Ranked a "Best National University"
by *U.S. News & World Report*

SEATTLE PACIFIC
SCHOOL OF PSYCHOLOGY, FAMILY, AND COMMUNITY

Nationally accredited

Master's degree in Marriage and Family Therapy

“This program provided me with the skills to transform my natural desire to care for others into lasting therapeutic outcomes. The systemic-relational approach has instilled confidence in my ability to enact change.”

Samson Irish-Lodge, MS ’25 MFT program

(Pictured on cover)

Marriage and Family Therapy at Seattle Pacific University

What do you want most in a marriage and family therapy master’s degree program?

Rigorous academics? Collaborative learning? Community internships? Supportive faculty? Professional mentoring? Spiritual exploration?

Seattle Pacific University’s MS in Marriage and Family Therapy (MFT) has all of these, including outstanding professional training and something equally essential: through an invigorating, collaborative learning process with fellow students and mentoring faculty, you’ll discover the heart and fabric of who you are.

We call it the self of the therapist: a process of understanding your own story and development so that you come to understand another’s journey and process — the contexts, challenges, and breakthroughs that can lead to healing.

MFT Program Features

At SPU, you'll experience a nationally accredited program offering:

- **A proven cohort learning model** integrating theory, research, and practice through deepening give-and-take discoveries of trusted peer relationships.
- **Experienced, engaging faculty** whose caring tenacity for your growth and learning will challenge the quality of your thinking, sharpen your skills, and influence your character and relationships.
- **A distinctly Christian faith perspective** with an open-enrollment philosophy that welcomes students of all backgrounds. Each student is encouraged to discover and refine a personal sense of vocation and convictions relating to faith, learning, and clinical practice.
- **Strategic, clinically based internships,** thoughtfully selected by MFT faculty, that offer invaluable clinical experience.
- **A clinical portfolio,** including an in-depth presentation of your theory-into-practice clinical work that culminates your competency-based training.

Professional Opportunities

The SPU MFT degree leads to a variety of exciting career choices in the field.

Career-minded MFT graduates are skilled in providing professional assessment, diagnosis, and treatment of family and individual issues. They are trained to enter supervised clinical practice and work with individuals, couples, families, and groups in such settings as:

- Mental health organizations
- Schools, universities, and other educational settings
- Private psychotherapy
- Outpatient medical clinics and hospitals

"The MFT faculty at SPU not only pushed me to grow intellectually, but also supported me personally and emotionally far beyond the call of duty. **Their mentorship has been foundational to my young career."**

Jesse Dunn, MS '18
MHP Case Manager
Crisis Solution Center, DESC

"SPU's self-of-the-therapist emphasis challenged me to continue my own inner work, which cleared space within me to meet clients with openness, compassion, and professionalism."

Marcia Erickson Bates, MS '15, LMFT
Marriage and Family Therapist
Lutheran Counseling Network

MFT Degree Options

Medical Family Therapy

SPU also offers a certificate in medical family therapy (MDFT) that can be incorporated into the standard MFT curriculum. Students in the MDFT certificate program enroll in a two-year course sequence that includes six additional seminar courses and a second practicum year in an outpatient medical setting.

Upon completion of the certificate, MFTs have an expanded scope of practice as they are equipped to provide medical family therapy in out-patient settings and/or work as part of an integrated primary or specialty care team.

The MDFT certificate prepares graduates to provide psychosocial and spiritual services in a health care environment to those suffering with illness, adjusting family dynamics during treatment, or needing help to work more effectively with their care providers. They become part of the fast-emerging field of "whole" health care and a key member of the medical team.

Dual degree programs: Marriage and Family Therapy and Theology

There is an increasing demand for church and parachurch ministries to require both clinical licensure and denominational ordination. To meet that need, faculty members in the MFT program have partnered with the School of Theology to offer two dual degrees: MS/MFT and MA in Theology, and MS/MFT and MDiv. Both dual degrees prepare students to serve in church positions that incorporate the roles of pastor and therapist, such as a pastor for family ministries, an inner-city missionary to homeless families, or a therapist within a church counseling center.

"The Marriage and Family Therapy program taught me a framework from which to understand the world and how to work professionally with people seeking help. **I was given freedom within the structure of the program to study what I was interested in,** leading to my niche in premarital and pre-commitment counseling."

Taylor Moss, MS '15, LMFT, NIC
Marriage and Family Therapist
Sign Language Interpreter

"I searched for an accredited program that would prepare me for a wide variety of clients from a holistic perspective. And I knew SPU was the place for me."

Quantas Ginn, MS '20, LMFTA
Adjunct Instructor

"Our promise is to provide you with a high-quality educational and training experience in marriage and family therapy.

You will be shaped by our guiding relational values of openness, respect, curiosity, accountability, and a holistic view of clinical care. We value your unique educational, professional, and spiritual journeys and will partner with you as these facets of your life unfold."

Peter Rivera, PhD
Chair, Associate Professor of Marriage and Family Therapy; Director of Research

MFT Faculty

Respected for their classroom teaching and clinical experience, our MFT faculty makes a total commitment to every student's personal growth and professional future.

