### TABLE OF CONTENTS

Introduction to Amberton University .................................................................................. 1  
Marriage and Family Therapy Program Description ......................................................... 1  
Marriage and Family Therapy Degree Plan ...................................................................... 3  
Course Schedule Recommendations .................................................................................. 4  
Course Descriptions ........................................................................................................ 5  
CSLInfo on the FTP Site .................................................................................................. 5  
Marriage and Family Therapy Portfolio .......................................................................... 5  
Selecting a Practicum Site ............................................................................................... 5  
Lab Fee for Practicums I/II/III ....................................................................................... 6  
Calculating Practicum Hours .......................................................................................... 7  
Preparation for Marriage and Family Therapy ............................................................... 8  
Obtaining a Second Degree ............................................................................................. 8  
Amberton University Marriage and Family Therapy Forms ........................................... 8  
Sample Marriage and Family Therapy Portfolio .......................................................... 8  
References ....................................................................................................................... 8
INTRODUCTION TO AMBERTON UNIVERSITY:
Amberton University is designed exclusively for the mature, working adult who seeks to benefit from the richness of a relevant, educational experience. The adult who attends Amberton University will find the atmosphere similar to that of professional schools – law, medicine, and engineering. At Amberton University, the student is exposed to a diverse group of working adults who share interests and ideas. Amberton University’s desire is to equip its students with the practical knowledge, tools, and character necessary to cope effectively in the situations and challenges that lie ahead. In short, Amberton University educates for lifelong learning.

MARRIAGE AND FAMILY THERAPY PROGRAM DESCRIPTION:
The purpose of the Master of Arts degree in Marriage and Family Therapy is to provide the graduate with a comprehensive knowledge of the functional areas of marriage and family counseling including but not limited to the nature of the counseling profession and an understanding of life span development, as well as cognitive knowledge of counseling theories, concepts and principles of concern to the counseling professional. This degree will also provide the academic credentials for persons interested in becoming Licensed Marriage and Family Therapist (L.M.F.T.) in the State of Texas. Graduates are prepared to provide individual, group, and family counseling in community and social service organizations.

The minimum requirements for a Master of Arts in Marriage and Family Therapy are:

- 24 semester hours applicable to the degree must be completed at Amberton University.
- 60 semester hours for a degree,***
- A minimum cumulative grade point average (GPA) of 3.00 is required.

* PLEASE NOTE: Students who complete the Amberton University Master of Arts in Marriage and Family Therapy meet the academic requirements for becoming Licensed Marriage and Family Therapist in the State of Texas. However, according to the Texas State Board of Examiners of Marriage and Family Therapists, a graduate degree and graduate coursework that was awarded or earned more than 10 years prior to applying for licensure may not be used to fulfill the requirements. Students should carefully review the current state requirements for changes and updates. The Texas State Board of Examiners of Marriage and Family Therapists provides clear guidelines and requirements to apply for a new licensure. Questions regarding licensure should be directed to the Texas State Board of Examiners of Marriage and Family Therapists. http://www.dshs.state.tx.us/mft/mft_apply.shtm.

** In preparation for student selection of a practicum site for the practicum field experience, counseling faculty recommends that students begin familiarizing themselves with counseling opportunities available in the mental health community early in the program. Volunteering at a community agency that provides mental health services is an excellent way to learn about services that are offered and sometimes leads to a practicum site later
when the student is ready to make a selection.

*** As of August 1, 2017, the LMFT Board and the state of Texas increased the semester hours required for new Licensed Marriage and Family Therapist in the state of Texas to 60 semester hours.
M.A. MARRIAGE AND FAMILY THERAPY
DEGREE PLAN

I. Required Graduate Studies:  3 hours
   RGS6035 Theory & Application of Research Methods ............................................. 3 hours

