

MFT 5357-110 Common Factors in Marriage and Family Therapy**Fall 2023 Wednesday 11:00am-1:45pm Warrior Hall 314****Texas A&M University – Central Texas****Instructor:** James Kelly Barnett, Ph.D. LMFT-S, LPC-S**Office:** Warrior Hall 318**Email:** JKBarnett@tamuct.edu**Phone:** mobile 512-948-9898**Office Hours:** contact via email for an appointment

Student-Instructor interaction: I check emails daily. Please contact me via email or mobile number 512-948-9898. Leave a message and/or send text. You may expect a response within one working day.

Method of Instruction and Course Access: This course meets face-to-face in Warrior Hall 314 with supplemental materials made available online through the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Class Decorum: The class environment will be conducive to increasing your knowledge while promoting self-discovery and personal growth. I expect students to be respectful of others.

Emergency Warning System for Texas A&M University-Central Texas:

SAFEZONE. SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts.

Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app. You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the SafeZone website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 easy steps:

1. Download the SafeZone App from your phone store using the link below:

iPhone/iPad: [<https://apps.apple.com/app/safezone/id533054756>]

Android Phone / Tablet

[<https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp>]

2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)

3. Complete your profile and accept the terms of service

For updates on COVID information, please monitor the University website

[<https://www.tamuct.edu/covid19/>]

COURSE INFORMATION

Course Overview and Description: This course will address factors common to all approaches of marriage and family therapy. Common factors specific to relational therapy include conceptualizing difficulties in relational terms, disrupting dysfunctional relational patterns, expanding the direct treatment system, and expanding the therapeutic alliance. Common factors of psychotherapy including the therapeutic relationship, client factors, and hope/expectancy will be explored and implications for clinical practice will be discussed.

Student Learning Outcomes –

(SLO-2) – Students will demonstrate basic and systemic therapeutic techniques.

(SLO-3) – Students will assess how contextual issues affect individual lives and relational dynamics.

(SLO-4) – Students will demonstrate knowledge and practice consistent with the AAMFT Code of Ethics, formulate and execute treatment plans based on individual issues, relational dynamics, and contextual issues.

(SLO-7) – Students will demonstrate knowledge of current trends and research methods in the field of marriage and family therapy.

Course Learning Outcomes:

1. Establish and maintain appropriate and productive therapeutic alliances with clients. (SLO-2), (SLO-7)
2. Solicit and use client feedback throughout the therapeutic process. (SLO-3), (SLO-4)
3. Identify clients' strengths, resilience, and resources. (SLO-3)
4. Evaluate progress of sessions toward treatment goals. (SLO-4)
5. Recognize when treatment goals and plan require modification. (SLO-4)

6. Evaluate clients' reactions or responses to interventions. (SLO-2)

This course is designed to meet COAMFTE Developmental Competency Components:

- Knowledge of the MFT profession
- Practice of relational/systemic therapy as a qualified behavioral/mental health provider
- Commitment to ethical practice through ethical codes of the MFT profession and pertinent regulatory bodies
- Awareness, knowledge, and skill to responsibly serve diverse communities
- Development and application of research to further the knowledge and practice of the MFT profession

Required Reading Readings and articles in this course reflect diverse perspectives and social identities including those of marginalized groups in an effort to provide a full spectrum of understanding of common factors in marriage and family therapy and their application to underserved populations.

Karam, Eli and Blow, Adrian. *Bringing Common Factors to Life in Couple and Family Therapy*. (2023). Routledge. New York

Bailey, Russell and Ogles, Benjamin M. *Common Factors Therapy*. (2023). American Psychological Association. Washington DC

Suggested Reading

Sprenkle, Davis & Lebow. *Common factors in couple and family therapy*. (2009). The Guilford Press

Woolfolk, R.L. *The value of psychotherapy* (2015). The Guilford Press

Required Articles

D'Aniello, C., & Fife, S. T. (2020). A 20-Year Review of Common Factors Research in Marriage and Family Therapy: A Mixed Methods Content Analysis. *Journal of Marital & Family Therapy*, 46(4), 701–718. <https://doi-org.tamuct.idm.oclc.org/10.1111/jmft.12427>

Egeli, N. A., Brar, N., Larsen, D., & Yohani, S. (2014). Couples' experiences of hope when participating in reflecting team process: A case study. *Contemporary Family Therapy*, 36, 93-107.

