity, group process and group outcomes. Particular attention is paid to the utilization of groups in work with the severely mentally ill, children and adolescents as well as mental health consumers and their family members. The course will evaluate the experience of artmaking on group development and effectiveness.

MFTH 616 Human Sexuality, Couples, and Adult Psychotherapy (2 semester hours)

This course explores human sexuality from a bio-psychosocial perspective, including the effects of physiology, genetics, environmental, individual and relationship problems on sexuality and to know how to address these problems therapeutically. The course supports the learning of appropriate interventions, art therapy techniques, and relevant referrals. This course focuses on psychotherapeutic treatment of adults in all levels of community mental health, (outpatient, inpatient), and private practice. Family, marital, individual, couples, and group treatment strategies are addressed exploring both verbal and nonverbal art therapy treatment interventions, integrating Attachment theory, Psychodynamic and systems' approaches. Emphasis will be placed on the impact of culture and context, understanding relevance of race, ethnicity, religion, sexual orientation, socio-economic class, and disability as they pertain to treatment goals and interventions. Emphasis is placed on the differential approach between psychiatric hospital, day treatment, and out-patient settings

MFTH 617 Practicum/Supervision I (3 semester hours)

The main objective of this course is supervised application of marital and family theory and psychotherapeutic techniques, including the application of art therapy, in field placement. Students will have opportunities to work with clients and consumers in the community mental health system and demonstrate a beginning understanding of systemic dynamics, applied art therapy interventions, and marital and family therapy theory applications. Practicum sites have been specifically selected so students will encounter racial, cultural, linguistic, ethnic, and socioeconomic diversity. Successful completion of this course is a prerequisite for enrollment in MFTH 618.

MFTH 618 Practicum/Supervision - Capstone II (4 semester hours)

The main objective of this course is continued supervised application of marital and family theory and psychotherapeutic techniques, including the application of art therapy, in field placement. Students will continue to have opportunities to work with clients and consumers in the community mental health system and demonstrate a developing understanding of systemic dynamics, applied art therapy interventions, and marital and family therapy theory applications. Practicum sites have been specifically selected so students will encounter racial, cultural, linguistic, ethnic, and socioeconomic diversity. Successful completion of this course is a prerequisite for enrollment in MFTH 619. Prerequisite: MFTH 617.

MFTH 619 Practicum/Supervision III: Clinical Studies Capstone (4 semester hours)

The main objective of this course is continued supervised application of marital and family theory and psychotherapeutic techniques, including the application of art therapy, in field placement. Students will have opportunities to work with clients and consumers in the community mental health system and demonstrate a developing understanding of systemic dynamics, applied art therapy interventions, and marital and family therapy theory applications. Practicum sites have been specifically selected so students will encounter racial, cultural, linguistic, ethnic, and socioeconomic diversity. Prerequisite: MFTH 618.

MFTH 620 Multiculturalism and Art Therapy in Mexico - Part I (1 semester hour)

An exploration of cultural issues including art-based processes in support of expanding multicultural clinical competencies. The course challenges the participants to understand and analyze the basis of their own experiences of culture, explore their encounters with other cultures and understand the complexity of the psychotherapeutic relationship in the context of culture through the concepts of biases, assumptions, and beliefs. This course is facilitated through the intercultural exchange of participants and the arts.

MFTH 621 Cultural Considerations in Marital and Family Therapy (1-3 semester hours)

Multicultural values in psychotherapy and counseling are explored. The class focuses on exploring individual experiences of cultural identity through art responses and class discussion, and a developing a skill set that integrates cultural awareness into the clinical work. Experiences of race, ethnicity, class, spirituality, sexual orientation, gender, and disability are included. The course recognizes clients' use of imagery, creativity, symbolism, and metaphor as a valuable means for communicating challenges and strengths and support clients' use of art making for promoting growth and well-being. It includes justifying the role of arts in social justice, advocacy, and conflict resolution. Enrollment for 1 semester hour is contingent upon completion of MFTH 620 and MFTH 622; enrollment for 2 semester hours is contingent upon completion of MFTH 620.

MFTH 622 Multiculturalism and Art Therapy in Mexico - Part II (1 semester hour)

Field work in international environments facilitated virtually and in study abroad experiences. The course supports community-based practice with guided supervision amongst populations of varying ages and therapeutic need.

