



# 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 <b>after</b> the program | 1,000 of the 3,000 required hours completed <b>during</b> 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:

|   |  |
|---|--|
| <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>• Emphasizes understanding mental health issues from a family systems perspective</li> <li>• Course theories and treatment interventions emphasize family systems theory as a foundation for family, couple, and individual therapy interventions</li> <li>• Students learn about other theoretical orientations and treatment models (e.g., CBT, Motivational Interviewing, etc.).</li> <li>• Students are prepared to work in integrated care (also known as collaborative care)</li> <li>• MFTs work in collaboration with healthcare professionals (i.e., nurses and doctors) in medical care 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>  |