Fife, S. T., Whiting, J. B., Bradford, K., & Davis, S. (2014). The therapeutic pyramid: A common factors synthesis of techniques, alliance, and way of being. *Journal of Marital and Family Therapy*, 40, 20-33.

Fraser, J. S., Solovey, A. D., & Grove, D., Lee, M. Y., & Greene, G. J. (2012). Integrative families and systems treatment: A middle path toward integrating common and specific factors in evidence-based family therapy. *Journal of Marital and Family Therapy*, 38, 515-528.

Laska, K. M. & Wampold, B. E. (2014). Ten things to remember about common factor theory. *Psychotherapy*, 51, 519-524.

Lazloffy, T.A. (2000). The implications of client satisfaction feedback for beginning family therapists: Back to basics. *Journal of Marital and Family Therapy*

Sprenkle, D. H. & Blow, A. J. (2004). Common factors and our sacred models. *Journal of Marital and Family Therapy*, 30, 113-129.

Thomas, M. L. (2006). The contributing factors of change in a therapeutic process. *Contemporary Family Therapy*, 28, 201-210.

Ward, M. R., L. D. C., & Rosen, K. H. (2007). Clients' perceptions of the therapeutic process. *Journal of Couple and Relationship Therapy*. 6, 25-43.

Assignments: All writing submitted to the professor should be a final draft, free of spelling, grammatical, stylistic, and typographical errors. Students are encouraged to allow ample time for writing, keeping in mind the frequency of computer glitches. It is expected that you put forth effort in writing your paper. If you choose not to put in effort and plagiarize material from other sources, you will either receive an F for the assignment or the course. You may also be reported to the Office of Student Conduct for Academic Dishonesty. Please see the Academic Integrity policy.

Quizzes (20 points) each class meeting via Canvas. Questions are based on the assigned reading.

Exams: (40 points each) Mid-term and Final

Research and Application Paper (40 points): Students will apply knowledge of common factors to a chosen couple/family therapy model/theory such as Emotionally Focused Therapy, Cognitive Behavioral Couple Therapy, Gottman, or other. A minimum of 5 journal articles and 5 texts must be included in paper and in the resources cited page. This finished product will be worth 40 points. NOTE: This paper should be approximately 12 pages in length. All papers are to be typed, double-spaced, using Times New Roman (12 point) with one-inch margins. One page is composed of print on the entire page. Significant consideration should be given to

neatness, grammatical correctness, style and readability, promptness, and content. Each of these is a component of your evaluation on every project. Use the APA Manual 6th edition for guidance.

Grading Rubric for Research Paper (40 points)

Criteria	Inadequate performance	Adequate but lacking some elements	Excellent work
Scholarly use of peer-reviewed journal articles and texts.	0-1 points	2-3 points	4-5 points
Introduction and Literature review clearly identify the topic to be researched.	0-1	2-3	4-5
Follows APA guidelines of organization, writing style, minimal errors, etc.	0-1	2-8	9-10
Clearly and accurately applies common factors to chosen theory	0-1	2-10	11-15
Conclusion clearly summarizes study and presents possibilities for further research.	0-1	2-3	4-5

Grading Criteria

Research Paper	40 points
Daily Quiz	20 points
Mid-term exam	20 points
Final Exam	20 points
Total	100 points

Letter Grade = Points

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 59 and below

Grades will be posted on Canvas

COURSE OUTLINE AND CALENDAR

Date	Topic	Assigned Readings	Assignment Due
Week 1 - Aug 30	Introduction to course	Bringing CF to Life (BCFL) ch 1	Quiz on reading
Week 2 - Sep 6	Change	Thomas, 2006.	Quiz
Week 3 - Sep 13 (Online)	Change	BCFL ch 2 Lazloffy, 2000 BCFL ch 3 Sprenkle, 2004	Quiz
Week 4 - Sep 20	Relational common factors	Common Factors Therapy (CFT) introduction Ward, 2007	Quiz
Week 5 - Sep 27	Therapeutic Relationship	CFT ch 2	Quiz

