100% online

ABILENE CHRISTIAN UNIVERSITY

Master of Marriage and Family Therapy

COLLEGE OF HEALTH AND HUMAN SERVICES

100% ONLINE



60 CREDIT HOURS

Admission Requirements:

- Completed application and application fee.
- Official transcripts from accredited undergraduate degree.
- Overall undergraduate GPA of 3.0 or higher.
- Three letters of recommendation.
- Written purpose statement.
- A video conference interview with the program director may be requested.
- Apart from students living overseas on military bases, all applicants must reside in the United States to complete the required internship.

Cost:

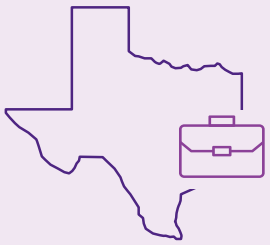
- Per Credit: $799
- Per Internship Credit: $470
- Per Course: $2,397
- Total Tuition: $43,992
- Total Tuition + Fees: $47,352**

**Total tuition varies based on state-by-state internship requirements.

Restricted States:
Students who reside in California will not be admitted to ACU's online MFT program due to restrictions from state licensure organizations.

Timeline: 33 Months

Job Outlook in Texas:



25,794 Jobs
in 2025*

+4.1%
Employment Growth (2025-2026)

$59,800 *per year*
Median Earnings

*Filtered by the proportion of the national workforce in these occupations with a Masters degree. Source Lightcast 2026.

MASTER OF MARRIAGE AND FAMILY THERAPY

Core Curriculum:

MFTO 590: Introduction to Family Therapy
Students will be introduced to the field of family therapy and will practice emerging clinical skills through role-play. Students will examine their families of origin through the lens of Multigenerational therapy and begin to develop a professional identity as a marriage and family therapist.

MFTO 610: Couples Therapy
An introduction to the theories and techniques of marriage and family therapy as applied to the work of those persons who deal primarily with couples.

MFTO 615: Research Methods in Family Therapy
This course will introduce students to both quantitative and qualitative research methodologies utilized in marriage and family therapy research. Students will critique the use of these methodologies and engage in making research decisions as they design their own research proposal. Students will understand ethical issues in conducting research with human subjects and be introduced to data analysis procedures.

MFTO 634: Addictive Disorders
This course will address the spectrum of addictive disorders from a systemic perspective with a focus on the biological, social, spiritual, and psychological aspects of the addictive process. Diagnosis and treatment strategies will be considered through a systemic lens.

MFTO 639: Family Theory
A comprehensive exploration of theory in family studies and therapy. The role of theory in empirical investigation, conceptual framework, and strategies of theory building useful in the interdisciplinary study of marriage and family behavior will be examined

MFTO 641: Family Therapy I
A study of supportive counseling principles and methodology in the area of functional family problems and needs. A systems approach will be utilized.

MFTO 643: Professional Ethics and Law
A survey of the professional ethics and laws relative to the practice of marriage and family therapy.

MFTO 645: Systemic Diagnosis & Assessment
This course is a study of psychopathology, diagnosis, and assessment in a biopsychosocial-spiritual context. Students will learn how to use the DSM and assessment instruments in diagnosing and assessing psychopathology, as well as learning systemic ways of assessment in individual, couple, and family contexts

MFTO 651: Sexual Therapy
The Christian-oriented implementation of contemporary sexual therapy in formal and informal settings.

MFTO 661: Family Therapy II
Intense exposure to at least three currently-practiced modalities of Family Therapy.

MFTO 662: Family Life Cycle
Equipping the marriage and family student with an understanding of how to integrate the individual, marital and familydevelopmental cycles into clinical case conceptualization, diagnosis and treatment.

MFTO 663: Cultural Diversity in Family Therapy
This experiential course will explore areas of cultural diversity relevant to gender, ethnicity, and class in psychotherapy practice, with an emphasis on developing cultural competence, sensitivity, and awareness. Other dimensions of diversity may be covered to a lesser extent.