Stephanie Armes, PhD
Assistant Professor of Marriage and Family Therapy; Director of Internships
BA, Seattle Pacific University, 2007
MS, University of Kentucky, 2014
PhD, University of Georgia, 2019
At SPU since 2019

Hee-Sun Cheon, PhD
Associate Professor of Marriage and Family Therapy; Director of Clinical Training
BA, Hanyang University in Korea, 1998
MA, Kansas State University, 2000
PhD, Iowa State University, 2007
At SPU since 2011

Anne Prouty, PhD
Assistant Professor of Marriage and Family Therapy; Director of Medical Family Therapy
BS, University of South Carolina, 1987
MS, East Carolina University, 1993
PhD, Purdue University, 1996
At SPU since 2020

Peter Rivera, PhD
Chair, Associate Professor of Marriage and Family Therapy; Director of Research
BS, Central Washington University, 2010
MS, Seattle Pacific University, 2012
PhD, Florida State University, 2016
At SPU since 2017

Tamura Turney, MS, MDFT
Instructor of Marriage and Family Therapy
BA, Angelo State University, 2009
MS, Seattle Pacific University, 2014
MDFT Certificate, Seattle Pacific University, 2014
At SPU since 2012

For faculty profiles and research interests, visit spu.edu/mftfaculty.

Sample MFT Program Sequence

Your courses (based on this two-year, full-time schedule) follow a carefully thought-out sequence that integrates your personal growth and clinical competence. A total of 70 quarter credits is required to complete the program.

Year One

Autumn (12 credits)
MFT 6100 Social Ecology of Family (3)
MFT 6200 History, Systems, and Christian Perspectives (3)
MFT 6300 Theories of MFT I (3)
MFT 6811 Ethical Issues and Crisis Intervention (2)
MFT 6933 Clinical Practicum (1)

Winter (11 credits)
MFT 6600 Psychopathology and Family Systems (3)
MFT 6301 Becoming a Systems Therapist (3)
MFT 6303 Theories of MFT II (3)
MFT 6934 Clinical Practicum II (2)

Spring (10 credits)
MFT 6220 Gender Perspectives and Family Therapy (2)
MFT 6620 Assessment and Testing in Family Therapy (3)
MFT 6810 Issues, Ethics, and Law (3)
MFT 6935 Clinical Practicum III (2)

Summer (8 credits)
MFT 6641 Treatment of Young Children and Families (1)
MFT 6642 Treatment of Adolescents and Families (1)
MFT 6643 Parenting and the Treatment of Families (1)
MFT 6936 Clinical Practicum IV (2)
MFT 6401 Group Therapy I (1)

Plus one of the following:
MFT 6310 Brief Family Therapy (2)
MFT 6340 Experiential Therapy (2)
MFT 6350 Narrative Family Therapy (2)
MFT 6360 Advanced Bowen Theory and Therapy (2)
MFT 6370 Internal Family Systems (2)

Year Two

Autumn (11 credits)
MFT 6210 Multicultural Issues in Family Therapy (3)
MFT 6610 Treatment of Abusive Systems (3)
MFT 6630 Psychopharmacology, Physiology, and Medical Issues (3)
MFT 6937 Clinical Practicum V (2)

Winter (10 credits)
MFT 6110 Human Sexuality (3)
MFT 6410 Treatment of Couples (3)
MFT 6700 Graduate Research I (3)
MFT 6938 Clinical Practicum VI (2)

Spring (8 credits)
MFT 6402 Group Therapy II (2)
MFT 6939 Clinical Practicum VII (2)
MFT 6710 Graduate Research II (1)

Plus one of the following:
An MFT elective of the student's choice (2)

Total Program Credits: 70

Classes typically meet 1:30–8:30 p.m., Mondays and Wednesdays (first year); Tuesdays and Thursdays (second year).

Core curriculum and electives are based on the AAMFT/COAMFTE competency-based training guidelines.

In addition to coursework, MFT internships take approximately 15–20 hours a week over the course of 18–21 months.

Full-time employment is discouraged for those who intend to pursue the two-year program, yet may be possible for those pursuing the three-year program. Part-time employment is most feasible.

Requirements For Admission

For admission to Seattle Pacific University's Marriage and Family Therapy program, please submit the following items:

- Online application ($50 fee)
- Official transcripts from each college/university attended (a minimum 3.0 undergraduate GPA is preferred for admission)
- Standardized test scores are optional. More information can be found on the application tab at **spu.edu/mft**.
- Three letters of recommendation
- Personal statement
- Résumé
- International students: In addition to the above items, please submit:
  - TOEFL score (preferred minimum 550 paper-based; 80 computer-based)
  - Official statement of financial support

Medical Family Therapy Certificate:
For admission to the Medical Family Therapy Certificate (MedFT) program, please visit **spu.edu/medft**.

For more information on the degree program, visit spu.edu/mft.

Spectacular natural beauty

combined with diverse cultural and professional opportunities enriches Seattle's reputation as a world-class city and one of the nation's best places to live.

Marriage and Family Therapy

Seattle Pacific University
School of Psychology, Family, and Community

spu.edu/mft

NATIONALLY ACCREDITED BY:

- Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), the MFT profession's primary accrediting organization for Marriage and Family Therapy (AAMFT) training programs
- Northwest Commission on Colleges and Universities

FOR ADMISSIONS INFORMATION:

Graduate Admissions
3307 Third Avenue West, Suite 320
Seattle, Washington 98119

206-281-2091
800-601-0603 toll-free

gradadmissions@spu.edu

SEATTLE PACIFIC UNIVERSITY

REV 01.30.25