


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 helped mold the clinician and person I am today.**

I learned to provide therapy through a systemic lens, while faculty and alumni connections have enabled me to grow my practice.”

*Spencer Fox, MS '16, LMFTA  
Licensed Marriage and Family  
Therapist Associate  
Seattle Christian Counseling*

*(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 (MedFT) that can be incorporated into the standard MFT curriculum. Students in the MedFT certificate track enroll in a two-year course sequence that includes six additional seminar courses and a second practicum experience in an outpatient medical setting.

The MedFT certificate prepares graduates to serve as state-certified/licensed psychologists, marriage and family therapists, mental health counselors, and social workers. Upon completion of the certificate, they are equipped to provide medical family therapy in out-patient

medical clinics, and in-patient hospital and hospice settings.

The MedFT certificate prepares graduates to provide psychosocial and spiritual services in a health care environment to those suffering with illness. 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, Assistant 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**

*Assistant 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, Assistant 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](http://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

<b>Autumn</b>	(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 I (1)
<b>Winter</b>	(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)
<b>Spring</b>	(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)
<b>Summer</b>	(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

<b>Autumn</b>	(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)
<b>Winter</b>	(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)
<b>Spring</b>	(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](http://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](http://spu.edu/medft).

For more information on the degree program, visit [spu.edu/mft](http://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](http://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 (AMFT) 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](mailto:gradadmissions@spu.edu)

  
**SEATTLE PACIFIC**  
UNIVERSITY