

RELATIONAL AND PSYCHOTHERAPY TRAINING

The Department of Family Relations and Applied Nutrition offers a suite of three distinct master's programs known collectively as the Relational and Psychotherapy Training Program (RPTP). While all three degrees, described below, are distinct, they share core academic courses.

The **Master of Relational and Family Therapy (MRFT)** program is an integrated and continuous full-time course of study over six semesters (24 months) beginning in May of each year that provides an immersive course of study of integrated clinical practice in relational systemic family therapy. The course of study offers theory, knowledge, and ideas related to research, social-cultural attunement, sexuality, trauma, and mental health. The MRFT program values and recognizes individual dignity; respects the unique values and goals of each individual and family; embraces inclusivity with respect to race, culture, class, gender, sexual identity, religion, ethnicity, and other social locations; and emphasizes growth, development, and situational change. We teach and practice strength-based perspectives that respect the diverse experiences and diverse communities of both students and clients. The MRFT program is grounded in a relational and systemic perspective, with major emphasis on the clinical training given to selected post-modern and foundational therapy models (including, but not limited to, Dialogic-Collaborative Language Systems Therapy, Solution Focused Therapy, Narrative Therapy, and Integrative Practice).

Students in the MRFT program simultaneously participate in theory, clinical knowledge, and practicum courses over the two-year course of study. Students complete six semesters of practicum/clinical skills training and supervision at the on-site Maplewoods Centre for Family Therapy and Child Psychology, which is an interdisciplinary mental health clinic open to the public and university community members. The MRFT Program is a recognized education, training and clinical experience program with the CRPO and provisionally accredited by the Canadian Association for Marriage and Family Therapy.

The **Master of Psychotherapy (MP)** program is an integrated and continuous full-time course of study over six semesters (24 months) beginning in May of each year that provides an immersive course of study in integrated clinical practice of psychotherapy. The course of study offers theory, knowledge, and ideas related to research, social-cultural attunement, sexuality, trauma, and mental health. The MP program values and recognizes individual dignity; respects the unique values and goals of each individual and family; embraces inclusivity with respect to race, culture, class, gender, sexual identity, religion, ethnicity, and other social locations; and emphasizes growth, development, and situational change. We teach and practice strength-based and traditional psychotherapy perspectives that respect the diverse experiences and diverse communities of both students and clients. The MP program is grounded in psychotherapeutic practices and influenced by systemic relational perspectives, with a major emphasis on the clinical training of advanced interview skills and select foundational post-modern therapy models (including but not limited to Dialogic-Collaborative Language Systems Therapy, Solution Focused Therapy, and Narrative Therapy).

Students in the MP program simultaneously participate in theory, clinical knowledge, and practicum courses over the two-year course of study. Over the course of six semesters students undertake clinical skills training; complete three clinical practica; including two semesters of supervised internships at the on-site Maplewoods Centre for Family

Therapy and Child Psychology, which is an interdisciplinary mental health clinic open to the public and university community members; and a one-year supervised clinical externship in a community-based setting. The MP program is a recognized education, training, and clinical experience program with the CRPO.

The **Master of Arts (MA) in Mental Health** is an exclusively online degree program that offers multiple and flexible pathways for admission and completion. The program may take between 16 and 24 months to complete and is a course-based and non-clinical study of mental health and psychotherapeutic ideas. The course of study offers theory, knowledge, and ideas related to research, social-cultural attunement, sexuality, trauma, mental health, and social policy. The MA program values and recognizes individual dignity; respects the unique values and goals of each individual and family; embraces inclusivity with respect to race, culture, class, gender, sexual identity, religion, ethnicity, and other social locations; and emphasizes growth, development, and situational change. We teach strength-based perspectives that respect diverse experiences and diverse communities. The MA program is theoretically grounded in psychotherapeutic ideas and influenced by systemic relational perspectives. Students use a capstone course and course in social policy to help shape ideas learned in the program to influence workplace policies; or develop programming related to improving mental health in a variety of contexts. Students receive a grounded understanding of the theoretical components to select foundational post-modern and behavioural therapy models (which may include Dialogic-Collaborative Language Systems Therapy, Solution Focused Therapy, Narrative Therapy, Cognitive Behavioural or Dialectical Behavioural Therapy). Other than the capstone course, which must be taken in the final two semesters of study, there is no order to which the remaining courses must be taken, and students may enter the program in any semester.

