



# McGill

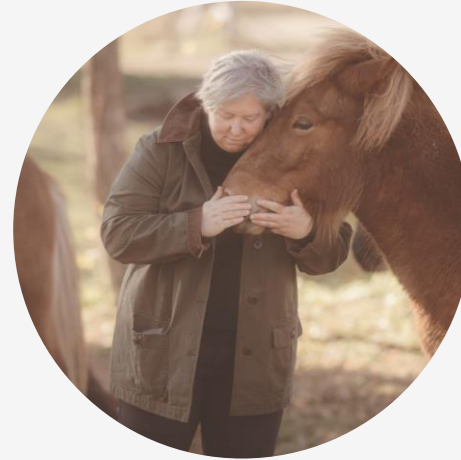
**M.Sc. (A) Couple and  
Family Therapy**

## **INFORMATION SESSION**

**November 8, 2023  
4:30 – 5:30 p.m.**

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Heather MacIntosh PhD  
Program Director  
M.Sc. (A.) in Couple and Family Therapy

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# *Welcome*

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Marjorie A. Rabiau Ph.D.

Associate Professor  
School of Social Work

# *Land Acknowledgment*



Hochelaga Rock

**McGill University is situated on the traditional territory of the Kanien'keha:ka, a place which has long served as a site of meeting and exchange amongst nations. We recognize and respect the Kanien'keha:ka as the traditional custodians of the lands and waters on which we meet today.**

# *School of Social Work*

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- Founded in 1918
- Emphasis on critical thinking, research, practice and policy with a focus on social justice and issues facing vulnerable and disadvantaged people.
- Professors with research interests in child welfare, families, violence, sexuality, aging, social theory, social work practice, war-affected children and their families, sexual minority children and their families, and methodology.
- Member of the International Association of Social Work (IASW) and the Canadian Association of Schools of Social Work (CASSW).

# *Affiliated Research Centers*

- Global Child McGill
- Centre for Research on Children and Families (CRCF)
- Centre for Research and Expertise on Social Gerontology (CREGÉS)
- McGill Domestic Violence Clinic
- International Community Action Network (ICAN)
- McGill Couple and Family Therapy Clinic
- Institute of Community and Family Psychiatry at the Jewish General Hospital

# *Couple and Family Therapy*

Has its early roots in Social Work .....

- Treating the *person within their social context* has been a core paradigm of social work long before the ecological approach was introduced to family systems theory.
- Social work's focus on the treatment of the "*family as the primary unit of intervention*", has played a pivotal role in developing couple and family therapy.



# *M.Sc.(A.) in Couple & Family Therapy program*

- Offered in collaboration with the Department of Psychiatry at the Jewish General Hospital
- Our graduates have found employment opportunities in CIUSSS, hospitals, youth protection, community organizations, and many are working in private practice
- Several M.Sc.(A.) CFT graduates are working at Concordia University and McGill University Student Services
- **94** students completed the program as of November 2023
- **15** new students admitted in Fall 2023



# About the Program

M.Sc. (A.) in Couple and Family Therapy



First of its kind to be offered by a School of Social Work in Canada



McGill is first Quebec university to offer a Master's degree in Couple and Family Therapy



Program offered in collaboration with the Jewish General Hospital, Dept. of Psychiatry.



Approved by OTSTCFQ  
Couple and family therapist  
permit /permis de  
thérapeute conjugale et  
familiale



Approved by  
OPQ  
Psychotherapy  
permit/permis de  
psychothérapeute



Program curriculum is  
highly prescribed in  
order to fulfil both  
permit requirements

# Teaching Staff

- Heather MacIntosh, Associate Professor/Director  
Developmental Couple Therapy for Complex Trauma, 2SLGBTQ+, Sex & Sexuality after trauma
- Marjorie Rabiau, Associate Professor  
Works with gender creative youth and their families and refugee youth and their families
- Ainsley Jenicek, Assistant Professor  
Chosen Families, Trauma, Somatic Approaches to Treatment
- Sarah Tarshis, Assistant Professor  
Clinical social worker in private practice working with individuals and couples

## Course Lecturers:

Sarah Burley, Alison Carpenter, Stephen Legari, Laura El-Hachem, Runa Reta,  
Guylaine Séguin

# *Administrative Support Staff*

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Patty Tarica  
Administrative Assistant



Sara Marcil-Johnson  
Student Affairs Coordinator

# *Program Overview*

# *MScA CFT Curriculum*

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- The curriculum framework is guided by the clinical requirements established by:
  - The Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec (OTSTCFQ);
  - The American Association of Marriage and Family Therapy (AAMFT);
  - The training in psychotherapy as outlined in the Psychotherapy Regulations of Law 21.
- Highly prescribed curriculum developed through standard requirements of OTSTCFQ, Law 21, OPQ, and AAMFT.
- Course content requires the theoretical models, specific language, and components of Law 21, as well as the professional core competencies and reserved acts.
- Courses are organized as developmentally progressive and must be taken in the correct sequence.

