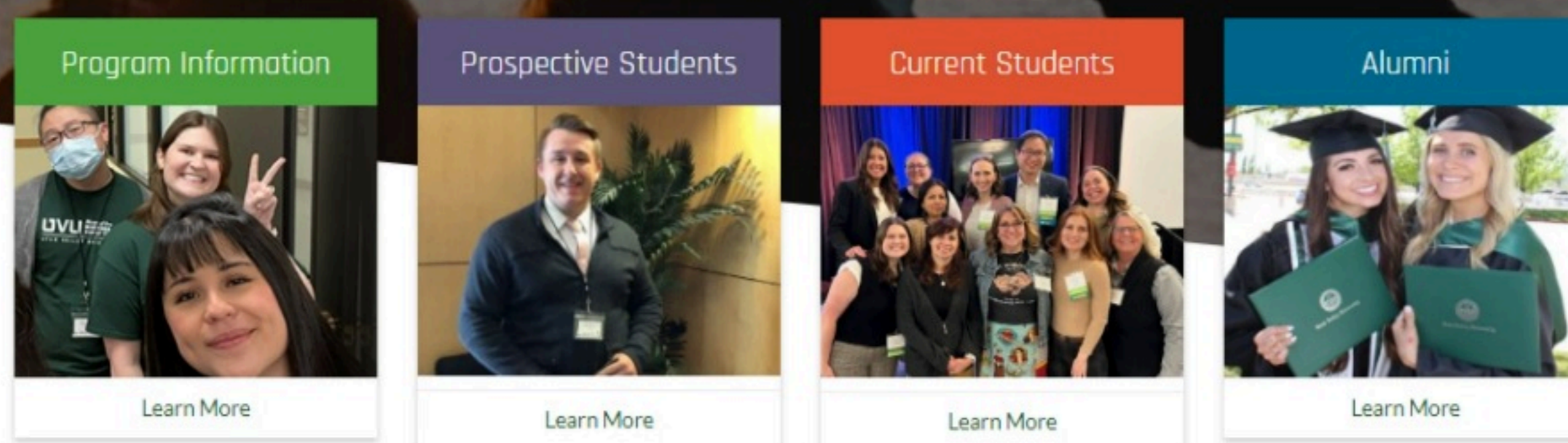


Master of Marriage and Family Therapy



Land Acknowledgment

Utah Valley University acknowledges that we gather on land sacred to all Indigenous people who came before us in this vast crossroads region. The University is committed to working in partnership—as enacted through education and community activities—with Utah’s Native Nations comprising the [San Juan Southern Paiute](#), [Paiute Indian Tribe of Utah](#), [Uintah & Ouray Reservation of the Northern Ute](#), [Skull Valley Goshute](#), [Confederated Tribes of the Goshute Reservation](#), [Northwestern Band of Shoshone Nation](#), [Hoop Tribe](#), [Navajo Nation](#), [Ute Mountain Ute-White Mesa Community](#), and urban Indian communities. We recognize these Native Nations and their continued connections with traditional homelands, mountains, rivers, and lakes as well as their sovereign relationships with state and federal governments. We honor their collective memory and continued physical and spiritual presence. We reverence their resilience and example in preserving their connections to the Creator and to all their relations, now and in the future.

Draft (11.1.2021)
UVU Land Acknowledgment Committee

Exceptional Care

In February 2022, the Russian government launched a full-scale invasion of Ukraine, a sovereign and independent nation. Our thoughts are with all Ukrainians impacted by this act of aggression who might now be in harm’s way and who might have to flee their homes to ensure their safety. These ongoing events might be especially traumatic for our Ukrainian and Russian students as well as all members of the campus community who have families and friends directly impacted by the armed conflict. Free therapy is available from the [UVU community clinic](#). Especially in trying times like this, let us embody UVU’s core value of [Exceptional Care](#) by offering compassion and support for one another, including all of our students, staff, and faculty who are impacted.

Program Description

The UVU Master in Marriage and Family Therapy (MFT) trains students to be professionally competent in the field of marriage and family therapy. Through the application of systemic theories, skills, and ethics, students are prepared to serve a diverse client population. Students who successfully complete the program, including academic course work and supervised clinical practica, are eligible for employment and licensure as an Associate Marriage and Family Therapist in the state of Utah. This program is offered in collaboration with the Behavioral Science Department and the family science undergraduate degree.