Administrative Staff

Chair

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Graduate Faculty

This list may include Regular Graduate Faculty, Associated Graduate Faculty and/or Graduate Faculty from other universities.

John M. Beaton

BA Wilfrid Laurier, M.Div. Tyndale Theological Seminary, M.Sc. Guelph, PhD Minnesota - Associate Professor
Graduate Faculty

Tuuli M. Kukkonen

BA Concordia, PhD McGill - Associate Professor
Graduate Faculty

Robin R. Milhausen

BA, M.Sc. Guelph, PhD Indiana - Professor
Graduate Faculty

Orion (Ruth) Neustifter

BA Syracuse, MSSW-MFT Louisville, PhD Georgia - Associate Professor
Graduate Faculty

MA Program

Admission Requirements

Applicants to the Master of Arts in Mental Health are required to have completed an honours (four-year) baccalaureate degree with a minimum 75% average in the last two years of study and a minimum 70% average in social science or equivalent research methods. Requirements may be in progress at the time of application. The applicant process is competitive, and all applicants will be required to provide a letter of interest.

Learning Outcomes

Graduates of the Master of Arts in Mental Health will:

1. Systemic Relational Praxis
 - i. Understand and apply systemic-relational perspectives and theories across all professional activities.
 - ii. Critically examine Relational and Family Therapy (RFT) literature and research, and knowledge of the CAMFT/ACTCF Code of Ethics.
 - iii. Demonstrate understanding of how Systemic-Relational Praxis is related to Integrated Reflexivity and Attunement to Social Cultural Contexts.
2. Integrated Reflexivity
 - i. Engage in reflexivity to grow awareness of one's own processes and experiences and how these may facilitate and constrain interpersonal interactions.
 - ii. Recognize and take responsibility for, and systemically-relationally manage the ways that they are activated in professional relationships.
 - iii. Demonstrate understanding of how Integrated Reflexivity is related to Systemic Relational Praxis and Attunement to Social Cultural Contexts.
3. Attunement to Social Cultural Contexts
 - i. Demonstrate understanding and awareness of social justice frameworks that actively seek and value diverse perspectives.
 - ii. Critically analyze and demonstrate an understanding of the effects of colonization, intersectionality, power dynamics, diversity, oppression, and social locations in the context of professional conversations and relationships.
 - iii. Demonstrate understanding of how Attunement to Social Cultural Contexts is related to Integrated Reflexivity and Systemic Relational Praxis.
4. Foundations
 - i. Integrate knowledge of human development and relationships across the life span and the significance of contextual factors such as spiritual, moral, social, emotional, cognitive, behavioural, sexual, gender, and biological development.
 - ii. Demonstrate understanding of mental health problems and their effects from a variety of perspectives (e.g., trauma, psychopathology, social justice) and how change happens in therapeutic practice.
 - iii. Demonstrate an understanding of psychotherapeutic theory, in particular systemic-relational, strength-based, and an Equity, Diversity and Inclusive (EDI) framework.
 - iv. Recognize and integrate awareness of self in relation to professional role.
5. Collegial and Interpersonal Relationships
 - i. Demonstrate use of clear, concise, and appropriate communication whether verbal, nonverbal, oral, written or electronic.
 - ii. Demonstrate respect for others and maintains effective and collaborative working relationships.
6. Professional Responsibilities
 - i. Demonstrate an understanding of relevant regulatory, legal, ethical, and professional obligations and best practice standards.
 - ii. Develop and apply an ethical decision-making process, and maintains personal health and self-care reflective of the profession.
 - iii. Maintain professional, ethical, and academic integrity in all program activities.
7. Therapeutic Process
 - i. Demonstrate an ability to communicate effectively and reliably with a variety of people across multiple contexts in written, oral, and mixed media formats.
 - ii. Demonstrate an understanding of what is required to build and maintain good therapeutic relationships and engage clients effectively.
 - iii. Ensure Safe and Effective Use of Self (SEUS) in all professional relationships.
 - iv. Demonstrate the importance of conducting a risk assessment and safety planning.
 - v. Demonstrate an understanding of the therapeutic process.
8. Professional Literature and Applied Research
 - i. Remain current with and demonstrates an ability to critically review current research within the field.
 - ii. Demonstrate ability to critically analyze and integrate relevant knowledge from psychotherapeutic and systemic-relational literature.
 - iii. Demonstrate literacy through an ability to extract information from a variety of resources (e.g., scientific, non-scientific, mainstream and social media), assess the quality and validity of the material and use it to discover new knowledge.
9. Policy Development
 - i. Demonstrate enhancement of mental health knowledge.
 - ii. Critically analyze, assess and demonstrate understanding of current social trends related to mental health.
 - iii. Demonstrate the consolidation of learning through the development of ideas that could help influence mental health policy in a variety of settings.