Week 6 – Oct 4 (Online)	Motivation for change	Laska, 2014 CFT ch 3	Quiz
Week 7 - Oct 11 (online)	Corrective Experiencing	Egeli, 2014 CFT ch 4	Quiz
Week 8 - Oct 18	Insight	Fife, 2014 CFT ch 5	Quiz
Week 9 - Oct 25	Self-Efficacy	Fraser, 2012 CFT ch 6	Mid-term exam
Week 10 – Nov 1	20-year review of CF research	D’Aniello, 2020 TBD	Quiz
Week 11 - Nov 8	Relational common factors and therapy model	BCFL ch 4 and 5	Quiz
Week 12 - Nov 15	Client and Contextual Factors	BCFL ch 6 and 7	Quiz
Week 13 - Nov 22	Thanksgiving Holiday	none	Quiz Research Paper Due: 11/25
Week 14 – Nov29	The Therapist and Client Relationship	BCFL ch 8 and 9	Quiz
Week 15 - Dec 6	Feedback from clients and supervisors	BCFL ch 10 and 11	Quiz
Week 16 - Dec 13			Final exam

Please check the TAMUCT calendar <https://www.tamuct.edu/registrar/academic-calendar.html> Course schedule may be changed. Students will receive an updated of changes via Canvas

Technology Requirements This course will use the A&M-Central Texas Instructure Canvas learning management system. We strongly recommend the latest versions of Chrome, Firefox, Edge, or Safari browsers. Canvas will run on Windows, Mac, Linus, iOS, android, or any other device with a modern web browser. Canvas no longer supports any version of Internet Explorer. Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>] by clicking on the “TAMUCT Online Canvas” tile. You will then log in through our Microsoft portal. Username: Your MyCT email address. Password: Your MyCT password

Canvas Support Use the Canvas Help tab, located at the bottom of the left-hand menu, for issues with Canvas. You can search the support articles or use the Email, Call, or Chat buttons at the bottom of the support pop-up to contact the Canvas Help Desk. For issues related to course content and requirements, contact your instructor.

Online Proctored Testing Texas A&M University-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio requires use of the Chrome web browser with their custom plug in installed.

Other Technology Support

For log-in problems, students should contact Help Desk Central, 24 hours day, 7 days a week. Email: helpdesk@tamuc.edu Phone: (254) 519-5466 Web Chat: [<http://hdc.tamuc.edu>] Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Warrior Center for Student Success The Warrior Center for Student Success is a comprehensive academic support department at A&M-Central Texas, dedicated to fostering an environment of excellence and empowerment among its student body. The center offers a wide range of programs and services to ensure every student reaches their full potential, and is a haven for students seeking guidance, resources, and a strong support network to excel in their educational journey.

ADA Access and Accommodations: Texas A&M University-Central Texas ensures that students with disabilities have equal access to educational opportunities by providing appropriate accommodations and support services. If you believe you have a physical, learning or socio-emotional disability requiring reasonable accommodations, please visit Access and Inclusion [<https://www.tamuct.edu/student-affairs/access-inclusion.html>] for more details or contact the Office of Access and Inclusion, WH-212; (254) 501-5836. Any information you provide is private and confidential.

Success Coaching and Peer Mentoring: Our experienced Success Coaches work one-on-one with students to develop personalized action plans, set academic goals, and build effective study strategies, time management skills, and resilience. Our Peer Mentors provide a valuable support system, offering guidance, encouragement, and a relatable perspective to help students navigate their academic and personal challenges. For more details call 254-501-5836 or 254-501-5928 or visit Academic Support [<https://www.tamuct.edu/student-affairs/academic-support.html>]. Click the link to schedule a session (virtual or in-person) with a success coach bit.ly/3q7uB50 or visit WH, 111.

