

# MARITAL & FAMILY THERAPY (MFTS)

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## **MFTS 365 | CURRENT APPROACHES TO PEER ASSISTANCE**

### **Units: 3**

Students taking this course will learn about the practical application of theoretical concepts and empirical data related to student wellness, academic success, adaptation to college and peer counseling. Examples of college student areas to explore include substance abuse, academic and learning skill development, relationship management, and theories related to college student development, persistence and success. Students will learn basic counseling skills, (e.g., encouraging, paraphrasing, reflecting, summarizing, confronting), campus and community resources, crisis intervention, ethics, diversity dimensions, and skills to apply this knowledge as peer counselors. Students currently enrolled in, or who have successfully completed this course will be eligible to apply for peer program positions offered by the university.

## **MFTS 366 | APPLIED EXPERIENCE IN PEER ASSISTANCE**

### **Units: 2 Repeatability: Yes (Can be repeated for Credit)**

Prerequisites: MFTS 365

This course is an innovative and collaborative partnership between Academic Affairs and Student Affairs. It will provide peer support and peer counseling for USD students. Track one students will serve as peer coaches for students identified “at-risk” (e.g. students on academic probation, those who have received mid-term deficiency grades, or have been identified through early intervention alert systems; collaboration through the Center for Student Success and Student Wellness). Track two students will provide peer education and support regarding sexual violence (collaboration through the Women’s Center and Student Wellness). Undergraduate students selected for this course through an application procedure (MFTS 365 – Current Approaches to Peer Assistance is a prerequisite).

## **MFTS 400 | INTRODUCTION TO MARITAL AND FAMILY THERAPY**

### **Units: 3**

Introduction to the theories and methods of marital and family therapy through lecture, discussion, and experiential activities. This course is designed for students interested in pursuing careers in mental health services and medicine.