Program Requirements

Students in the MA in Mental Health program must complete a minimum of 6.00 graduate credits, as outlined below:

Code	Title	Credits
Year 1		
<i>Semester 1</i>		
FRAN*6890	Foundations of Relational and Family Therapy	0.50
FRAN*6920	Research in Relational Family Therapy	0.50
<i>Semester 2</i>		
FRAN*6880	Sociocultural Attunement and Humility	0.50
FRAN*6270	Issues in Family-Related Social Policy	0.50
<i>Semester 3</i>		

FRAN*6910	Professional Ethics and Issues in Relational and Family Therapy	0.50
FRAN*6980	Theoretical Understanding of Collaborative and Post-Modern Therapy Models	0.50
Year 2		
<i>Semester 4</i>		
FRAN*6870	Resiliency and Trauma Informed Practice	0.50
FRAN*6990	Theoretical Understanding of Cognitive and Behavioural Therapy Models	0.50
<i>Semester 5</i>		
FRAN*6900	Transitions in Mental Health Capstone	1.00
FRAN*6940	Gender, Sexuality and Clinical Interventions	0.50
<i>Semester 6</i>		
FRAN*6900	Transitions in Mental Health Capstone	1.00
FRAN*6930	Perspectives on Health and Well-Being	0.50

MP Program

Admission Requirements

Applicants to the Master of Psychotherapy (MP) are required to have completed an honours (four-year) baccalaureate degree or equivalent in the social or applied human arts or sciences (e.g., family relations, sociology, psychology, social work) with a minimum 75% average in the last two years of study and a minimum 70% average in social science research methods. Applicants who demonstrate relevant work or volunteer experience are preferred; however, we will not accept applicants who are regulated in Ontario to practice the profession of Psychotherapy or its equivalent (e.g., RSW Social Worker; Psychologist, etc.). An applicant's requirements may be in progress at the time of application. The applicant process is competitive. All applicants will be required to provide a letter of interest and selected applicants will be invited for an interview as part of the selection process.