II. Major Requirements:  48 hours
   CSL6740 Counseling Ethics .......................................................................................... 3 hours
   CSL6760 Addiction Counseling .................................................................................... 3 hours
   CSL6782 Theories & Methods in Counseling ............................................................... 3 hours
   CSL6792 Couples Therapy ......................................................................................... 3 hours
   CSL6794 Principles and Methods of Sex Therapy ........................................................ 3 hours
   CSL6796 Adult/Geriatric Psychopathology & Treatment ............................................. 3 hours
   CSL6798 Child/Adolescent Psychopathology & Treatment ......................................... 3 hours
   CSL6800 Counseling Assessment ............................................................................... 3 hours
   CSL6801 Life Span Development ................................................................................ 3 hours
   CSL6825 Marriage & Family Therapy .......................................................................... 3 hours
   CSL6830 Advanced Counseling Skills & Techniques .................................................. 3 hours
   CSL6832 Multicultural Counseling ............................................................................. 3 hours
   CSL6839 Pre-Practicum Professional Counseling ......................................................... 3 hours
   CSL6840 Practicum I .................................................................................................... 3 hours
   CSL6845 Practicum II .................................................................................................. 3 hours
   CSL6850 Practicum III .................................................................................................. 3 hours

III. Counseling Elective:  9 hours

Totals:  60 hours
COURSE SCHEDULE RECOMMENDATIONS:
Students may take courses in any order with the exception of CSL6839, CSL6840, CSL6845, and CSL6850. The counseling faculty of Amberton University recommends the following progression of courses.

<table>
<thead>
<tr>
<th>Course</th>
<th>Lecture Course</th>
<th>DL Course</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TIER ONE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RGS6035 Research Methods</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6740 Counseling Ethics</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6825 Marriage &amp; Family Therapy</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6801 Life Span Development</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>TIER TWO</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSL6782 Theories &amp; Methods of Counseling</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6760 Addiction Counseling</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6832 Multicultural Counseling</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6792 Couples Therapy</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6794 Principles and Methods of Sex Therapy</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL Counseling Electives (9 hours)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TIER THREE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSL6800 Counseling Assessment</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6796 Adult/Geriatric Psychopathology &amp; Treatment</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6798 Child/Adol. Psychopathology &amp; Treatment</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6830 Advanced Counseling Skills &amp; Techniques</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>TIER FOUR (all courses must be taken sequentially in TIER FOUR)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSL6839 Pre-Practicum</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6840 Practicum I</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6845 Practicum II</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6850 Practicum III</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>CSL Elective List (will be updated as new courses are developed)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSL6720 Christian Counseling</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>CSL6730 Family Life Ministry</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>CSL6805 Group Counseling</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6779 Counseling in Schools</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6765 Crisis Counseling</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6780 Professional Counseling</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6833 Counseling Children and Adolescents</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CSL6835 Play Therapy</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>CSL6803 Career Counseling &amp; Guidance</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
COURSE DESCRIPTIONS – See Current Catalog
(Amberton University Website Forms and Publications)

CSLInfo ON THE AMBERTON UNIVERSITY FTP SITE:
The counseling faculty of Amberton University has provided study guides for the majority of the

counseling courses required for a degree in Marriage and Family Therapy on the FTP Site. Students may access the site online through the Student Portal or by going to ftp://ftp.amberton.edu.

MARRIAGE AND FAMILY THERAPY PORTFOLIO
Students will also find documentation regarding the Marriage and Family Therapy. The

necessary paperwork for Practicum I, II, and III can also be found in the cslinfo folder on the FTP Site. If any student has difficulty locating or accessing the folder, please contact a member of the Counseling Faculty, Student Services, or Tech Services for assistance.

This course provides an assessment of one’s learning in the field of professional counseling. Students complete homework, lead classroom discussions and examine topics designed to

prepare them for entrance into the Practicum stage of their preparation. Students prepare for Practicum I, II, and III by completing activities such as making application for Practicum, completing a simulated interview, and developing a thorough case study.

Note: The course will be comprised of both professional counseling and marriage and family therapy degree seeking students. Therefore, learning opportunities and primary issues pertaining to family and couples therapy will also be addressed.

