



# EXPLORE YOUR LICENSURE OPTIONS AT SOLES

## Clinical Mental Health Counseling | Marital and Family Therapy

This document covers some of the similarities and differences between the **MA in Clinical Mental Health Counseling (CMHC)** and the **MA in Marital and Family Therapy (MFT)** program to help you determine\* which may be a better fit for you and your career goals.

### STRUCTURAL SIMILARITIES:

- Prepare to work in community-based nonprofit agencies, clinics, hospitals, and private practice.
- Faculty and staff facilitate placement in practicum sites, such as community clinics, hospitals, and agencies.
- Eligible for licensure after 3,000 postgraduate supervised hours and exam passed.
- Small class sizes, individual advising, research opportunities with nationally recognized faculty, and strong employment rates upon graduation.
- Courses are scheduled 9:00 A.M. - 3:50 P.M., with occasional early evening courses.
- No GRE or other standardized exams required.
- Between 12 to 14 units are taken per semester.
- Both are 60 unit programs completed over two years full-time.

### STRUCTURAL DIFFERENCES:

|                        | CMHC  | MFT   |
|------------------------|---|---|
| National Accreditation | CACREP  | COAMFTE   |
| Licensure Eligibility  | Licensed Professional Clinical Counselors (LPCCs)           | Licensed Marriage Family Therapists (LMFTs)   |
| Supervised Hours       | All 3,000 required hours completed <b>after</b> the program | 1,000 of the 3,000 required hours completed <b>during</b> the program                     |
| Prerequisite Courses   | None  | (1) Human or Life Span Dev., (2) Counseling or Personality Theories, (3) Research Methods |

*\*Applicants are highly encouraged to apply to one program instead of both. Please schedule an Advising Appointment if you need assistance choosing between programs.*

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### TRAINING SIMILARITIES:

- Master's level mental health professionals
- Qualified to diagnose and treat mental conditions
- Trained to work with individuals, couples, groups, and families
- Emphasize evidence-based practices in assessment and treatment methods

### TRAINING DIFFERENCES:

|   |  |
|---|--|
| <p><b>CMHC</b></p>                          | <ul style="list-style-type: none"> <li>• The specialization does not emphasize any one theoretical orientation but is founded on counseling principles:             <ul style="list-style-type: none"> <li>• Health and wellness promotion</li> <li>• Multiculturalism</li> <li>• Advocacy</li> <li>• Humanistic principles</li> </ul> </li> <li>• Exposes students to a range of therapeutic interventions informed by multiple theoretical orientations</li> <li>• Identifies problems with the client and focuses on the client's overall ecological system</li> <li>• Takes the client's culture (race/ethnicity, SES, religion, gender, ability, sexual orientation, etc.) into account</li> <li>• Students have one course in family counseling and more course time is devoted to group counseling</li> </ul> |
| <p><b>MFT</b></p>                           | <ul style="list-style-type: none"> <li>• Program promotes understanding mental health issues from a family systems perspective</li> <li>• Course theories and treatment interventions highlight family systems theory as a foundation for family, couple, and individual therapy interventions</li> <li>• Students learn about other theoretical orientations and evidenced-based treatment models (e.g., CBT, Motivational Interviewing, etc.)</li> <li>• Students demonstrate knowledge and skills to prepare them to work with individuals, couples, and families from diverse backgrounds and cultural contexts</li> <li>• Students are prepared to work in integrated care (also known as collaborative care) with healthcare professionals (i.e., nurses and doctors) in medical settings</li> </ul>           |
| <p><b>LICENSURE EXAM<br/>PASS RATES</b></p> | <p><a href="http://www.bbs.ca.gov/exams/news.html">www.bbs.ca.gov/exams/news.html</a></p>  |