Learning Outcomes

Graduates of the Master of Psychotherapy (MP) will:

1. Systemic Relational Praxis
 - i. Consistently demonstrate understanding and the application of systemic-relational perspectives and theories across all professional activities, including therapeutic practice skills, supervision, and clinical documentation.
 - ii. Integrate and apply systemic relational theory and practice skills, critical application of the Relational and Family Therapy (RFT) literature and research, adherence to the CAMFT/ACTCF Code of Ethics, and demonstration of an RFT professional identity.
 - iii. Demonstrate an integration of Systemic-Relational Praxis with Integrated Reflexivity and Attunement to Social Cultural Contexts.
2. Integrated Reflexivity
 - i. Engage in reflexivity and supervision to grow awareness of one's own processes and experiences and how these may facilitate and constrain interpersonal interactions.
 - ii. Through Self-of-the-Therapist recognize, take responsibility for, and systemically-relationally manage the ways that they are activated in professional relationships.
 - iii. Demonstrate an integration of Integrated Reflexivity with Systemic Relational Praxis and Attunement to Social Cultural Contexts.
3. Attunement to Social Cultural Contexts
 - i. Demonstrate understanding and awareness of social justice frameworks that actively seek and value diverse perspectives.
 - ii. Critically analyze and demonstrate an understanding of the effects of colonization, intersectionality, power dynamics, diversity, oppression, and social locations in the context of therapeutic conversations and across professional relationships.
 - iii. Demonstrate an integration of Attunement to Social Cultural Contexts with Integrated Reflexivity and Systemic Relational Praxis.
4. Foundations
 - i. Integrate and apply knowledge of human development and relationships across the life span and the significance of contextual factors such as spiritual, moral, social, emotional, cognitive, behavioural, sexual, gender, and biological development.
 - ii. Integrate an understanding of mental health problems and their effects from a variety of perspectives (e.g., trauma, psychopathology, social justice) and how change happens in therapeutic practice.
 - iii. Develop and apply a theory of change consistent with the therapist's theoretical orientation within an Equity, Diversity and Inclusive (EDI) framework.
 - iv. Recognize and integrate awareness of self in relation to professional role and therapeutic process.
 - v. Demonstrate an ability to work within selected collaborative strengths based and post-modern approaches to systemic relational practice while also integrating knowledge of relevant comparative psychotherapy approaches.
5. Collegial and Interpersonal Relationships
 - i. Demonstrate use of clear, concise, and appropriate communication whether verbal, nonverbal, oral, written or electronic.
 - ii. Demonstrate respect for others and maintains effective and collaborative working relationships.
6. Professional Responsibilities
 - i. Compliance with relevant regulatory, legal, ethical, and professional obligations and best practice standards.
 - ii. Develop and apply ethical decision-making processes, appropriately seeks clinical supervision, and maintains personal health and self-care reflective of the profession.
 - iii. Maintain professional, ethical, and academic integrity in all program activities and clinical work.
 - iv. Evaluate and enhance professional practice through self reflection, goal setting, and soliciting feedback.
7. Therapeutic Process
 - i. Demonstrate an ability to communicate effectively and reliably with a variety of people across multiple contexts in written, oral, and mixed media formats.
 - ii. Demonstrate ability to build and maintain good therapeutic relationships and engage clients effectively.
 - iii. Ensure Safe and Effective Use of Self (SEUS) in all professional relationships.
 - iv. Demonstrate an ability to appropriately conduct a risk assessment and safety planning.
 - v. Demonstrate ability to structure and facilitate all aspects of the therapeutic process in accordance with the Relational and Family Therapy Program's (RFTP) approach to clinical work and best practice standards.

- vi. Establish and maintain core conditions for therapy.
- vii. Adhere to and remain on track with assigned clinical caseload to complete a minimum of 350 Direct Client Contact (DCC) hours and 100 hours of didactic supervision meeting established competency expectations for clinical work.
- 8. Professional Literature and Applied Research
 - i. Remain current with and demonstrates an ability to critically review current research within the field.
 - ii. Demonstrate ability to critically analyze and integrate relevant knowledge from psychotherapeutic and systemic-relational literature to clinical practice.
 - iii. Demonstrate literacy through an ability to extract information from a variety of resources (e.g., scientific, non-scientific, mainstream and social media), assess the quality and validity of the material and use it to discover new knowledge.

