



**Certificate Program in
Family and Relationship
Therapy**

Guidebook

Last Revised 01/2018

Certificate Program in Family and Relationship Therapy

Program Objectives:

The *Certificate Program in Family and Relationship Therapy (CFRT)* is designed to provide specialized training and supervision for mental health counseling students and graduates who are interested in gaining further knowledge and skills in working with families and couples from a systemic perspective. The program requirements also prepare certificate holders with the coursework and pre-degree internship experience required for licensure in marriage and family therapy as defined by the Florida Department of Health's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (491 Board).

The certificate program is not intended to provide all the training necessary to function as an independent professional, but rather is a supplement a degree in mental health counseling as a specialized area of study. Even though the Rollins College Graduate Studies in Counseling program makes every effort to structure the program's curriculum to meet Florida's state licensure requirements, it is the student's responsibility to stay abreast of the requirements for licensure in Marriage and Family therapy, especially after graduation. Requirements can be obtained by accessing the Florida Department of Health's web site at:
<http://floridasmentalhealthprofessions.gov/licensing/>.

Admissions Criteria:

To apply for enrollment in the *Certificate Program in Family and Relationship Therapy*, a student must:

- 1) **Read this Guidebook in its entirety**
- 2) **Submit the *Application for the Certificate Program in Family and Relationship Therapy* contained at the end of this Guidebook).**

Only currently enrolled students or graduates of the Rollins College Mental Health Counseling program are eligible to apply for admission to the certificate program. Students who are graduates of CACREP-accredited clinical mental health counseling programs may enroll in courses or internships according to the procedures established by the department and will be considered on a space available basis. Currently enrolled students must meet with their Holt School Academic Advisor to adjust their program of study to account for the addition of coursework.

The Certificate in Family and Relationship Therapy will be awarded upon completion of all certificate requirements and completion of the Master's degree in mental health counseling. For students already holding a Master's degree in mental health counseling, the certificate will be awarded at the end of the semester in which the certificate requirements are satisfied.

For further information concerning the certificate program, please contact:

Dr. Alicia M. Homrich, CFRT Certificate Coordinator

ahomrich@rollins.edu 407-646-2307

Rollins College, 1000 Holt Avenue –2726, Winter Park, FL 32789

Curriculum

The *Certificate Program in Family and Relationship Therapy* requires students to complete 20 semester hours of credit. These include 10 credit hours of core courses in family and relationship therapy and 10 credit hours of internship at a site that offers the opportunity to counsel families and couples from a relational or systemic perspective.

The core curriculum includes the following courses:

CPY 550 Dynamics of Marriage, Relationship, and Family Systems

Course Description:

This course examines theoretical approaches including major systems theories, strategies, and techniques of family and relationship therapy. A survey of the development of family and relationship counseling and proponents of the field are studied. Issues of conflict and ethical considerations are examined. The impact of cultural and social forces upon the family system is explored. (Three semester credits)

Prerequisite: CPY 530 or permission *Offered Fall Semester as scheduled by student's Program of Study*

CPY 555 Family and Relationship Counseling: Theory and Therapeutic Modalities

Course Description:

This course is designed to develop specific therapeutic competencies regarding inter- and intra-personal dynamics of family systems and relationships. Communication patterns, the role of children, origin of family interaction patterns, conflict resolution styles, impact of treatment issues, and specific modalities of therapeutic intervention are explored. (Three semester credits)

Prerequisite: CPY 550 *Offered Spring Semester as scheduled by student's Program of Study*

CPY 557 Couples and Marriage Therapy: Theory and Techniques

Course Description:

Theories and associated techniques of couples and marriage counseling will be explored in CPY 557. This course also explores specific developmental issues and social and political factors affecting couples. A range of therapeutic modalities will be surveyed. (Three semester credits) *Offered in either over Fall or Spring Semesters, typically taken during the clinical year of practicum/internship*

Prerequisites: CPY 550 and CPY 555. May be taken concurrently with CPY 555 if offered during Spring semester.