Program Mission

Across a broad range of clinical employment settings, marriage and family therapists seek to improve the quality of life for individuals, couples, and families. The UVU Marriage and Family Therapy program emphasizes professional competence and stewardship within the local community. With an emphasis on systemic theories, clinical skills and professional ethics, the MFT program prepares graduates for licensure and employment in marriage and family therapy. The training of marriage and family therapy students champions inclusion and diversity through self-awareness and respect toward all people.

APPLY TODAY



REQUEST INFO



GRADUATE ACHIEVEMENT DATA



Why choose Marriage and Family Therapy?

Marriage and Family Therapists provide therapy to individuals, couples, families, and groups. MFTs work in a variety of settings including outpatient and hospital sites, agencies, and private practice. Marriage and Family Therapy approaches treatment from a systems perspective, which means that these therapists view people and problems in context. MFTs seek to empower their clients by focusing on individual resiliencies and contextual resources. For more information about Marriage and Family Therapy, go to the [AMFT website](#) and click on Learn about MFTs.

In the [2019 U.S. News Best Job Rankings](#), Marriage and Family Therapists ranked #6 in Best Social Service Jobs and #75 in the top 100 Best Jobs list.

[According to Utah DWS Occupation Information](#), marriage and family therapists are “expected to experience much faster than average employment growth with a moderate volume of annual job openings. Business expansion, as opposed to the need for replacements, will provide the majority of job openings in the coming decade. Job prospects are expected to be good for marriage and family therapists, particularly in rural areas or other communities that are underserved by mental health practitioners.”

Additional Resources

- [Apply Today](#)
- [Academic Calendar](#)
- [Financial Aid office](#)
- [Graduate Policies](#)
- [Campus Map](#)
- [UVU Catalog](#)
- [Graduate Student Resources](#)

Why choose UVU?

The Utah Valley University mission is to prepare students for success in work and life through excellent and engaged teaching and scholarship. UVU prepares professionally competent people of integrity who, as lifelong learners and leaders, serve as stewards of a globally interdependent community. The UVU MFT program emphasizes clinical competence and ethical practice. This program prepares graduates for gainful employment and community service as marriage and family therapists.

Across a broad range of clinical employment settings, marriage and family therapists seek to improve the quality of life for individuals, couples, and families. The UVU Marriage and Family Therapy program emphasizes professional competence and stewardship within the local community. With an emphasis on systemic theories, clinical skills, and professional ethics, the MFT program prepares graduates for licensure and employment in marriage and family therapy. The training of marriage and family therapy students champions inclusion and diversity through self-awareness and respect toward all people.

Will the MFT Program at UVU meet the educational requirements for the professional credential in the state or US territory you might choose to live during or after completing your UVU degree? Visit the [UVU Professional Licensure](#) website to learn more. Also, take a look at the [Can I get licensed when I graduate?](#) FAQ on our [Program Information](#) page.



Diversity and Inclusion at Utah Valley University

MFT Program Commitment to Diversity, Equity, & Inclusion

We view diversity as a concept that describes a complex intersection of variables. To capture program diversity from a systemic perspective, we use the multidimensional ADDRESSING framework.

Hays, P. A. (2001). *Addressing Cultural Complexities in Practice: A Framework for Clinicians and Counselors*. Washington, D. C.: American Psychological Association
UVU MFT [Program Diversity Composition](#)

“At UVU, *include* is an action commitment that is a crucial part of our identity (<https://www.uvu.edu/inclusion/>.” MFT Faculty and students support the university’s commitment to exceptional care in inclusion. The MFT program champions inclusion by training students to competently serve diverse communities. We promote self-awareness and respect among students and faculty by striving to maintain a humble and curious interpersonal stance. We acknowledge the systemic challenges faced by marginalized populations and seek to open space for diverse perspectives and voices.

The title *Marriage & Family Therapist* is a legal designation protected by licensing laws and regulated by government agencies, like the Division of Occupational and Professional Licensing in Utah. Because of that, the program has chosen to align with this title and related terms in course descriptions and the name of the degree.

However, we want to emphasize that MFTs do not, by default, take a heteronormative approach to therapy. **We work with individuals, couples, and families who have diverse relationship commitments.**

MFT Non-Discrimination Policy. We do not discriminate on the basis of race, age, gender, ethnicity, sexual orientation, relationship status, gender identity, socioeconomic status, disability, health status, religious or spiritual belief, religious or spiritual affiliation, or national origin in any of our activities or policies relating to students, faculty, instructors, supervisors, and professional staff.

