



SEATTLE PACIFIC UNIVERSITY'S

MEDICAL FAMILY THERAPY

CERTIFICATE PROGRAM

What are the benefits of Seattle Pacific's Medical Family Therapy (MedFT) Certificate program?

A post-master's certification, or continuing education credits, from SPU's MedFT Certificate program can open doors in the growing field of collaborative health care. Students in the program learn skills that will equip them to provide psychosocial and spiritual services in a health care environment to those suffering from disease. They become part of the fast-evolving field of "whole" health care, and become a key member of the medical team.

What is the current model for "integrative" health care, and what are its benefits?

There is a growing need for sound training in integrative and collaborative health care. The health care delivery system is struggling to provide a model that meets the needs of the consumer, payer, and insurer. Therefore, the medical field is developing integrated health care teams to address the physical, emotional, spiritual, and relational needs of patients. Since 1995, The Lancet, The Journal of the American Medical Association, and The New England Journal of Medicine have published studies showing that an integrated treatment protocol resulted in prolonged survival rates, significant cost savings, and an increased quality of life for patients coping with cancer, heart disease, and depression.

Who can benefit from earning a certificate in medical family therapy?

Families coping with challenging medical concerns need the support of a health care team. Behavioral health and spiritual health providers who wish to participate in such teams will benefit from training in Medical Family Therapy. Health care providers who wish to understand and effectively intervene in the psychosocial and spiritual implications of illness will also benefit.

What can I do with a certificate in medical family therapy?

- State-certified/licensed psychologists, marriage and family therapists, mental health counselors, and social workers will be equipped to provide medical family therapy in out-patient medical clinics, in-patient hospital and hospice settings, and other clinics where health care is provided. For those mental health providers who do not have training in systems theory and practice, additional courses may be required.
- Physicians, nurses, and other health care professionals will be equipped to provide medical family therapy as providers in out-patient medical clinics, in-patient hospital and hospice settings, and other clinics. Additional courses in systems theory and practice are required.
- Clergy will be equipped to provide medical family therapy as a spiritual provider when working with families facing illness. Additional courses in systems theory and practice are required.

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How are Seattle Pacific alumni engaging in this growing field?

Seattle Pacific University has seen an increase in alumni obtaining jobs with different medical centers working with infertility, cancer, heart disease, chronic pain, mood disorders, diabetes, and other chronic conditions. Master's-level students with advanced training in medical family therapy can become a vital part of a collaborative health care team. This is an ideal time to join the movement toward integrated health care that focuses on the needs of the whole person and their family system.

What are my options within the MedFT Certificate program at SPU?

There are two options for those interested in obtaining the MedFT Certificate.

1. Graduate students already enrolled in the Marriage and Family Therapy program at SPU may add 14 (six seminar and eight supervision) additional credits focused on medical family therapy in order to receive a MedFT Certificate.
2. Professionals who have already received graduate training in social work, behavioral science, theology, nursing, or medicine will have their prior education reviewed by the director before enrolling in the core course load. (See the list below.) There may be additional course requirements that will need to be fulfilled before attending or completing the certificate program. Depending on past coursework, an additional 12–24 credits may be needed.

For most students, certification can be accomplished over a two-year period by taking one to three classes per quarter during the first year, and practicum during the second year.

Core Courses — MedFT Program

COURSES	CREDITS
Collaboration between Therapist / Physician	1
Interviewing for Bio-psychosocial and Spiritual Care	1
Motivational Interviewing to Improve Patient and Family Health	1
Psychopharmacology for Mental Health Professionals	1
Family Therapy Tools for the Treatment of Medical Illness	1
The Brain Savvy Therapist	1
Marketing your Practice to Physicians	1
Spirituality and Health	1
12-month Clinical Practicum	8
Total Credits for Core Courses	16



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