Foundational Practice Component:

MFTO 591: MFT Internship I
This is the introductory internship course during which students become clinically active. The emphasis of the course is the practice of marriage and family therapy with regard to understanding and applying systems theory.

MFTO 592: MFT Internship II
This course emphasizes the development of perceptual skills in systemic therapy.

MFTO 593: MFT Internship III
This course emphasizes the ongoing development of perceptual and executive skills in systemic therapy.

MFTO 594: MFT Internship IV
This course emphasizes the ongoing development of executive skills in systemic therapy.

MFTO 595: MFT Internship V
This course emphasizes the ongoing development of perceptual, evaluative, and professional skills in systemic therapy.

MFTO 596: MFT Internship VI
This course emphasizes the ongoing development of evaluative and theoretical skills in systemic therapy.

General Concentration:

MFTO 647: Spirituality in Marriage and Family Therapy
Students will consider self-of-the-therapist issues and examine their spiritual journey, understand several faith traditions, and learn to incorporate faith into the therapeutic process in an ethical manner.

MFTO 665: Therapy Across the Life-Cycle
Individual and family developmental stages with therapy skills emphasis for families, children, youth, and older adults.

MFTO 697: Ecology of Crisis and Trauma for the Therapist
This course is designed to explore crisis theory and trauma. Emphasis will be placed upon the influence of crisis and trauma to the family system. The therapist's spiritual praxis and vocation will be examined.

General Electives:

Choose 6 credit hours from the following list.
See catalog for full course descriptions.

MFTO 597: MFT Internship VII (Credit Hours 1.5)

MFTO 598: MFT Internship VII (Credit Hours 1.5)

MFTO 616: Life Planning and Career Development

MFTO 622: Systemic Play Therapy

MFTO 624: Family Therapy with Children and Adolescents

MFTO 628: Systemic Assessment and Treatment of Child and Adolescent Disorders

MFTO 630: Trauma with Intervention

MFTO 655: Systemic Trauma and Violence

MFTO 657: Assessment and Treatment of Family Violence

MFTO 670: Introduction to Medical Family Therapy

MFTO 682: Dynamics of Military Families

Child and Adolescent Therapy Concentration:

MFTO 622: Systemic Play Therapy
An introduction to systemic play therapy.

MFTO 624: Family Therapy with Children and Adolescents
Survey of systemic approaches and techniques for child and adolescent problems with an emphasis on empirically supported theories.

MFTO 628: Assessment and Treatment of Childhood and Adolescent Disorders
A study of childhood and adolescent psychopathology, with an emphasis on diagnosis and assessment informed by a biopsychosocial-spiritual paradigm.

MFTO: 697 Ecology of Crisis & Trauma for the Therapist
A study of the interrelationship between systemic explanations of trauma and crisis and how they impact the psychotherapeutic practice and world view of the therapist.

Child and Adolescent Therapy Electives:

Choose 3 credit hours from the following list.
See catalog for full course descriptions.

MFTO 597: MFT Internship VII (Credit Hours 1.5)

MFTO 598: MFT Internship VII (Credit Hours 1.5)

MFTO 616: Life Planning and Career Development

MFTO 630: Trauma Intervention Models

MFTO 647: Spirituality in Marriage and Family Therapy

MFTO 655: Systemic Trauma and Violence

MFTO 657: Assessment and Treatment of Family Violence

MFTO 665: Family Therapy across the Life Cycle

MFTO 670: Introducation to Medical Family Therapy

MFTO 682: Dynamics of Military Families

Medical Family Therapy Concentration:

MFTO 670: Introducation to Medical Family Therapy
This course consists of an introduction to the field of medical family therapy including a review of its history of development, current practice and research, an overview of medical terminology, and social trends and public policy that impact the practice of medical family therapy.

MFTO 671: Medical Family Therapy Theory, Practice and Research
This course builds on the foundation of MFT theories and explores the theoretical foundations of Medical Family Therapy and collaborative healthcare. Models of Medical Family Therapy are presented, and students are expected to demonstrate conceptual understanding of each. Emphasis is on an understanding of the biopsychosocial-spiritual model.