Program Requirements

Students in the MP must complete a minimum of 7.00 graduate credits, as outlined below:

Code	Title	Credits
Year 1		
<i>Semester 1</i>		
FRAN*6800	Orientation to Clinical Practice	0.00
FRAN*6890	Foundations of Relational and Family Therapy	0.50
FRAN*6920	Research in Relational Family Therapy	0.50
<i>Semester 2</i>		
FRAN*6800	Orientation to Clinical Practice	0.00
FRAN*6950	Practicum I - Psychotherapy and Advanced Interviewing Skills	1.00
FRAN*6880	Sociocultural Attunement and Humility	0.50
<i>Semester 3</i>		
FRAN*6960	Practicum II - Collaborative and Post-Modern Therapies in Psychotherapy	1.00
FRAN*6910	Professional Ethics and Issues in Relational and Family Therapy	0.50
Year 2		
<i>Semester 4</i>		
FRAN*6870	Resiliency and Trauma Informed Practice	0.50
FRAN*6970	Practicum III - Psychotherapy Externship and Transition	1.50
<i>Semester 5</i>		
FRAN*6940	Gender, Sexuality and Clinical Interventions	0.50
FRAN*6970	Practicum III - Psychotherapy Externship and Transition	1.50
<i>Semester 6</i>		
FRAN*6930	Perspectives on Health and Well-Being	0.50
FRAN*6970	Practicum III - Psychotherapy Externship and Transition	1.50

MRFT Program

Admission Requirements

Applicants to the Master of Relational and Family Therapy (MRFT) are required to have completed an honours (four-year) baccalaureate degree or equivalent in the social or applied human arts or sciences (e.g., family

relations, sociology, psychology, social work) with a minimum 75% average in the last two years of study and a minimum 70% average in social science research methods. Applicants who demonstrate relevant work or volunteer experience are preferred; however, we will not accept applicants who are regulated in Ontario to practice the profession of Psychotherapy or its equivalent (e.g., RSW Social Worker; Psychologist, etc.). An applicant's requirements may be in progress at the time of application. The applicant process is competitive. All applicants will be required to provide a letter of interest and selected applicants will be invited for an interview as part of the selection process.

Learning Outcomes

Graduates of the Master of Relational and Family Therapy (MRFT) will:

1. Systemic Relational Praxis
 - i. Consistently demonstrate understanding and the application of systemic-relational perspectives and theories across all professional activities, including therapeutic practice skills, supervision, and clinical documentation.
 - ii. Integrate and apply systemic relational theory and practice skills, critical application of the Relational and Family Therapy (RFT) literature and research, adherence to the CAMFT/ACTCF Code of Ethics, and demonstration of an RFT professional identity.
 - iii. Demonstrate an integration of Systemic-Relational Praxis with Integrated Reflexivity and Attunement to Social Cultural Contexts.
2. Integrated Reflexivity
 - i. Engage in reflexivity and supervision to grow awareness of one's own processes and experiences and how these may facilitate and constrain interpersonal interactions.
 - ii. Through Self-of-the-Therapist recognize, take responsibility for, and systemically-rationally manage the ways that they are activated in professional relationships.
 - iii. Demonstrate an integration of Integrated Reflexivity with Systemic Relational Praxis and Attunement to Social Cultural Contexts.
3. Attunement to Social Cultural Contexts
 - i. Demonstrate understanding and awareness of social justice frameworks that actively seek and value diverse perspectives.
 - ii. Critically analyze and demonstrate an understanding of the effects of colonization, intersectionality, power dynamics, diversity, oppression, and social locations in the context of therapeutic conversations and across professional relationships.
 - iii. Demonstrate an integration of Attunement to Social Cultural Contexts with Integrated Reflexivity and Systemic Relational Praxis.
4. Foundations
 - i. Integrate and apply knowledge of human development and relationships across the life span and the significance of contextual factors such as spiritual, moral, social, emotional, cognitive, behavioural, sexual, gender, and biological development.
 - ii. Integrate an understanding of mental health problems and their effects from a variety of perspectives (e.g., trauma, psychopathology, social justice) and how change happens in therapeutic practice.
 - iii. Develop and apply a theory of change consistent with the therapist's theoretical orientation within an Equity, Diversity and Inclusive (EDI) framework.
 - iv. Recognize and integrate awareness of self in relation to professional role and therapeutic process.