CPY 559 Professional Seminar in Family and Relationship Therapy

Course Description:

This seminar investigates the implications of professional issues unique to marital, couple, and family counseling/therapy including ethical and legal considerations; professional organizations, preparation standards, and credentialing bodies pertaining to the practice of marital, couple, and family counseling/therapy (e. g., the International Association of Marriage and Family Counselors and the American Association for Marriage and Family Therapy); the role of marital, couple, and family counselors/therapists in a variety of practice settings and in relation to other helping professionals; and research and technology applications in marital, couple, and family counseling/therapy. The professional identity of the family and relationship therapist is discussed. (One semester credit) *Offered Fall Semester, typically during the clinical year of practicum/internship.*

Prerequisite: CPY 550 and CPY 555

PSY 690 & 695 Internship in a Mental Health Setting

Course Description:

Internship consists of both a supervised clinical experience and a weekly group supervision meeting on campus. For licensure in Mental Health Counseling, students must acquire a total of 1,000 hours of clinical experience in a mental health setting from pre-practicum, practicum, and internship combined. At least 280 hours are spent in direct client contact. The remaining hours may be used for supervision, in-service education and training (with advance approval from the instructor), recording and reporting, staff meetings, and related case management and administrative responsibilities. A minimum of one hour per week of individual supervision by a licensed mental health professional is also required as is class attendance on campus.

In order for PSY 690 & 695 internship to fulfill licensure requirements for marriage and family therapy, the requirements established by Florida law and rule cited below must also be fulfilled during internship. The internship experience must provide **180 direct client contact hours of marriage, relationship, and family therapy services under the supervision of a licensed professional who is designated a qualified MFT supervisor** as determined by the Florida 491 Board. In order to qualify for the *Certificate Program in Family and Relationship Therapy*, **an internship site must have extensive counseling opportunities in relationship and family therapy and operate from a relational/systemic perspective.** PSY 695 internship may fulfill the requirements for both mental health and marriage and family licensure if careful attention is given to meeting the rules stated by the Florida Department of Health Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (491 Board) for both licenses. (Ten semester credits)

Prerequisite: All required coursework except for CPY 557 and CPY 559, which may be taken concurrently with PSY 680/695.

Florida Statute Ch. 491.005 Licensure by Examination

(3)(b)1.d. A minimum of one supervised clinical practicum, internship, or field experience in a marriage and family counseling setting, during which the student provided 180 direct client contact hours of marriage and family therapy services under the supervision of an individual who met the requirements for supervision under paragraph (c). This requirement may be met by a supervised practice experience which took place outside the academic arena, but which is certified as equivalent to a graduate-level practicum or internship program which required a minimum of 180 direct client contact hours of marriage and family therapy services currently offered within an academic program of a college or university accredited by an accrediting agency approved by the United States Department of Education, or an institution which is publicly recognized as a member in good standing with the Association of Universities and Colleges of Canada or a training institution accredited by the Commission on Accreditation for Marriage and Family Therapy Education recognized by the United States Department of Education. Certification shall be required from an official of such college, university, or training institution.

Rule Chapter 64B4-22 Licensure by Examination—Marriage and Family Therapy

64B4-22.110(12) A minimum of One Supervised Clinical Practicum in a Marriage and Family Setting. It is important to emphasize that the student practicum must be supervised by a licensed MFT or equivalent as defined in Rule 64B4-21.007, F.A.C., must include 180 hours of direct client contact in systemic marriage and family therapy services and must be certified complete by an official of the college or university granting the degree.

Additional Certificate Program Requirements

Students enrolled in the *Certificate Program in Family and Relationship Therapy* must also:

- 1) **Maintain membership** in the **International Association of Marriage and Family Counselors** (IAMFC is a Division of the American Counseling Association)
OR
the **American Association for Marriage and Family Therapy** (AAMFT) for a period of at least one year prior to completion of the Certificate. <<preferred
 - a. Information about AAMFT can be accessed at www.aamft.org
 - b. Information about IAMFC can be accessed at www.iamfconline.com
- 2) **Maintain membership** in the **Central Florida Association for Marriage and Family Therapy** (CFAMFT) and attend regular monthly meetings (see application forms located on the Certificate Program bulletin board) www.cfamft.org

Important Notes:

The available clinical sites in the Central Florida area that provide the opportunity to fulfill the field experience requirements for a “marriage and family counseling setting” are limited and may hinder completion of the certificate program. If you are interested in an internship that fulfills the requirements, please let your faculty practicum/internship placement advisor know immediately after the clinical placement meeting held in the spring semester in the year prior to practicum/internship. Faculty will attempt to find an acceptable placement but the availability of field site options in the central Florida community will determine the outcome.

The *Certificate Program in Family and Relationship Therapy* fulfills the requirements for pre-degree training. Post degree requirements, which include a two-year registered internship under an approved supervisor, successfully passing the AMFTRB national examination, and post-degree experience in family and relationship therapy, are not included in the curriculum of the program. Certificate holders must pursue these requirements on their own and can clarify the most current changes in the Florida Rules and Laws by viewing the Florida Department of Health Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (491 Board) web site at: <http://floridasmantalhealthprofessions.gov/licensing/>.