MScA CFT Program Sequence   60-credits		Complementary Course Options
Fall Year 1	<u>12 Credits per semester</u> <input type="checkbox"/> SWRK 622 Understanding and Assessing Families (3 cr) <input type="checkbox"/> CAFT 600 Couple and Family Therapy Pre-Practicum (3 cr) <input type="checkbox"/> CAFT 603 Research Methods for Couple and Family Therapists (3 cr) <input type="checkbox"/> CAFT 608 Human Development across the Lifespan for Couple and Family Therapists (3 cr)	<b>CAFT 613</b> Couple and Family Therapy Internal Practicum  <b>SWRK 655</b> Seminar on Aging
Winter Year 1	<u>12 Credits per semester</u> <input type="checkbox"/> SWRK 610 Family Treatment (3 cr) <input type="checkbox"/> SWRK 623 Couple Therapy (3 cr) <input type="checkbox"/> SWRK 630 Adult Mental Health (3 cr) <input type="checkbox"/> CAFT 604 Sex, Sexuality, & Contemporary Issues (3 cr)	<b>SWRK 669</b> Disability and Rehabilitation  <b>SWRK 621</b> Seminar on Trauma & Resilience
Summer Year 1	<u>12 Credits per semester</u> <input type="checkbox"/> CAFT 601 Anti-Oppressive Practice: Couple & Family Therapy (3 cr) <input type="checkbox"/> CAFT 605 Advanced Family Treatment across the Lifespan (3 cr) <input type="checkbox"/> CAFT 607 Legal, Ethical & Professional Issues in Couple & Family Therapy (3 cr) <input type="checkbox"/> CAFT 606 Internship 1 in Couple and Family Therapy (3 cr)	<b>SWRK 668</b> Living with Illness, Loss and Bereavement  <b>SWRK 628</b> Violence Against Women
Fall Year 2	<u>12 Credits per semester</u> <input type="checkbox"/> CAFT 602 Advanced Assessment in Couple & Family Therapy (3 cr) <input type="checkbox"/> CAFT 611 Internship 2 in Couple and Family Therapy (6 cr) <input type="checkbox"/> Complementary Course (3 cr) - see course options <b>** (complementary course may be taken in an alternate term i.e., Summer Year 1, Winter Year 2)</b>	<b>SWRK 635</b> Advanced Clinical Seminar: Use of Self  <b>SWRK 657</b> Child/Adolescent Mental Health
Winter Year 2	<u>12 Credits per semester</u> <input type="checkbox"/> CAFT 609 Advanced Couple Therapy (3 cr) <input type="checkbox"/> CAFT 610 Biological Foundations of Behavior for Couple and Family Therapists (3 cr) <input type="checkbox"/> CAFT 612 Internship 3 in Couple and Family Therapy (6 cr)	<b>SWRK 670</b> Seminar on Caregiving  <b>EDPC 503</b> Intersectional Relationships & Sexualities

