

Postgraduate Certificate in Marriage and Family Therapy

Family Therapy Training Institute
of Aurora Family Service



Family Therapy Training Institute is a 2-year, fully accredited clinical mental health training program providing the coursework and clinical hours required for state licensure as a marriage and family therapist.

FTTI is a unique institution in its affiliation with a large health care system, a flexible schedule to support work-life balance, and advanced training for license eligibility.

Courses are offered Monday evenings and Saturdays using a blend of virtual and in-person classrooms to accommodate working professionals, and affordable full-time and part-time options are available. Join this supportive community of adult learners.

All courses include discussion and integration of Personal of the Therapist Themes and Use of Self in the process of therapy. In addition, students and faculty incorporate discussion of the intersection of course content with social location, diversity, equity and inclusion.

See other side for full class descriptions.

- **Models of Family Therapy I** (3 credits)
- **Models of Family Therapy II** (3 credits)
- **Working with Diverse Families and Communities** (3 credits)
- **Relational Assessment, Diagnosis, and Treatment Planning** (3 credits)
- **Systemic Treatment of Trauma** (3 credits)
- **Family Therapy in Healthcare Settings** (3 credits)
- **Clinical Internship I & II** (6 credits each)
- **Couples Therapy** (3 credits)
- **Family Therapy with Addictions** (3 credits)
- **Integrating Youth into Family Therapy** (3 credits)
- **Ethical, Legal, and Professional Issues in MFT** (3 credits)
- **Advanced MFT Theory Integration** (3 credits)

This program is highly-affordable, and eligible for AAH employer-based tuition reimbursement!

Seats are limited. Visit www.aurora.org/ftti for more information on application deadline and to sign up for a virtual informational meeting, or feel free to contact us at ftti@aaah.org.

Class Descriptions

All courses include discussion and integration of Personal of the Therapist Themes and Use of Self in the process of therapy. In addition, students and faculty incorporate discussion of the intersection of course content with social location, diversity, equity and inclusion.

- **Models of Family Therapy I** (3 credits)
Historical foundations of family therapy; Structural, Strategic, Internal Family Systems and Transgenerational Family Therapies.
- **Models of Family Therapy II** (3 credits)
Historical evolution of postmodern therapy approaches; Collaborative Language Systems, Solution-focused and Narrative Therapies.
- **Working with Diverse Families and Communities** (3 credits)
Exploration of systems of privilege and oppression and their link to interpersonal dynamics. Self-examination of cultural assumptions. Development of awareness, knowledge and skills for culturally responsive family therapy. Introduction to health equity and communitycentered practice.
- **Relational Assessment, Diagnosis, and Treatment Planning** (3 credits)
Systemic approaches to assessment, case conceptualization and treatment planning for individuals, couples, and families.
- **Systemic Treatment of Trauma** (3 credits)
Trauma-informed approaches to violence and oppression in families and communities.
- **Clinical Internship I** (6 credits)
- **Family Therapy in Healthcare Settings (Summer)** (3 credits)
Medical family therapy (medMFT) and collaborative health care. Understanding the impact of illness and disability on family functioning and health.
- **Couples Therapy** (3 credits)
Systemic theories and methods used in the treatment of intimate partnerships. Impact of attachment and trauma-based injuries on attachment and couple formation. Consideration of race and ethnicity, gender identity, sexual orientation, and other cultural factors.
- **Family Therapy with Addictions** (3 credits)
Working with substance use disorders as an embedded component of the cycles of family interaction. Utilizes family systems approaches to support the family unit in developing new relationship skills within the context of substance use treatment.
- **Integrating Youth into Family Therapy** (3 credits)
Theories and methods of child-focused family therapy. Interviewing children in a family context. Family play therapy methods, and the development of a playful approach to problem solving.
- **Ethical, Legal, and Professional Issues in MFT** (3 credits)
Preparation for independent clinical practice. Emphasizes AAMFT Code of Ethics, models of ethical decision-making, compliance with regulatory standards and expectations, managing professional safety and risk, and clinical documentation.
- **Advanced MFT Theory Integration** (3 credits)
Program capstone course. Development of a professional theory of change. Emphasizes theory integration and development, person-of-the-therapist (use of self), and postgraduation career development.
- **Clinical Internship II** (6 credits)