An alternative path to MFT licensure:

The Licensure Board has created a way for individuals licensed in other disciplines, such as Mental Health Counseling, to obtain dual licensure in MFT. The requirements are described in the following statute:

491.0057 Dual licensure as a marriage and family therapist.—The department shall license as a marriage and family therapist any person who demonstrates to the board that he or she:

- (1) Holds a valid, active license as a psychologist under chapter 490 or as a clinical social worker or mental health counselor under this chapter, or is certified under s. 464.012 as an advanced registered nurse practitioner who has been determined by the Board of Nursing as a specialist in psychiatric mental health.

- (2) Has held a valid, active license for at least 3 years.

- (3) Has passed the examination provided by the department for marriage and family therapy.

History.—s. 14, ch. 97-198; s. 206, ch. 97-264.

Definitions *regarding the practice of Marriage and Family Therapy in Florida*

The Florida Department of Health Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling defines the practice of marriage and family therapy in the Florida Statutes Title XXXII, 491.003, Section 8 as:

The “practice of marriage and family therapy” is defined as the use of scientific and applied marriage and family theories, methods, and procedures for the purpose of describing, evaluating, and modifying marital, family, and individual behavior, within the context of marital and family systems, including the context of marital formation and dissolution, and is based on marriage and family systems theory, marriage and family development, human development, normal and abnormal behavior, psychopathology, human sexuality, psychotherapeutic and marriage and family therapy theories and techniques. The practice of marriage and family therapy includes methods of a psychological nature used to evaluate, assess, diagnose, treat, and prevent emotional and mental disorders or dysfunctions (whether cognitive, affective, or behavioral), sexual dysfunction, behavioral disorders, alcoholism, and substance abuse. The practice of marriage and family therapy includes, but is not limited to, marriage and family therapy, psychotherapy, including behavioral family therapy, hypnotherapy, and sex therapy. The practice of marriage and family therapy also includes counseling, behavior modification, consultation, client-centered advocacy, crisis intervention, and the provision of needed information and education to clients, when using methods of a psychological nature to evaluate, assess, diagnose, treat, and prevent emotional and mental disorders and dysfunctions (whether cognitive, affective, or behavioral), sexual dysfunction, behavioral disorders, alcoholism, or substance abuse. The practice of marriage and family therapy may also include clinical research into more effective psychotherapeutic modalities for the treatment and prevention of such conditions.

(a) Marriage and family therapy may be rendered to individuals, including individuals affected by termination of marriage, to couples, whether married or unmarried, to families, or to groups.

(b) The use of specific methods, techniques, or modalities within the practice of marriage and family therapy is restricted to marriage and family therapists appropriately trained in the use of such methods, techniques, or modalities.

(c) The terms “diagnose” and “treat,” as used in this chapter, when considered in isolation or in conjunction with any provision of the rules of the board, shall not be construed to permit the performance of any act which marriage and family therapists are not educated and trained to perform, including, but not limited to, admitting persons to hospitals for treatment of the foregoing conditions, treating persons in hospitals without medical supervision, prescribing medicinal drugs as defined in chapter 465, authorizing clinical laboratory procedures pursuant to chapter 483, or radiological procedures, or use of electroconvulsive therapy. In addition, this definition shall not be construed to permit any person licensed, provisionally licensed, registered, or certified pursuant to this chapter to describe or label any test, report, or procedure as “psychological,” except to relate specifically to the definition of practice authorized in this subsection.

(d) The definition of “marriage and family therapy” contained in this subsection includes all services offered directly to the general public or through organizations, whether public or private, and applies whether payment is requested or received for services rendered.

Procedural Guidelines

Certificate Program in Family and Relationship Therapy Graduate Studies in Counseling Program

Procedures for Faculty, Staff, and Students:

