Department of Family Relations & Applied Nutrition
University of Guelph

M.Sc. Program in Couple & Family Therapy

CFT Application Information Session 2015
AGENDA

- About the MSc.CFT program
- Admissions requirements and application
- Questions
Sept. 2016 – Aug. 2018 inclusive; 6 semesters with 2-week breaks between each

- **F’16** – coursework, explore topics for MRP or Thesis, GTA?
- **W’17** – begin to see clients/practicum, coursework, GTA?
- **S’17** – continue to see clients/practicum, coursework, MRP/Thesis proposal for committee approval, GTA?
- **F’17** – continue to see clients/practicum, coursework, write MRP or gather data for thesis, GTA?
- **W’18** – continue to see clients/practicum, coursework, (thesis students only, analysis of data), GTA?
- **S’18** – Externship (3-4 days/week), coursework, (thesis students only, writing final thesis and preparing for defence)
CLINICAL TRAINING

1st Sem.
- Introductory skill
- Observation of 2nd year interns’ client sessions,
- Role-play
- Self-reflection

4 Onsite Practica: 8-10 client sessions per week
- Preparation for sessions
- Indirect service: documentation, reports, fees
- Supervision: review video, prepare question and clip, provide feedback to colleagues (1-3 hrs/wk)

6th Sem. – Externship: 3-4 days per week
- Agency setting
- 3-4 days/week
- Within 1 hour drive (own transportation)
CLINICAL TRAINING

- 4 x 300 hour onsite practica
- 1 x 350-400 hour externship
- 500 direct client hours
  + At least 50% with couples or families
- Approx 150 hours supervision (AAMFT & CRPO)
- All onsite client work video-recorded or ‘live’ supervision and team consultation
Workplace setting with clients in building 4-5 days/evenings per week

Clinical training expectations: see clients Jan. ‘17 - Apr. ‘18 during ALL weeks except for 2 week breaks between semesters

Master’s level academic expectations – out of class preparation, reading, writing, research

Expect 60 hour work week throughout
SELF OF THERAPIST

- Personally and academically challenging learning context requires:
  - Self awareness
  - Personal boundaries
  - Ability to ask for and receive help and direction
  - External support network
  - Good work habits, self-care practices
EDUCATIONAL GOALS

EG 1 Theoretical Foundations
EG 2 Scientific Inquiry and Critical Evaluation
EG 3 Professionalism, Ethical Conduct, Accountability
EG 4 Social Context and Power Relations
EG 5 Clinical Application
MODELS OF THERAPY - PRACTICA

I: Dialogic – Collaborative Therapy
II: Solution – Focused Therapy
III: Narrative Therapy
IV: Emotionally – Focused Therapy
COURSES:

- Theories & Methods of CFT/Relational & Systemic Practice (3)
- Research Issues in CFT
- Clinical Issues (4)
- Professional Issues
- Diversity and Power Relations
- Sex Therapy
- Elective (Family Relations & Human Development)
- Thesis: Research Methods & Analysis (1-2 FRAN)
- 4 semester-long onsite practica, plus 1 externship
RESEARCH

- Faculty (see department website profiles)
  + Dr. Lynda M. Ashbourne
  + Dr. Ruthie Neustifter
  + Dr. Olga Sutherland
  + Dr. John Beaton

- Major Research Review Paper
  + Contribute to profession, publish on The Atrium

- Thesis
  + Qualitative or Quantitative Research project
ACCREDITATION AND PROVINCIAL REGULATION

- AAMFT internationally respected professional organization – FRAN MSc.CFT only accredited degree program in Canada
- College of Registered Psychotherapists of Ontario (CRPO)
  + Minimum standards for psychotherapy requirements will be met by FRAN MSc.CFT training
  + Expect program recognition from CRPO this fall (2015)
ADMISSION REQUIREMENTS AND APPLICATION PROCEDURES
<table>
<thead>
<tr>
<th>ADMISSION REQUIREMENTS MSc.CFT</th>
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<tr>
<td>Honours degree or equivalent</td>
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<td>75% average in the last 2 years of study</td>
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<tr>
<td>1 semester course in applied statistics with minimum 70%</td>
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<tr>
<td>1 semester course in social science research methods with minimum 70%</td>
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<tr>
<td>1 semester course in one of: family sociology/social psychology/family relations/family theory or communications</td>
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<td>1 additional semester course in one of: human development, child development, gerontology, or parent-child relations</td>
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<td>3 400-level (senior, fourth year) one semester courses</td>
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CALCULATING YOUR ADMISSION AVERAGE

- Last two years of full-time equivalent study (or 4 semesters of study)
- Interpreted as the last 20 semester courses
- We do not split a semester
- We will not consider any fewer than 16 credits
- You are asked to self-determine your average
HOW TO APPLY

- Review Admission Requirements, Overview of Application Process and Supplementary Materials Checklist for the program you are applying to on our website
- Complete the University of Guelph On-Line Application ($110)
- Assemble all supplementary documents
- Upload all required documents to WebAdvisor prior to the deadline date for your degree field

http://www.uoguelph.ca/family/how-apply
## Application Checklist – MSc.CFT

<table>
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<tr>
<th>Task</th>
<th>Due Date</th>
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<tr>
<td>Apply for External Awards (OGS, SSHRC, etc.) in fall prior to application (encouraged not required)</td>
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<tr>
<td>Complete online application form Office of Graduate Studies</td>
<td>NOV. 30, 2015</td>
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<td>Upload supplementary material</td>
<td>Dec. 14, 2015</td>
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<td>Supplemental Document (application cover page) complete and upload</td>
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<td>Official Transcript</td>
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<td>Two (2) Academic Letter of Reference (electronic – ensure proper email address)</td>
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<tr>
<td>One (1) Professional Letter of Reference (electronic – ensure proper email address)</td>
<td></td>
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<tr>
<td>3 pg Overview of Professional Experience and Plans</td>
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<tr>
<td>1-2 pg Statement of Academic/Research Intent (Thesis Appl ONLY - upload Writing Sample)</td>
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<tr>
<td>Curriculum Vitae – include all relevant research, volunteer, and employment experience (upload Resume/CV)</td>
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<tr>
<td>Upload all documents electronically to WebAdvisor</td>
<td>Dec. 14/2015</td>
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SUCCESSFUL APPLICATIONS

- Start early!
- Order your transcripts early (University of Guelph undergraduates do not need to order transcripts for University of Guelph programs)
- Order EDI transcripts from OUAC ($12 each from Canadian Universities)
WHAT HAPPENS NEXT?

- Early February – selection for interview
- Week of Feb. 15\textsuperscript{th} (tentative) half-day interviews
- Late Feb/early March – advised that department is recommending admission.
- MSc.CFT admission process also provides ‘wait list’ – usually 4-5 applicants designated for this.
- Late March/early April – formal offer of admission from Office of Graduate Studies.
- Late June/ early July – wait list ended.
QUESTIONS?