Testing Services: We offer a secure and comfortable environment for students and members of the community to take courses and distance learning exams, as well as placement tests and professional certification exams. Our Testing Service also offers resources and support referrals for testing related challenges (test anxiety, learning disabilities, etc.) and supports all approved ADA accommodations. Call (254) 519-5830 or visit the Testing Center [<https://www.tamuct.edu/testing-center/>].

Tutoring and Supplemental Instruction Services: Our team of qualified Tutors and Supplemental Instructors assist students in various non-writing subjects, promoting academic comprehension and enhancing learning outcomes. Click the link to schedule a tutoring session with a TAMUCT tutor (virtual or in-person) or view tutor availability bit.ly/43Q6wNz. You may also chat live with a remote tutor 24/7 for a variety of subjects through our partnership with Tutor.com, an online tutoring platform that is free to all TAMUCT students. To learn more please visit Tutoring Services [<https://www.tamuct.edu/student-affairs/academic-support.html#tutoring>] or call (254) 501-5836 or visit the Tutoring Hub in Warrior Hall, 111.

Academic Integrity Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Student Conduct Office. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the student conduct process, [<https://www.tamuct.edu/student-affairs/student-conduct.html>]. If you know of potential honor violations by other students, you may submit a referral, [<https://cm.maxient.com/reporting.php?TAMUCentralTexas>].

Drop Policy

If you discover that you need to drop this class, you must complete the Drop Request Dynamic Form through Warrior Web. [<https://federation.ngwebsolutions.com/sp/startSSO.ping?PartnerIdpId=https://eis-prod.ec.tamuct.edu:443/samlssso&SpSessionAuthnAdapterId=tamuctDF&TargetResource=https%3a%2f%2fdynamicforms.ngwebsolutions.com%2fSubmit%2fStart%2f53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Records and Admissions Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Records and Admissions Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Records and Admissions Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Pregnant and/or Parenting Students Rights and Accommodations Texas A&M University-Central Texas supports students who are pregnant, experiencing pregnancy-related conditions, and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Associate Dean in the Division of Student Affairs, (254) 501-5909, can assist students who are pregnant, experiencing pregnancy-related conditions, and/or parenting by provide flexible and individualized reasonable accommodations. Students should seek out assistance as early in the pregnancy as possible through the Pregnancy & Parenting webpage [<https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html>]. For more information, please visit Student Affairs [<https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html>]. If you would like to read more about these requirements and guidelines online, please visit the website

[<http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf>].

Title IX of the Education Amendments Act of 1972 specifically prohibits discrimination against a student based on pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery

from any of these conditions [<https://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.html>].

Students experiencing any form of discrimination due to any of these conditions are encouraged to reach out to the Title IX Coordinator, 254.519.5716, titleix@tamuct.edu,

Founders Hall 317B, or the Associate Dean of Student Affairs, 254.501.5909, Warrior Hall 105.

Title IX Rights and Reporting Responsibilities Texas A&M University-Central Texas is committed to creating a safe and open learning environment for all students. If you or another student has experienced any form of gender discrimination or sexual misconduct, including sexual harassment, sexual assault, dating/domestic violence, and/or sex-based stalking, help and support are available. Our university strongly encourages all members of our campus community to report incidents and seek support for gender discrimination and sexual misconduct through the Title IX Office. You may contact the Title IX Office at 254.519.5716, titleix@tamuct.edu, Founders Hall 317B, or learn more by visiting the Title IX webpage [<https://www.tamuct.edu/compliance/titleix.html>].

