

FREQUENTLY ASKED QUESTIONS

Why Marriage & Family Therapy as a Mental Health Discipline?

Marriage & Family Therapy (MFT) addresses mental health concerns in the context of relationships. The unit of treatment is not only the individual, but also the relationships in which that person is embedded. MFTs are licensed to treat presenting concerns such as depression, anxiety, substance abuse, conduct/behavioral disorders, as well as relational distress and conflict.

Outcome research repeatedly demonstrates the effectiveness of MFT. Following treatment, approximately 90 percent of clients report improvement in their mental-health functioning. As such, MFT has repeatedly been identified as one of the fastest-growing professions projected for the next 10 years. For more information, please visit AAMFT.org.

Why Study Marriage & Family Therapy at USJ?

USJ offers an M.A. in Marriage & Family Therapy, which is accredited by COAMFTE. Classes are held in the evenings to accommodate working adults who wish to obtain a graduate degree, with hybrid class format options that include online or on campus. Other program features include a cohort class model with:

- Emphasis on a broad blend of theory and therapeutic approaches
- Opportunities for contextual understanding of individuals and families through cultural, gender, sexual identity, and socioeconomic considerations
- A primary goal of training competent MFT clinicians
- Active professionals and scholars in the field who teach required courses, greatly enhancing the learning and supervision experience
- Graduates with a high rate of licensure and employment in a variety of settings

How Much Time Will I Have to Commit to My Studies in MFT at USJ?

As a three-credit course, it is expected that a minimum of six hours per week will be dedicated to the assignments for this class.

Each student's circumstances are different, but many students at USJ are working adults with families. The program offers many benefits to accommodate your schedule; however, it is important to weigh the decision to pursue graduate studies carefully. It may be helpful to discuss your circumstances with a departmental faculty member.

Where Can I Work, and What is the Starting Salary for a Marriage and Family Therapist?

Graduates from the USJ Marriage & Family Therapy program hold a high employment rate post-graduation and obtain positions in a variety of settings. For more information about position openings and salary rates for MFTs in Connecticut, please visit the Connecticut Association for Marriage and Family Therapists' website.

How Do I Become Licensed After I Graduate?

Along with graduation from a COAMFTE-accredited institution, Connecticut state requirements include successful completion of at least 12 months of supervised postgraduate work experience.

- The postgraduate work experience must include at least 1,000 hours of direct client contact offering MFT services and 100 hours of post-graduate clinical supervision provided by a licensed marital and family therapist.
- Of the 100 hours of supervision required, at least 50 hours must be individual supervision and the remaining hours may be group.
- Postgraduates must also successfully complete the Examination in Marital and Family Therapy of the Association of Marital and Family Therapy Regulatory Boards.
- Licensure laws vary by state and interested applicants are urged to contact the licensing body in the state in which they plan to practice for information about the licensure requirements in that state.

Additional information about MFT licensing in the state of Connecticut is available on the Department of Human Services website.