SELECTING A PRACTICUM SITE:
Marriage and Family Therapy Students are responsible for obtaining their own practicum site(s). The Counseling Faculty recommends students begin looking for possible practicum opportunities no later than during their Tier Three courses. A practicum site must be obtained by the end of CSL6839 Pre-Practicum. The practicum site must provide a “professional counseling” opportunity, and therefore, counseling in elementary, junior high (middle), and high schools will not count towards Marriage and Family Therapy Practicum hours. Often students obtain practicum sites by volunteering in organizations that employ mental health professionals prior to the practicum experience. Students may not meet existing or potential counseling clients on the premises of Amberton University for any reason.

Students who desire for their practicum experience to occur in a hospital setting should have the hospital submit contract materials to the Amberton University Business Office for review to determine if arrangements can be made between the facility and Amberton University no later than the beginning of the session in which they enroll in CSL6839 Pre-Practicum.

The list below is a sample of previous practicum sites used by Amberton Marriage and Family Therapy students. This list is not inclusive of all practicum sites used by Amberton students and should not be considered a guarantee of a practicum site by the agencies listed below. It is the responsibility of the student to make sure the practicum site has an emphasis on marriages and
families that is appropriate for Marriage and Family Therapy. Applications, vitas, and interviews are generally required when applying for a practicum site.

Allen Counseling Associates
Allen, TX
Regenesis Counseling Center
Cleburne, TX
Christian Works for Children
Dallas, TX
The Gaston House
Dallas, TX
Salvation Army Domestic Violence
Dallas, TX
Suicide Crisis Center
Dallas, TX
Soul Care
Fort Worth, TX
Frisco Counseling and Wellness
Frisco, TX
New Beginning Center
Garland, TX
Children’s First Counseling
Grand Prairie, TX
Hope Strategies
Lewisville, TX
Hope’s Door
Plano, TX
Sigma Counseling
Carrollton, TX
Family Connections Counseling
Colleyville, TX
Contact Crisis Line
Dallas, TX
Metrocare Services
Dallas, TX
Southwest Behavioral Systems, Inc.
Dallas, TX
Timberlawn Mental Hospital
Dallas, TX
Sundance Behavioral Healthcare
Fort Worth, TX
Galaxy Counseling
Garland, TX
Zoom Counseling
Garland, TX
Grace Counseling
Lewisville, TX
Hope and a Future
Midlothian, TX
ROCA Counseling
Richardson, TX

LAB FEE FOR PRACTICUMS I/II/III:
There is a lab fee for enrollment in Practicum I, Practicum II, and Practicum III. The fee associated with each course can be found in the current edition of the Amberton University Schedule of Classes.

PRACTICUM OVERVIEW:
Supervised clinical practicum—12 months or nine semester hours. During the supervised clinical practicum, the applicant must have 300 hours of experience (direct and non-direct), including a minimum of 75 hours of direct client contact with couples and families out of an overall minimum of 150 hours of direct client contact). The board may count excess practicum hours toward the experience requirements of this subchapter if:

- the hours were part of the applicant’s academic practicum or internship accumulated after the commencement of the applicant's planned graduate program;
- the relational, or other direct client contact hours and/or non-direct hours that are in excess of the 300-hour practicum required by this paragraph; and
• no more than 400 hours of the direct plus non-direct hours.

The remaining courses needed to meet the 45/60 graduate semester hour requirement shall be marriage and family therapy or related course work that are in areas directly supporting the development of an applicant’s professional marriage and family, or group therapy skills.