Step 1:	<p>The Certificate Guidebook is included on the flash drive given to all entering students. A copy may also be located on the counseling program website. Interested students contact CFRT Certificate Coordinator, Dr. Alicia Homrich, with questions about the program.</p> <p>Students may decide to enroll in the program at anytime, but this usually occurs during the semester the student is taking CPY 550 or CPY 555 or when students decide on their direction of interest during the practicum/internship placement process in the spring prior to the final year in the program.</p>
Step 2:	<p>After READING this Guidebook, student completes the Application for CERTIFICATE PROGRAM IN FAMILY AND RELATIONSHIP THERAPY (see Guidebook) and schedules a meeting with their Holt Academic Advisor.</p>
Step 3:	<p>Student meets with the Holt Academic Advisor to revise her/his Program of Study to reflect a plan to take all required courses for the Certificate Program (CPY 550, CPY 555, CPY 557, and CPY 559).</p>
Step 4:	<p>The Holt Academic Advisor sends a copy of the revised Program of Study and Application to the Certificate Coordinator for review and approval.</p>
Step 5:	<p>Student maintains the Program Requirements Checklist (see next page) and completes the form as requirements are completed.</p>
Step 6:	<p>At the time of practicum-internship placement orientation (during the Spring semester prior to starting practicum) the student notifies the faculty member who is responsible for his/her internship placement that she/he is enrolled in the Certificate Program in Family and Relationship Therapy. Student consults with placement coordinator to identify internship sites that will fulfill Certificate requirements.</p>
Step 7:	<p>At the conclusion of internship, when all Certificate Program Requirements are completed and the necessary signatures are obtained, the student gives the completed Program Requirement Checklist form to the Certificate Coordinator as verification of program completion. This should be done no later than the last day of the last class required for the Certificate (typically Internship).</p>
Step 8:	<p>A Certificate in Family and Relationship Therapy is awarded to student and a statement of completion is placed on transcript.</p>

Requirement Checklist

Certificate Program in Family and Relationship Therapy

Student Name: _____

Program Requirement	Date Completed
_____ Meet with Holt academic advisor to sign Application for Certificate Program and to revise Program of Study. Send documentation of change in program of study to the Department Chair.	_____
_____ CPY 550 Dynamics of Marriage, Relationship, and Family Systems	_____
_____ CPY 555 Family and Relationship Counseling: Theory and Therapeutic Modalities	_____
_____ CPY 557 Couples and Marriage Therapy: Theory and Techniques	_____
_____ CPY 559 Professional Seminar in Family and Relationship Therapy	_____
_____ PSY 695 Internship in a marriage and family counseling setting with an approved MFT supervisor as described in the CFRT Guidebook and according to Florida Statue 491.005. At the end of the course, completion must be verified by Faculty Internship Supervisor: Signature of Faculty Internship Supervisor: _____	_____
_____ Membership in national professional organization in family and relationship therapy for at least on year (attach proof).	_____
_____ Membership in the Central Florida Association for Marriage and Family Therapy and attendance at monthly meetings (attach proof & list meetings attended).	_____

Signatures on this form verify that the requirements for the Certificate Program in Family and Relationship Therapy have been completed and Certificate may be awarded.

Student Signature

Date

Certificate Coordinator Signature

Date

Upon completion of all requirements, as documented above, the intern applicant will present this signed form to the Certificate Coordinator to certify eligibility to receive the Certificate.

Application procedures for the Rollins College *Certificate Program in Family And Relationship Therapy*

PROGRAM OBJECTIVES

The Certificate Program in Family and Relationship Therapy is administered by the Rollins College Graduate Studies in Counseling program. The certificate program is designed to provide specialized training and supervision for mental health counseling students and graduates who are interested in gaining further knowledge and skills in working with families and couples from a systemic perspective. The program requirements also prepare certificate holders via coursework and the pre-degree internship experience required for licensure in marriage and family therapy as defined by the Florida Department of Health Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (491 Board). See Certificate Guidebook for specific details about requirements.

ADMISSIONS CRITERIA

To apply for enrollment in the Certificate Program in Family and Relationship Therapy, a student must sign and submit this application indicating intent to complete the Certificate program. The student must then meet with her/his Holt Academic Advisor to revise the program of study to incorporate the additional courses.

CURRICULUM

The Certificate Program in Family and Relationship Therapy requires students to complete 20 semester hours of credit. These include 10 hours of core courses in family and relationship therapy and 10 hours of internship at a site that offers the opportunity to counsel families and couples from a relationship or systemic perspective as described by the Florida 491 Board laws and rule must also be met. I understand that the opportunities for obtaining an internship that fulfills the requirements for this internship may be limited.

I request enrollment in the Certificate Program in Family and Relationship Therapy.

Student Signature

Date

I have meet with the student named above and we revised his/her program of study to incorporate the requirements of the Certificate Program in Family and Relationship Therapy.

Holt MAC Academic Advisor

Date

**Please deliver this completed form and a copy of your revised Program of Study to:
Dr. Alicia M. Homrich, Certificate Coordinator to be officially enrolled in the Certificate Program.**