UVU & Inclusion

[UVU is committed](#) to preparing all students and employees for success in an increasingly complex, diverse, and globalized society. We promote civility and respect for the dignity and potential of each individual. We seek to advance the understanding of diverse perspectives. We value and promote collegial relationships and mutual respect among students, faculty, and staff. We acknowledge and seek to address the needs of populations who are underrepresented and students with varying levels of academic preparation, even as we strive to provide access and support for all students and employees in ways that are culturally relevant and responsible.



UVU’s Commitment to Diversity

One of the most important ways in ensuring students are successful is if the university environment is inclusive. Over the last several years, UVU has shown itself as a state and national leader in inclusion and diversity efforts, receiving national awards from the White House, Diversity MBA Magazine, and Minority Access Incorporated. As an institution, UVU has chosen to be proactive and far-reaching, raising and allocating almost 3.1 million dollars for its inclusion efforts. As one can find on the [inclusion site](#), UVU has 20+ centers, initiatives, and other resources to ensure that students feel like they are safe and championed while being a Wolverine. In addition, one can also find the current Strategic Inclusion Plan, which outlines a large portion of our inclusion efforts; and the annual reports, which highlight what has been accomplished and what is still being worked on.

Behavioral Science Department-Marriage and Family Therapy | (801) 863-9975 | Room EX-112A

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Prospective Students

The Admission Process Overview

- Application dates to apply for the 2024-2025 academic year -
 - The application dates to apply for the 2024-2025 academic year -- The application will open on Sept. 1, 2023 and will close on Dec. 1, 2023. PLEASE NOTE: all supplemental items, transcripts, and letters of recommendation must be submitted by the Dec. 1st deadline.
- The GRE is not required.
- Applicants will be notified by email if they are selected for an on-campus interview.
- Email invitations for interviews will be sent the end of January.
- Interviews for select candidates for Fall 2024, will be held in February 2024.
- Interviews will last several hours and will include but will not be limited to: Individual and group discussions and activities, and role plays.
- All applicants will be notified by email regarding final admission decisions by April 1.
- We understand that some applicants may need to respond to other program offers prior to this date. This year's admission process will be completed as quickly as possible, but not prior to the dates already indicated.
- Decisions will be sent by mail or email from the Graduate School. Please do not request early notification about admission decisions.
- Please note that we anticipate having more applicants than available placements in the MFT program. Submitting an application will not guarantee placement in the MFT program.
- In our review of applicants, the MFT program does not discriminate on the basis of race, age, gender, ethnicity, sexual orientation, relationship status, gender identity, socioeconomic status, disability, health status, religious or spiritual belief, religious or spiritual affiliation, or national origin. (See FAQ re UVU applicant pool) <https://www.uvu.edu/legal/non-discrimination.html>

Additional Resources

- [Financial Aid office](#)
- [Graduate Policies](#)
- [Campus Map](#)
- [Apply Now](#)



How to Apply

To apply to the MFT program, submit a completed application to the UVU Recruit system by clicking on [Apply Now](#).

- Please Note: There is a \$50 non-refundable application fee

A complete MFT application includes the following items:

- UVU required demographic information including educational history
- Transcripts demonstrating in-progress or completion of a Bachelor's degree from a regionally accredited university.
- MFT Supplemental Items, which include a curriculum vita (CV), CV Statement, Essay, Licensure Statement, and three Letters of Recommendation. These items are described in more detail below.

MFT Curriculum Vita:

Applicants need to submit a copy of their current Curriculum Vita (CV). The CV should include:

- Educational and practical experiences related to professional helping. These experiences could include things like psychoeducation, mentoring, or volunteer work with vulnerable populations.
- Specific experiences, skills, and/or preparation that demonstrate a commitment to working with diverse populations.

MFT Curriculum Vita Statement:

Applicants need to submit a 1-2 page explanation of experiences listed on the CV. This Statement should address each of the following areas:

- Work and professional experiences that led to an interest in MFT
- Skills gained that will lead to success as a student in MFT
- Interactions with diverse populations that created a foundation for training in MFT.
- Specific interest in MFT at UVU.