Please be aware that that under Title IX, Texas Senate Bill 212, and System Regulation 08.01.01,

[<https://policies.tamus.edu/08-01-01.pdf>] all university employees are mandated reporters and

are required to disclose information about suspected or alleged violations as listed above and

defined in System Regulation 08.01.01. If the Title IX Office receives information about an

incident, they will reach out to offer information about resources, rights, and procedural

options as a member of the campus community. Although I have an obligation to report, you

will, in most cases, control how your case will be handled. When working with the Title IX Office you will have access to resources and accommodations but also have the opportunity to

express if you wish to move forward with an investigation. Our goal is to make sure you are

aware of the options available to you as a student. Community members are not required to

respond to this outreach. If you or another student wishes to speak to a confidential employee who does not have this reporting responsibility, you can contact the Student Wellness & Counseling Center, [<https://www.tamuct.edu/student-affairs/student-counseling.html>],

254.501.5955, or swacc@tamuct.edu, located in Warrior Hall Room 207L or the Student

Support Advocate, 254.501.5978 or ssa@tamuct.edu, located in founder Hall Room 317D.

University Library & Archives The University Library & Archives provides many services in support of research across campus and at a distance. We offer over 350 electronic databases containing approximately 1,203,947 eBooks and 134,750 journals, in addition to the 96,879 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library.

[<https://tamuct.libcal.com/appointments>]. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments. Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group workspaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our Library website [<https://tamuct.libguides.com/index>]

University Writing Center Located in Warrior Hall 416 and online, the University Writing Center (UWC) at Texas A&M

University–Central Texas (A&M–Central Texas) is a free service open to all A&M–Central Texas students. The face-to-face hours of operation are from 10:00 a.m.-5:00 p.m. Monday and Thursday in Warrior Hall 416. Online tutoring is available Monday thru Thursday from 10:00 a.m.-5:00 p.m. and from 6:00-9:00 p.m. and on Saturdays from 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WOnline [<https://tamuct.mywconline.com/>]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

OTHER POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the Title IX webpage [<https://www.tamuct.edu/compliance/titleix.html>].

Behavioral Intervention Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the referral online [<https://cm.maxient.com/reporting.php?TAMUCentralTexas>].

Anonymous referrals are accepted. Please see the Behavioral Intervention Team website for more information [<https://www.tamuct.edu/bit>]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.

Appendix

MFT Program Mission The mission of the Marriage and Family Therapy program is to train couple and family therapists to demonstrate clinical excellence through the mastery of the MFT core competencies, the practice of personal knowledge and professional integrity, and compassionate and collaborative service to distressed and/or underserved individuals, couples, and families in the broader Central Texas area.

MFT Program Goals

- **Community:** The program will deploy students to compassionately serve diverse and distressed families in the Central Texas region through The Community Counseling and Family Therapy Center, as well as its practicum site partners
- **Practice:** The program will create a brand of clinical excellence whereby its students are known for self-knowledge, integrity, professionalism, and effectiveness consistent with the AAMFT Code of Ethics.
- **Diversity:** The program will provide experiences that will allow its students and graduates to develop critical consciousness and a systemic framework necessary to serve diverse families in the Central Texas region and across the globe.
- **Scholarship:** The program will provide students with the skills to obtain relevant information and trends in MFT research.

MFT Student Learning Outcomes

- ***SLO-1:*** Students will demonstrate knowledge and appropriate application of classical and postmodern MFT theories.
- ***SLO-2:*** Students will demonstrate basic and systemic therapeutic techniques.
- ***SLO-3:*** Students will assess how contextual issues affect individual lives and relational dynamics.
- ***SLO-4:*** Students will demonstrate practice consistent with the AAMFT Code of Ethics, formulate and execute treatment plans based on individual issues, relational dynamics, and contextual issues.
- ***SLO-5:*** Students will assess the influence of their social location and personal experiences on the conceptualization and intervention of cases.
- ***SLO-6:*** Students will develop collaborative relationships with other mental health professionals and agencies within the local community.
- ***SLO-7:*** Students will demonstrate knowledge of current trends and research methods in the field of marriage and family therapy.

COAMFTE Developmental Competency Components

Standards Version 12.5 identifies five COAMFTE Developmental Competency Components:

- Knowledge of the MFT profession
- Practice of relational/systemic therapy as a qualified behavioral/mental health provider
- Commitment to ethical practice through ethical codes of the MFT profession and pertinent regulatory bodies
- Awareness, knowledge and skill to responsibly serve diverse communities
- Development and application of research to further the knowledge and practice of the MFT profession