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## Family Therapy Training Institute

### Introduction

The Family Therapy Training Institute is a premier postgraduate professional school for marriage and family therapists. Since its establishment in 1972, FTTI has provided mental health professionals the advanced skills needed to remain at the forefront of family systems theory. The Family Therapy Training Institute is accredited by the Commission of Accreditation for Marriage and Family Therapy Education (COAMFTE) – the accrediting body for the American Association for Marriage and Family Therapy.

Upon completion of this intensive 2-3 year program, graduates meet the academic requirements for marriage and family therapy licensure (LMFT) and have accumulated at least one half (500) of the required supervised hours (1000) for licensure. This program is designed to accommodate those working full time.

FTTI promotes clinical excellence through real-world experience alongside exceptional and experienced clinical therapists and supervisors. The training of culturally competent therapists for underserved and minority communities is at the core of FTTI's mission. Tuition assistance is available for select minority students.

As part of Aurora Health Care and Aurora Family Service, the FTTI program provides students with exposure to a wide variety of experiences, while providing critical support to families. FTTI serves the mission of strengthening families and communities both through the counseling provided by trainees and by preparing the next generation of family therapists to serve the needs and challenges of families.

### Testimonials

*"I owe the best of my professional training to FTTI."* – Maria Del Carmen Rangel

*"The faculty has always modeled the highest professional standards and are role models for their students."*  
– Charles High

*"If I had to chose again between a traditional master's degree in a university or FTTI, I would choose FTTI without hesitation."* – Lori Thuli

*"When I graduated from graduate school, I had the theory. When I graduated from FTTI, I had the skills to practice marriage and family therapy."* – Susan Halling

*"As an EAP provider, I use my systems training in my work with couples and families, as well as with the companies we serve. I also seek out LMFTs when I need to refer a couple or a family to treatment."* – Maureen Laustsen

*"I acquired more practical skills at FTTI than throughout my lengthy master's program."* – Charles Lawler

*"This was the best professional decision I have ever made. My husband and I moved to Wisconsin for me to attend FTTI 20 years ago. Most of my closest colleagues are former students and supervisors who went through the program with me. I work with them, consult with them, and have friendships with them. What a "priceless" outcome! I think all therapists should have some MFT training."* – Rose Eichenhofer



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### Training Philosophy

The Family Therapy Training Institute emphasizes concepts and interventions that positively affect family relationships within a social context. Training focuses on teaching ways of assessing, diagnosing, understanding and intervening to facilitate change in dysfunctional patterns and to recognize and utilize the strengths of individual, couple, family and societal systems. Training strengthens therapeutic skills through intensive individual and group supervision that enables the therapist to integrate academic materials and clinical experiences into a well defined personal practice style.

### Cost

The overall cost of the program is approximately \$8,000. Arrangements can be made to pay tuition in monthly installments. Most students are able to maintain full-time employment throughout the program. Professionals currently practicing in the community may audit any FTTI course at a reduced rate.

### Eligibility Requirements

1. Graduate degree (i.e., master's or doctorate degree in social work, psychology, nursing, pastoral counseling, or related behavioral science field) or medical degree from an accredited institution. Applicants without a "qualifying degree" may be admitted toward achieving a primary mental health degree.
2. Desire and sufficient maturity to engage in family therapy.
3. Capacity for self-awareness and self-reflectiveness.
4. Eligibility for a Marriage and Family Therapy Training License.

In addition to the above requirements, postgraduate clinical experience is recommended.

### Graduation Requirements

1. 360 class hours in six specified areas of marriage and family therapy studies. Occasional classes may be transferred from former graduate studies.
2. 500 clinical hours\* – face to face, direct contact with clients (counted toward licensure if entering Institute with qualifying degree)
3. 100+ hours of individual and group supervision
4. Passage of final competency-based portfolio assessment (presented to faculty in summer of graduation).

*\*A total of 1000 hours is required for MFT license.*



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### Application Process

The application process is designed to be a functional, fact-finding exercise to ensure that a proper match is made between the training experience and the trainee's needs.