MFT Essay:

Applicants need to submit a 2-3 page essay that addresses future career plans for marriage and family therapy. This essay should address each of the following areas:

- Potential biases that may affect your work with diverse populations.
- How biases will be addressed so that you will be ready to work with all clients.
- What will professional and clinical competence look like for you as an MFT
- What clinical population you hope to work with after graduation

MFT Licensure:

Applicants need to submit a 1-page statement that indicates an understanding of MFT licensing requirements in Utah (and any other state the applicant anticipates working in the future). This statement should include:

- Demonstration of understanding the licensure process and application, post-graduate supervision, and exam requirements

Letters of Recommendation:

Applicants need to submit 3 letters of recommendation, at least 2 of which should be from individuals who are capable of describing the applicant's educational ability.

- Applicants will submit Recommender Names and Email Addresses.
- Recommenders will be asked to indicate their relationship to the applicant. Recommenders will be asked specific questions about the applicant's academic readiness for an MFT program, ethical behavior, interpersonal skills, and potential to work with diverse clients. Recommenders may also attach a letter in .pdf or .docx format.

Frequently Asked Questions About Applying to the UVU MFT Program

What is the required GPA?	+
Are there prerequisite courses?	+
Is there a required undergraduate major?	+
Is the GRE required?	+
What if I have been out of school for a while?	+
How many letters of recommendation will I need?	+
What does the typical UVU applicant pool look like?	+
Can I transfer into this program from another graduate program?	+

Things to Consider Before you Apply

Accreditation

We value COAMFTE accreditation and hope to be accredited in the future. The UVU MFT program plans to seek accreditation as soon as the program is eligible and ready to do so. However, we can't guarantee programmatic accreditation decisions or timing because those processes are outside of our control.

While accreditation can expedite the licensing process, it is not necessary to graduate from an accredited program to obtain an MFT License in Utah.

To support our graduates in becoming licensed as MFTs in Utah, the UVU program curriculum and clinical hour requirements align with the educational requirements established in the Marriage and Family Therapist Licensing Act Rule, [R156-60b](#).

MFT Degree Portability Acknowledgment Form

Each state's professional licensing board establishes minimum education and experience expectations, which a program or graduate must meet to establish eligibility for a license in that state. Each state's licensing requirements are unique to that state; some states have similar requirements and other states vary greatly.

The UVU MFT Program is designed only to meet education and experience requirements for [provisional licensure](#) in Utah. Any applicant intending to pursue licensure in a state other than Utah should note that the licensing process in another state could require additional coursework and/or clinical hours. It is each applicant's responsibility to compare licensing requirements in the state they wish to pursue a license to the courses offered and hours required by the UVU MFT program.

Acknowledgment. If you are admitted to an upcoming MFT cohort, you will be asked to sign and return this [Degree Portability Acknowledgment Form](#).

Because we are in the process of pursuing initial accreditation as a program, we are actively seeking to align with the accreditation standards published on the COAMFTE website: www.coamfte.org. One of the standards requires that all programs provide "evidence that before students begin their program of study, students acknowledge in writing they have been informed and are aware that licensing regulations may differ across states and provinces." To be compliant with that requirement, we have attached the acknowledgment form that we ask candidates to sign before they are enrolled in the MFT program.

For further clarification of program policies, we strongly encourage all candidates to read the [MFT Program Handbook](#) and [MFT Practicum Handbook](#) prior to applying to the program.

Personal Disposition

Most family therapy training programs employ both didactic and experiential teaching methods. In addition to supervised practice, experiential methods frequently include asking students to attend personal therapy, and to explore their family of origin, personal biases, and emotional reactions. It is not uncommon for faculty and supervisors to challenge a student's thinking process, emotional reactivity, or professionalism. Although the MFT faculty do not intentionally attempt to provoke emotional reactions from students, it is important for students to understand that there may be times throughout the program when they feel emotionally vulnerable.

One ongoing aspect of the program's evaluation of student readiness for clinical work is that of professional disposition. Students are assessed on their professional attitudes and beliefs, and their receptiveness to feedback and challenges. Including how students demonstrate these through verbal and non-verbal behaviors. These behaviors are subject to ongoing evaluation as part of the student's professional temperament.

Faculty members and supervisors are professional gatekeepers, who have an ethical responsibility to ensure that students, trainees, and supervisees are both academically and personally or emotionally prepared to remain helpful during intense clinical situations and crises. A student who is uncomfortable with being challenged or who expects to experience emotional safety in every aspect of the program should not enroll in the UVU MFT program.

Students should note that they may face remediation processes, which could result in dismissal from the program, for personal behavior that does not meet program standards.



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