- v. Demonstrate an ability to work within selected collaborative strengths based and post-modern approaches to systemic relational practice while also integrating knowledge of relevant comparative psychotherapy approaches.
- 5. Collegial and Interpersonal Relationships
 - i. Demonstrate use of clear, concise, and appropriate communication whether verbal, nonverbal, oral, written or electronic.
 - ii. Demonstrate respect for others and maintains effective and collaborative working relationships.
- 6. Professional Responsibilities
 - i. Compliance with relevant regulatory, legal, ethical, and professional obligations and best practice standards.
 - ii. Develop and apply ethical decision-making processes, appropriately seeks clinical supervision, and maintains personal health and self-care reflective of the profession.
 - iii. Maintain professional, ethical, and academic integrity in all program activities and clinical work.
 - iv. Evaluate and enhance professional practice through self reflection, goal setting, and soliciting feedback.
- 7. Therapeutic Process
 - i. Demonstrate an ability to communicate effectively and reliably with a variety of people across multiple contexts in written, oral, and mixed media formats.
 - ii. Demonstrate ability to build and maintain good therapeutic relationships and engage clients effectively.
 - iii. Ensure Safe and Effective Use of Self (SEUS) in all professional relationships.
 - iv. Demonstrate an ability to appropriately conduct a risk assessment and safety planning.
 - v. Demonstrate ability to structure and facilitate all aspects of the therapeutic process in accordance with the Relational and Family Therapy Program's (RFTP) approach to clinical work and best practice standards.
 - vi. Establish and maintain core conditions for therapy.
 - vii. Adhere to and remain on track with assigned clinical caseload to complete a minimum of 350 Direct Client Contact (DCC) hours and 100 hours of didactic supervision meeting established competency expectations for clinical work.
- 8. Professional Literature and Applied Research
 - i. Remain current with and demonstrates an ability to critically review current research within the field.
 - ii. Demonstrate ability to critically analyze and integrate relevant knowledge from psychotherapeutic and systemic-relational literature to clinical practice.
 - iii. Demonstrate literacy through an ability to extract information from a variety of resources (e.g., scientific, non-scientific, mainstream and social media), assess the quality and validity of the material and use it to discover new knowledge.

FRAN*6800	Orientation to Clinical Practice	0.00
FRAN*6810	Practicum 1 - Relational Systemic Practice	1.00
FRAN*6890	Foundations of Relational and Family Therapy	0.50
FRAN*6920	Research in Relational Family Therapy	0.50
<i>Semester 2</i>		
FRAN*6800	Orientation to Clinical Practice	0.00
FRAN*6820	Practicum 2 - Dialogic and Collaborative Practices	1.00
FRAN*6880	Sociocultural Attunement and Humility	0.50
<i>Semester 3</i>		
FRAN*6830	Practicum 3 - Solution Focused Therapy	1.00
FRAN*6910	Professional Ethics and Issues in Relational and Family Therapy	0.50
Year 2		
<i>Semester 4</i>		
FRAN*6840	Practicum 4 - Narrative Therapy	1.00
FRAN*6870	Resiliency and Trauma Informed Practice	0.50
<i>Semester 5</i>		
FRAN*6850	Practicum 5 - Integrative Practice	1.00
FRAN*6940	Gender, Sexuality and Clinical Interventions	0.50
<i>Semester 6</i>		
FRAN*6860	Practicum 6 - Transitions and Reflections	1.00
FRAN*6930	Perspectives on Health and Well-Being	0.50

Program Requirements

Students in the MRFT must complete a minimum of 9.50 graduate credits, as outlined below:

Code	Title	Credits
Year 1		
<i>Semester 1</i>		