**CALCULATING PRACTICUM HOURS:**

During Practicum I, II, and III all students are required to maintain a log of practicum hours accrued. The hours are divided into three areas: Client Contact, Supervision, and Administrative. Client Contact is the time spent with clients either as the therapist or as a participant/observer of a therapy session and must total a minimum of 150 hours of which 75 must be working directly with families and/or couples. While Client Contact hours can be obtained via telephone or web-cam, at least half of the required hours must be face-to-face. Supervision is the time spent with the Supervisor of the practicum experience. Typically, Supervision involves discussing client issues and assisting the practicum student with any questions regarding counseling techniques or problems. Administrative hours involve the completion of paperwork, attendance of counseling CEU courses or lectures, counseling conferences, and Amberton University class time. Hours can only be accrued during the enrollment periods of the session and between sessions if Practicums I, II and III are taken without a break between session enrollments and if the practicum site approves the hours. (i.e.: If a student were enrolled in Practicum I during the spring session, took the summer session off, and enrolled in Practicum II during the fall session, practicum hours would not count between the end of the spring session and the beginning of the fall session. However, if a student enrolls in Practicum I for the summer session and Practicum II for the fall, hours acquired between the sessions would count toward practicum hours as long as the practicum site allows such hours.)

Per state licensing requirements, a minimum of 300 total hours must be completed by the end of Practicum III. Below is the recommended breakdown for the minimum amount of hours:

<table>
<thead>
<tr>
<th>Practicum I</th>
<th>Client Contact Hours (or more, if possible)</th>
<th>Supervision Hours</th>
<th>Administrative Hours</th>
<th>Administrative Hours (Amberton Class Time)</th>
<th>Total Hours (minimum)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-60</td>
<td>10</td>
<td>10</td>
<td>+ 40</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practicum II</td>
<td>50-60 Client Contact Hours</td>
<td>10 Supervision Hours</td>
<td>10 Administrative Hours + 40 Administrative Hours (Amberton Class Time)</td>
<td>100 Total Hours (minimum)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practicum III</td>
<td>50-60 Client Contact Hours</td>
<td>10 Supervision Hours</td>
<td>10 Administrative Hours + 40 Administrative Hours (Amberton Class Time)</td>
<td>100 Total Hours (minimum)</td>
<td></td>
</tr>
</tbody>
</table>
PREPARATION FOR MARRIAGE AND FAMILY THERAPY LICENSURE:

For those students who are interested in obtaining the necessary educational requirements in order to obtain Marriage and Family Therapy licensure through the state of Texas, please direct your questions regarding licensure to the Texas State Board of Examiners of Marriage and Family Therapy. [http://www.dshs.state.tx.us/mft/mft_apply.shtm](http://www.dshs.state.tx.us/mft/mft_apply.shtm).

NOTE: Academic course requirements for MFT licensure changed on August 1, 2017.

GRADUATION:
The fee and Application for Graduation must be submitted no later than the second Saturday of the session in which the student anticipates graduation to occur. The application can be located on the Amberton University website (www.Amberton.edu) or picked up at Student Services. The Graduation Fee can be found in the current Schedule of Classes.

Students who have applied for graduation during the fall and spring sessions should receive a letter by week five of the session in which the application for graduation has been submitted regarding the purchasing of regalia and other key dates to note for the graduation ceremony to be held at the end of those sessions.

OBTAINING A SECOND DEGREE:
Upon completion of your initial degree, students who wish to obtain an additional degree at Amberton should complete the “Request for Second Degree” form found on the Amberton University website and consult the current Academic Catalog for details.

MARRIAGE AND FAMILY THERAPY PORTFOLIO:
For Sample Marriage and Family Therapy Portfolio please see the current Marriage and Family Therapy Portfolio Information folder on the ftp found at ftp://ftp.amberton.edu/cslinfo

MARRIAGE AND FAMILY THERAPY FORMS:
For Marriage and Family Therapy Forms please see the current Counseling Forms folder on the ftp found at ftp://ftp.amberton.edu/cslinfo

REFERENCES

- National Board for Certified Counselors, P.O. Box 77699, Greensboro, NC 27417-7699, 336-547-0607, [www.nbcc.org](http://www.nbcc.org)

- Texas State Board of Examiners of Professional Counselors, Texas Department of
State Health Services, Mail Code 1982, P.O. Box 149347, Austin, TX 78714-9347, 512-834-6658, www.dshs.state.tx.us/counselor/

- Texas State Board of Examiners of Marriage and Family Therapists, Texas Department of State Health Services, Mail Code 1982, P.O. Box 149347, Austin, TX 78714-9347, 572-834-6657, www.dshs.state.tx.us/mft/