The Family Therapy Training Institute is committed to a policy of equal opportunity in all its training activities and admissions. It does not discriminate on the basis of race, color, national origin, religion, sex, age, physical handicap or marital status.

1. Complete formal application. Available by calling FTTI or online at [www.Aurora.org/Services/FamilySocial/ftti.asp](http://www.Aurora.org/Services/FamilySocial/ftti.asp).
2. Submit a resume, a transcript of graduate studies sent directly from awarding institution, and two letters of recommendation from individuals familiar with your professional or community volunteer work.
3. Submit non-refundable \$50 application fee.
4. Upon receipt of the application materials, the Training Director will write or call to schedule an admission interview. Applicants are welcome to meet with the Director or sit in on classes by arrangement.

### Faculty

**John R. Briggs PhD** – is a Wisconsin licensed psychologist employed as Clinical Director at Solutions Behavioral Health Group. John has provided training internationally on constructive therapies and holds faculty appointments at a number of colleges and universities.

**Elizabeth Cocos, LMFT, LCSW** – is a licensed marriage and family therapist and AAMFT Approved Supervisor. Betsy has served on the Board of the Wisconsin Coalition Against Sexual Assault and works actively in the community on behalf of victims of violence. Betsy is employed at Shorehaven Counseling where she provides in-office and home-based family therapy and supervises graduate students in their field placements. She specializes in adult survivors of childhood sexual abuse.

**Susan Dellutri, MSW, LMFT, LCSW** – is an AAMFT Approved Supervisor and provides clinical services through Aurora Behavioral Health Services. Susan's specialties include the systemic treatment of depression and anxiety, substance abuse issues in couples and families and teaching clinical diagnosis.

**Eric J. Habrel, PhD, LMFT** – is a licensed clinical psychologist and AAMFT Approved Supervisor with over 18 years of clinical experience. *Milwaukee Magazine* recognized him in 2001 as one of the area's best marriage and family therapists. Dr. Habrel maintains a private practice in Brookfield, and is a lecturer with the Graduate School of Social Welfare, University of Wisconsin - Milwaukee. Dr. Habrel's specialty areas include couples therapy, anxiety, work-related problems, and men's issues.

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**Mark Hirschmann, PhD, LMFT** – is a registered nurse and licensed marriage and family therapist. In addition to his faculty position at the Family Therapy Training Institute, Mark holds teaching positions at Columbia College of Nursing and University of Wisconsin - Milwaukee Department of Educational Psychology. He is past president of the Wisconsin Association for Marriage and Family Therapy and was appointed to the Marriage and Family Therapy Professional Counseling and Social Work Examining Board, State of Wisconsin. Mark's practice specialties include marital therapy and collaborative divorce coach. He currently provides private practice through Health Psychology Associates.

**Ray Hoffmann, LMFT, LCSW, CADC** – is an AAMFT Approved Supervisor and is employed as Clinical Coordinator at The Center, Sheboygan Aurora Medical Center. He is also Director of Family Care Specialists which licenses treatment foster homes and provides in-home therapy. He serves as Instructor for the Helen Bader School of Social Welfare, University of Wisconsin - Milwaukee. His practice specialties include trauma therapy and in-home family therapy.

**Jorena Lewandowski, LMFT, LCSW** – is a licensed marriage and family therapist providing clinical services at Aurora Family Service. Jorena is a graduate of the Aurora Leadership Academy and is currently an AAMFT Supervisor in Training. She is co-creator of *Changing Families: Children and Divorce from an African American Perspective*. Her practice specialties include in-home therapy, trauma counseling for youth victims and families of violence, and mental health services in primary care settings.

**Robert Marrs, MS, LMFT** – is an AAMFT Approved Supervisor and provides clinical services through American Behavioral Clinic. Rob has authored numerous publications and presentations on clinical supervision and systemic family therapy with adolescents. He served previously on the Iowa Association for Marriage and Family Therapy and currently serves on the Wisconsin Association for Marriage and Family Therapy Board of Directors. Rob's specialties include dynamics of supervision, multifamily therapy, and intensive services for adolescents and their families.