# MScA CFT Proram Sequence | 45-credits

<b>Fall Year 1</b>	<u>15 Credits per semester</u> <input type="checkbox"/> <b>CAFT 600</b> Couple and Family Therapy Pre-Practicum (3 cr) <input type="checkbox"/> <b>CAFT 602</b> Advanced Assessment in Couple and Family Therapy (3 cr) <input type="checkbox"/> <b>CAFT 603</b> Research Methods for Couple and Family Therapists (3 cr) <input type="checkbox"/> <b>CAFT 608</b> Human Development across the Lifespan for Couple and Family Therapists (3 cr) <input type="checkbox"/> <b>CAFT 606</b> Internship 1 in Couple and Family Therapy (3 cr)
<b>Winter Year 1</b>	<u>15 Credits per semester</u> <input type="checkbox"/> <b>CAFT 604</b> Sex, Sexuality, & Contemporary Issues (3 cr) <input type="checkbox"/> <b>CAFT 609</b> Advanced Couple Therapy (3 cr) <input type="checkbox"/> <b>CAFT 610</b> Biological Foundations of Behavior for CFT (3 cr) <input type="checkbox"/> <b>CAFT 611</b> Internship 2 in Couple and Family Therapy (6 cr)
<b>Summer Year 1</b>	<u>15 Credits per semester</u> <input type="checkbox"/> <b>CAFT 601</b> Anti-Oppressive Practice: Couple & Family Therapy (3 cr) <input type="checkbox"/> <b>CAFT 605</b> Advanced Family Treatment across Lifespan (3 cr) <input type="checkbox"/> <b>CAFT 607</b> Legal, Ethical & Professional Issues in Couple & Family Therapy (3 cr) <input type="checkbox"/> <b>CAFT 612</b> Internship 3 in Couple and Family Therapy (6 cr)

## Advanced Standing Courses

**SWRK 610** Family Treatment

**SWRK 622** Understanding  
and Assessing Families

**SWRK 623** Couple Therapy

**SWRK Adult 630** Mental  
Health

## **Approved Elective Courses**

SWRK 668, 628, 635, 655,  
657, 668, 669, 670, 621;  
EDPE 503



## Advanced Standing:

Students who have completed the Master of Social Work (MSW) program at McGill, and successfully completed the exact five courses (SWRK 610, SWRK 622, SWRK 623, SWRK 630, and one approved complementary course), are entitled to have this coursework recognized for the M.Sc.(A.) in Couple and Family Therapy program. Consult the description of the MSW





# 60 CREDITS Program Schedule

TERM 1   Fall Year 1 TERM 2   Winter Year 1		TERM 3   Summer Year 1 TERM 4   Fall Year 2 TERM 5   Winter Year 2				
Tuesday	Thursday	Monday	Tuesday	Wednesday	Thursday	Friday
Class	Class	Internship	Class	Internship	Class	Internship

- ❖ Classes on Tuesdays & Thursdays between 8:30 a.m. to 5:30 p.m.
- ❖ Internships on Mondays, Wednesdays, & Fridays.
- ❖ Internships have an additional component: **Didactic Seminars (87 hours)**.
- ❖ Didactic Seminars will take place throughout all 3 internships semesters.



# 45 CREDITS Program Schedule

TERM 1 | Summer Year 1

TERM 2 | Fall Year 1

TERM 2 | Winter Year 1

Monday	Tuesday	Wednesday	Thursday	Friday
Internship	Class	Internship	Class	Internship

- ❖ Classes on Tuesdays & Thursdays between 8:30 a.m. to 5:30 p.m.
- ❖ Internships on Mondays, Wednesdays, & Fridays.
- ❖ Internships have an additional component: **Didactic Seminars (87 hours)**.
- ❖ Didactic Seminars will take place throughout all 3 internships semesters.

# *INTERNSHIPS*

# *M.Sc.(A.) CFT Internship*

## ■ **INTERNSHIP REQUIREMENTS**

- Total of 15 credits completed over 3 semesters:
- CAFT 606 (3 credits) / CAFT 611 (6 credits) / CAFT 612 (6 credits)
- Internships completed over **40 weeks**; 2 semesters consisting of 13 weeks and 1 semester consisting of 14 weeks

## ■ **800 TOTAL HOURS FOR PROGRAM**

- 500 hours of direct client contact hours (including 100 hours dedicated to 10 client cases, min. 10 hours each)
- 100 hours of individual supervision
- 200 hours of clinical activities related to the practice of psychotherapy

\*\*\* Internship also includes Didactic Seminars (87 hours)

# ***M.Sc.(A.) CFT Internship Requirements***

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## **INTERNSHIP REQUIREMENTS**

- Total of 15 credits: CAFT 606 (3 credits) / CAFT 611 (6 credits) / CAFT 612 (6 credits) completed over 3 semesters
- Internships will be completed over 40 weeks, with 2 semesters consisting of 13 weeks and 1 semester consisting of 14 weeks
- The schedule is: Monday, Wednesday, and Friday
- Includes direct client contact hours with a maximum ratio of 5 hours of clinical contact to 1 session of supervision
- Minimum of 10 clients, each receiving a minimum of 10 hours of direct treatment