MFTO 675: Interventions in Medical Family Therapy
This course will focus on specific interventions utilized in the practice of medical family therapy including those that emphasize the mind-body-spirit connection. Emphasis will be given to establishing successful collaborative working relationships with others in the treatment system, including doctors, nurses, social workers, and psychiatrists.

MFTO 697: Ecology of Crisis and Trauma for the Therapist
This course is designed to explore crisis theory and trauma. Emphasis will be placed upon the influence of crisis and trauma to the family system. The therapist's spiritual praxis and vocation will be examined.

Medical Family Therapy Electives:

Choose 3 credit hours from the following list.
See catalog for full course descriptions.

MFTO 597: MFT Internship VII (Credit Hours 1.5)

MFTO 598: MFT Internship VII (Credit Hours 1.5)

MFTO 616: Life Planning and Career Development

MFTO 622: Systemic Play Therapy

MFTO 624: Family Therapy with Children and Adolescents

MFTO 628: System Assessment and Treatment of Child and Adolescent Disorders

MFTO 630: Trauma Intervention Models

MFTO 647: Spirituality in Marriage and Family Therapy

MFTO 655: Systemic Trauma and Violence

MFTO 657: Assessment and Treatment of Family Violence

MFTO 665: Family Therapy across the Life Cycle

MFTO 682: Dynamics of Military Families

Treatment of Trauma Concentration:

MFTO 630: Trauma Intervention Models
A study of the common interventions used in treating trauma.

MFTO 655: Systemic Trauma and Violence
This course will provide students with a systemic approach to the presence of trauma and violence in relationships. Emphasis will be placed on intimate partner violence and abuse across the life cycle. Issues of spirituality and resiliency will also be explored.

MFTO 657 Assessment and Treatment of Family Violence
A study of family violence with an emphasis on assessment and treatment informed by a biopsychosocial-spiritual paradigm.

MFTO: 697 Ecology of Crisis & Trauma for the Therapist
A study of the interrelationship between systemic explanations of trauma and crisis and how they impact the psychotherapeutic practice and world view of the therapist.

Treatment of Trauma Electives:

Choose 3 credit hours from the following list.
See catalog for full course descriptions.

MFTO 597: MFT Internship VII (Credit Hours 1.5)

MFTO 598: MFT Internship VII (Credit Hours 1.5)

MFTO 616: Life Planning and Career Development

MFTO 622: Systemic Play Therapy

MFTO 624: Family Therapy with Children and Adolescents

MFTO 628: Systemic Assessment and Treatment of Child and Adolescent Disorders

MFTO 647: Spirituality in Marriage and Family Therapy

MFTO 665: Therapy Across the Life-Cycle

MFTO 670: Introduction to Medical Family Therapy

MFTO 682: Dynamics of Military Families

Therapy with Military Families Concentration:

MFTO 682 Dynamics of Military Families
A survey of the life cycle and other nodal events common to military families.

MFTO 684 Family Therapy with Military Families
An introduction to the theories and techniques of marriage and family therapy as applied to the work of those persons who deal primarily with military families.

MFTO 657 Assessment and Treatment of Family Violence
A study of family violence with an emphasis on assessment and treatment informed by a biopsychosocial-spiritual paradigm.

MFTO: 697 Ecology of Crisis & Trauma for the Therapist
A study of the interrelationship between systemic explanations of trauma and crisis and how they impact the psychotherapeutic practice and world view of the therapist.

Therapy with Military Families Electives

Choose 3 credit hours from the following list.
See catalog for full course descriptions.

MFTO 597: MFT Internship VII (Credit Hours 1.5)

MFTO 598: MFT Internship VII (Credit Hours 1.5)

MFTO 616: Life Planning and Career Development

MFTO 622: Systemic Play Therapy

MFTO 624: Family Therapy with Children and Adolescents

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MFTO 630: Trauma with Intervention

MFTO 647: Spirituality in Marriage and Family Therapy

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MFTO 670: Introduction to Medical Family Therapy