

Substance Abuse & Mental Health
Curriculum Development
Historically Black Colleges & Universities

Marriage & Family Therapy

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What is Family Therapy?

Marriage and family therapy (MFT) shows us how relationships shape our feelings and behavior

Is a core mental health discipline regulated in 47 states and 2 provinces

Has been proven effective for a wide range of problems including adult schizophrenia, mood disorders, alcoholism and drug abuse, conduct disorders, eating disorders, autism, chronic physical illness, and marital distress and conflict

Has a broad and well established scholarly literature

What is Family Therapy?

Marriage and family therapists work with individuals, couples, families, and groups.

Adhere firmly to their clients' rights to make their own choices about their lives and abide by a strict ethical code of conduct.

Practice throughout the US, Canada, South America, Europe, Australia, many parts of Africa, and Asia

Work in private practice, agencies, hospitals, schools, universities, clinics, & businesses

What is Family Therapy?

Much early marriage and family therapy was done in inner cities

**European Child and Marriage Guidance movements
– Philadelphia Child Guidance; Wiltwyck School for Boys; Dallas Child Guidance.**

106 accredited graduate and post graduate training programs in the U.S. & Canada

25% of all MFT students are minorities (2005)

15% of all MFT faculty are minorities (2003)

12% of all MFT students are African American (2005)

What is Family Therapy?

Programs accredited by the Commission on Accreditation for Marriage & Family Therapy Education

Take part in NIH & NIMH Research Grants & SAMHSA Minority Doctoral Fellowships

Publish in a number of journals including
Journal of Marital & Family Therapy

Family Process

Contemporary Family Therapy

Journal of feminist Family Therapy

Journal of the American Family Therapy Academy

What is Family Therapy?

American Association for Marriage & Family Therapy

American Family Therapy Academy

International Family Therapy Academy

**Association of Marital & Family Therapy
Regulatory Boards**

What is Family Therapy?

biopsychosocial theories

transgenerational theories

metaphorical systems theories

structural theories

linguistic theories

behavioral theories

What is Family Therapy?

Bowen, M. (1985). *Family therapy in clinical practice.*

Minuchin, S. (1974). *Families and family therapy.*

Satir, V. (1972). *People making.*

Scarf, M. (1988). *Intimate partners.*

Becvar, D.S., & Becvar, R.J. (2005). *Family Therapy: A Systemic Integration.*

Who Needs Family Therapy?

African American children are more than *twice* as likely as white children to live in single parent homes.



Who Needs Family Therapy?

African Americans are *six times* as likely as whites to be incarcerated.



Who Needs Family Therapy?

African Americans are *twice* as likely as whites to be HIV positive.



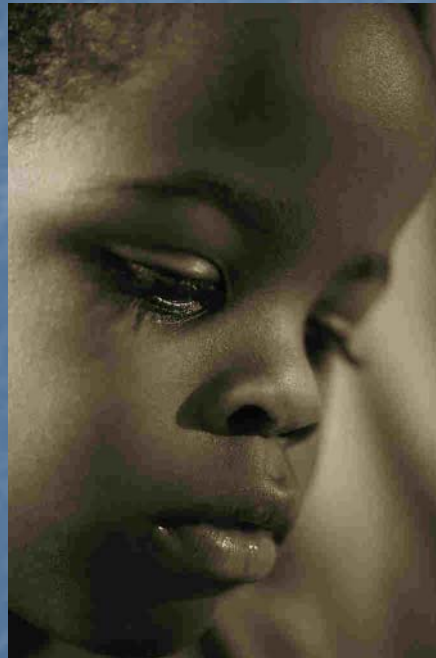
Who Needs Family Therapy?

African Americans are *forty percent* of the U.S. homeless population.



Who Needs Family Therapy?

African American children are *forty five percent* of the U.S. foster care population, and *half* of all children waiting for adoption.



Who Needs Family Therapy?

Twenty five percent of African American children exposed to violence meet the criteria for PTSD.



Who Needs Family Therapy?

Black Land Grant and Urban Schools, especially HBCUs



How to Start a Family Therapy Program



3 Faculty - one must be an Approved Supervisor

Clinical settings – can be in community agencies

Curriculum – MFT Theory, Practice, Diagnosis & Treatment, Practica, Research, Ethics

How to Start a Family Therapy Program



American Association for
Marriage and Family Therapy

Advancing the Professional Interests
of Marriage and Family Therapists

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