## **TOTAL HOURS FOR PROGRAM**

- 500 hours of direct client contact hours, which includes 100 hours dedicated towards 10 client cases (minimum of 10 hours each)
- 100 hours of individual supervision (maximum 1:1 supervisor-to-student ratio)
- 200 hours of clinical activities related to the practice of psychotherapy - 87 hours of Didactic Seminar Program

## **HOURS PER WEEK**

- 12.5 hours of direct client contact hours with 2.5 hours of individual supervision
- 5 hours of clinical activities related to the practice of psychotherapy, including Didactic Seminar Program
- Students should begin carrying 5-6 cases per week, and gradually work towards carrying 10 cases of their own per week
- Students will be on site for approximately 24 hours a week, with a minimum of 20 hours be committed to fulfilling above mentioned hour requirements

# Internship Timeline

60-Credit  
program

TIME PERIOD	ACTION TO BE TAKEN BY STUDENT
September - October	Schedule a meeting with your assigned Faculty Advisor to discuss clinical interests, previous experience, learning style, structure of site, language requirements, client/case types, supervisory style, etc.
October - November	Update your CV ♦ Use the resources provided by the McGill Career and Planning Services (CaPS) if you need help improving your CV
December	<i>Students will receive an Internship Request Form where they will be able to indicate their English and French proficiency, their 3 top choices for internship placement, and any important information that may be relevant to finding a suitable internship placement.</i>
January	Submit the Internship Request Form to <a href="mailto:msca.cft@mcgill.ca">msca.cft@mcgill.ca</a> along with your updated CV <i>Your request will be thoroughly reviewed by the department to determine internship and supervisor suitability.</i>
February - March	Schedule an interview appointment with approved sites.  <i>Students will receive an e-mail detailing which interviews they have been approved for, along with the contact information for potential supervisor(s) and details on how to set up and prepare for the interview.</i>  <i>Once interviews have been conducted, students will be informed of which site(s) they have been selected for, and will then contact their assigned supervisor to discuss their start date and any pertinent internship and site information they should be aware of before beginning their placement.</i>
April – May	Internships begin!

# *M.Sc.(A.) CFT Internship*

## *Approved Sites*



McGill

School of  
Social Work

M.Sc.(A) Couple and  
Family Therapy Program

- ❑ Agence Ometz
- ❑ BACA Eating Disorders Clinic
- ❑ Douglas Mental Health University Institute – Clinique Externe en Pédopsychiatrie
- ❑ CIUSSS du Centre-Ouest-de-l'Île-de-Montréal - CLSC Benny Farm
- ❑ CIUSSS du Centre-Ouest-de-l'Île-de-Montréal - CLSC de Park EX
- ❑ Hôpital Charles-LeMoine, Unité interne des petits
- ❑ Hôpital du Sacré-Cœur de Montréal - Département Pédopsychiatrie
- ❑ Hôpital Rivière-des-Prairies, Services intégrés ambulatoires pédopsychiatrique
- ❑ Jewish General Hospital - Child Psychiatry
- ❑ Jewish General Hospital - Institute of Community & Family Psychiatry (Couple & Family Therapy)
- ❑ Jewish General Hospital - Youth Service
- ❑ McGill Couple & Family Therapy Clinic
- ❑ McGill University Sexual Identity Centre (MUSIC)
- ❑ MUHC Montreal Children's Hospital – Pediatric Psychiatry
- ❑ MUHC Psychosocial Oncology Program (PSO)
- ❑ Native Montreal



*Applying*

# *Admission Requirements*

## ☐ **A Bachelor's or Master's Degree**

In a related human science or helping profession such as Social Work, Psychology, Sociology, or Nursing.

## ☐ **A minimum CGPA of 3.0 on a 4.0 scale**

## ☐ **A minimum of 1700 hours**

of related human service experience with couples and/or families. This experience can be a combination of full-time and/or part-time experiences (paid, volunteer, field placement, or internship).

