



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:

- Preparation for a variety of settings: community-based nonprofit agencies, clinics, hospitals, and private practice.
- Program 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.
- Offer small class sizes, individual advising, research opportunities with nationally recognized faculty, and strong employment rates upon graduation.
- Courses are scheduled 9:00 am - 3:50 pm, with occasional early evening courses.
- No GRE or other standardized exams required.
- Between 12 to 14 units are taken per semester.

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 after the program	1,000 of the 3,000 required hours completed during the program
Prerequisite Courses	None	If admitted, 3 prerequisite courses are required.



University of San Diego
**SCHOOL OF LEADERSHIP
 AND EDUCATION SCIENCES**

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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:

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