MFTH 627 Practicum Applications: Additional Supervised Clinical Application of MFTH/Art Therapy (1-3 semester hours)

This elective course is offered for the consideration of students who plan (or anticipate) moving out of California or who have had completed the full academic expectations of our mandatory practicum courses (MFTH 617, MFTH 618, and MFTH 619) but were unable to complete the full hourly requirements leading to Art Therapy registration/MFT license eligibility of those. Students considering taking this course should consult with the practicum director and the chair about the possibility of doing so, and hold the burden of responsibility to research on requirements in other states; the program we offer prepares for California practice and does not assume responsibility for requirements in other states. The main objective of this elective course is to offer continued supervised application of marital and family theory and art psychotherapeutic techniques in field placement. Students will continue to have opportunities to work with clients and consumers in the community mental health system and demonstrate a developing understanding of systemic dynamics, applied art therapy interventions, and marriage and family therapy theory applications. Practicum sites have been specifically selected so students will encounter racial, cultural, linguistic, ethnic, and socioeconomic diversity. Prerequisites: MFTH 612 and MFTH 617. Permission of department chairperson required.

MFTH 629 Family Art Therapy in International Practice (1 semester hour)

An integrated exploration of family art therapy within the context of family therapy theory in international settings and with diverse populations. Experiential learning is facilitated through the art process.

MFTH 630 Marital and Family Therapy: Clinical Studies (2-3 semester hours)

Advanced studies in marital and family therapy including the exploration of a range of verbal and nonverbal treatment interventions and strategies from a variety of theoretical viewpoints. The class develops an understanding of the experiences of clients and family members of clients who are consumers of mental health services.

MFTH 638 Psychopathology & Psychopharmacology (2 semester hours)

This course explores psychopathology as stated in DSM 5 is reviewed. The biological, psychological, social, and cultural factors involved in etiology are discussed and explored in terms of the treatment/clinical interventions. This course includes an overview of the neuroscience and pharmacological treatment of psychiatric disorders. It helps the student acquire necessary vocabulary, knowledge, and skills for effective collaboration with the mental health treatment team.

MFTH 640 Psychological Tests & Art Therapy Assessment (2 semester hours)

This course provides advanced knowledge and training in clinical assessment and psychological testing throughout the treatment process. Students will gain knowledge of formal and informal psychological tests used for assessment. Instruments covered include intelligence tests, as well as objective, subjective, and projective psychological evaluations. Projective drawings and structured clinical interviews will be covered in detail. Multicultural considerations in testing are integrated in all discussions.

MFTH 641 Aging and Long-Term Care (1 semester hour)

This course addresses the specific treatment needs and goals of the aging client. Topics include: distinguishing "normal" aging changes in intellectual, cognitive and memory functioning from those which are a consequence of disease, introduction to the bio-psychosocial model of assessment and art therapy treatment of older adults, and issues involved when working with the elderly and their families when confronting long-term care.

MFTH 642 Trauma Theory and Treatment/ Suicide Assessment and Prevention (2 semester hours)

This course introduces key definitions and constructs related to trauma. It introduces theories and intervention models and overviews neurological sequences associated with trauma. The course encourages the develop of relevant sensory-based art therapy interventions and identify evidence-based strategies and clinically grounded approaches for the assessment and treatment of trauma.

MFTH 680 Marriage and Family Therapy Observation Telehealth and Contemporary Practice (2 semester hours)

This course builds on the foundations of MFTH 608 and explores contemporary approaches to psychotherapy and clinical art therapy with a diverse range of client populations. Included in this course is specific instruction on best practices in art therapy telehealth. Corequisite: MFTH 608.

MFTH 689 Introduction to Research (1 semester hour)

An introduction to research design, ethics, and philosophy from a variety of research paradigms and approaches.

MFTH 690 Art Therapy Studio: Professional Ethics and Identity (2 semester hours)

Through art directives student will examine their professional identity in relation to social justice and professional laws and ethics. The course will review issues such as licensure, values, legal and ethical responsibilities, malpractice, and confidentiality relevant to marriage and family therapists and clinical art therapists.

MFTH 691 Research Methodology (3 semester hours)

An overview of research design, ethics, and philosophy from a variety of research paradigms and approaches. Critical study of the relevant literature and the development of an in-depth proposal for a research/clinical project or paper to be carried out in the following semester.

MFTH 692 Art-Based Exploration of DEI in Clinical Treatment (2 semester hours)**MFTH 696 Research/Clinical Paper (3 semester hours)**

The student carries out a research project and writes a research report under the direction of a faculty member. Consent of instructor required.

MFTH 698 Special Studies (0-3 semester hours)

Contact Department Chairperson for details.

MFTH 699 Independent Studies (1-3 semester hours)

Contact Department Chairperson for details.