**Rhoda Moeller, MSW, LCSW, LMFT** – is an AAMFT Approved Supervisor and provides clinical services through Systemic Perspectives. Rhoda specializes in sexual issues and trains and consults throughout the State. She is adjunct faculty at University of Wisconsin - Milwaukee and Case Western University in Cleveland.

**Ann Marie Starr, LMFT, LCSW** – is an AAMFT Approved Supervisor and Director of the Family Therapy Training Institute. She is in private practice with Systemic Perspective. Ann consults and trains in both private and public agencies. She served as president of the Wisconsin Association for Marriage and Family Therapy and currently holds an appointment to the Marriage and Family Therapy Board for the Department of Regulation and Licensing. Her practice specialties include families and addiction, blended family issues, and professional practice ethics.

**Karol J. Wendt, LMFT, LCSW** – is an AAMFT Approved Supervisor providing clinical services through Systemic Perspectives. Karol provides ongoing consultation for both private and public agencies and extensive training for State of Wisconsin Regional Partnerships. Her practice specialties include families and addiction, grief and bereavement, and divorce and child custody issues.



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### Course Descriptions

#### Marriage and Family Studies I

**Systemic Theory and Change:** Introduction to the fundamental concepts of systemic change, understanding and intervening in relationship systems.

*Robert Marrs*

#### Marriage and Family Therapy I

**Developing Effective Interventions:** In-depth exploration of systemic interventions with an emphasis on Structural and Strategic therapy.

*Ray Hoffmann*

#### Marriage and Family Therapy II

**Solution Focused and Narrative Therapy:** Understanding and clinical application of brief, strength-based therapeutic models.

*John Briggs*

#### Marriage and Family Therapy III

**Assessment and Diagnosis:** Introduction to diagnostic interviewing using DSM IV criteria and collaborative treatment planning.

*Susan Dellutri*

#### Marriage and Family Therapy IV

**Couples Therapy:** Introduction to systemic models for working with couples. Examination of basic principles of assessment and treatment of sexual issues in family therapy.

*Eric Habrel and Rhode Moeller*

#### Marriage and Family Therapy V

**Assessment and Systemic Treatment of Substance Abuse:** Assessment, diagnosis, and treatment of substance abuse issues in individuals and families.

*Ann Marie Starr*

#### Marriage and Family Therapy VI

**Advanced MFT Theory-Integration into Practice:** Systemic models reviewed, demonstrated, and compared to assist practitioners in developing appropriate strategies for a variety of treatment situations and for preparing the National MFT licensing exam.

*Karol Wendt*

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### Individual and Family Development I

**Multigenerational Theory and the Life Cycle of the Family:** Foundations of understanding individual differentiation, family transitions (divorce, blending families, death and loss) and implications for treatment. Systemic application of attachment theory.

*Robert Marrs*

### Professional Studies I

**Introduction to Ethical, Legal and Professional Issues:** Introduction of AAMFT Ethics Code, issues related to ethical decision making, managing legal expectation in practice. Didactic and experiential processing of ethical issues, development of individual practice standards, and dealing with complex legal issues in practice.

*Mark Hirschmann*

### Professional Studies II

**Survey of Marriage and Family Therapy Research:** Review of basic principles of clinical research, skills for critical reading of current research, focus on developing evidence-based practice.

*Robert Marrs*

### Professional Studies III

**Use of Self in Therapy:** Examine the interface of personal experiences, beliefs, and values in the therapeutic process. Development of a final paper that illustrates integration of practice style, marriage and family therapy theory and the self of the therapist.

*Ann Marie Starr*

### Marriage and Family Therapy Practicum I, II & III

**Supervised Clinical Practicum:** Must hold a Marriage and Family Therapy Training License issued by the Wisconsin Department of Regulation and Licensing.

- I. Enrollment in weekly clinical team for live supervision. Commitment to see 3 - 6 clients per week.
- II. Enrollment in twice monthly group supervision. Commitment to see 5 - 10 clients per week.
- III. Individualized supervision contract to meet required supervision/clinical hour ratio. 1 - 4 Credits