## ☐ **One university-level 3-credit course in each of the following areas:**

- Human Development (*full life-cycle*)
- Research Methods or Statistics
- Psychopathology
- Techniques in Interviewing/Counseling

Click to view: [Pre-requisite descriptions](#)

## ☐ **English Proficiency**

Some students may be required to demonstrate an adequate level of English proficiency prior to admission to the McGill School of Social Work

<https://www.mcgill.ca/gradapplicants/international/proficiency>

<https://www.mcgill.ca/socialwork/prospective/language-policy>

# *Application Deadlines*

Applications Open	September 15, 2023
Application + CV Form + Letter of Intent + Pre-requisite Form + Course Syllabi + All University Transcripts	December 15, 2023
FINAL University Transcripts & References (one academic & two professional)	January 15, 2024
English Proficiency (if applicable)	January 15, 2024

*\*\* Admission to the M.Sc. (A.) in Couple and Family Therapy program is only available for the **Fall** term.*

*\*\*If an applicant selects a term other than Fall, the University will not refund application fees.*

*\*\*The McGill School of Social Work does not accept Special Student nor Independent Student Applications.*

# *Application Procedures*

- Submit a graduate application online.
- Upload required documents online (electronic submission).
- Paper documentation will NOT be accepted

Graduate Application Website

<https://www.mcgill.ca/gradapplicants/how-apply/submit-your-application>

Graduate Application pre-recorded sessions

<https://www.mcgill.ca/gradapplicants/events>

**Ready to apply?**

**Apply Now**

# *Required Documents*

## ☐ **Transcripts (all university-level)**

Unofficial can be uploaded electronically. Official transcripts will be requested at the time of admission.

## ☐ **CV Form**

Minimum of 1700 hours – can be a *combination* of full-time/part-time AND paid/volunteer/internship experiences.

## ☐ **Letter of Intent**

Interest in field of CFT, personal/professional/educational experiences, clinical training as related to CFT, description of family or couple case that you were involved in.

## ☐ **Pre-requisite Form**

List completed courses corresponding to prerequisite requirement.

## ☐ **Course Syllabi**

Upload course syllabi (outlines) for prerequisite courses as **PDF** files.

## ☐ **3 Letters of Reference (1 academic; 2 professional)**

Provide the name, institutional e-mail address, professional title, etc. of referees.

McGill University will send an email to each referee requesting a reference in support of your application. No paper references will be accepted.

# *Selection Criteria*

- Academic performance (McGill minimum CGPA 3.0/4.0).
- Relevant work experience within the field of couple and family therapy.
- Motivation for pursuing the M.Sc.(A) Couple and Family Therapy program.
- Demonstrated interest in becoming a couple and family therapist by means of clinical experience and letter of intent.
- Evidence of commitment to working with families.
- Strong academic and professional references supporting the applicant's aptitude for working in a helping relation context and with couples and families.
- Clinical Skills Assessment\*

\*The Admissions Committee will invite selected applicants to participate in a Clinical Skills Assessment session. The format for this activity will be in a group setting and applicants will be evaluated by members of the Admissions Committee. The scheduled date is **February 23, 2024.**

# *Student Profile*

## **Entering Class Fall 2023**

- ❑ 71 applicants
- ❑ 3.78 average admission CGPA
- ❑ 15 students accepted

## **Academic Backgrounds Students 2014-2023**

Many students have completed graduate programs

Backgrounds ranging from Social Work, Creative Arts Therapies, Psychiatry, Criminology, Nursing, Sexology, Psycho education, Clinical Psychology, Counselling Psychology, Mental Health, Occupational Therapy, etc.



# Money Matters



Several factors affect tuition and fees, such as whether you are from Quebec, from elsewhere in Canada, or from abroad.

For more information and to **calculate your fees**, please visit:

<https://www.mcgill.ca/student-accounts/tuition-fees>

To see if you are eligible for Quebec tuition and to see what legal documents are needed, please visit: <http://www.mcgill.ca/legaldocuments/>

## Fellowships & funding

All admitted students are automatically considered for program Entrance Fellowships.

Students in need of funding are strongly encouraged to apply for governmental aid and to apply for additional funding internal and external to McGill. Please visit: <https://www.mcgill.ca/studentaid/>

## Research & Teaching Assistantships

Available to admitted students. Students will receive information on available positions and how to apply.

These positions and other postings are also available through the MyFuture portal for admitted students.



**McGill**

School of  
Social Work

**Please follow us on Social Media**



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**@mcgillsocialwork**



Facebook:

**McGill University,  
School of Social Work**

*Thank you!*

Email: [msca.cft@mcgill.ca](mailto:msca.cft@mcgill.ca)

Website: <https://www.mcgill.ca/socialwork/prospective/msca>