



Dual Program

Foundations of Family Therapy

This course prepares mental health professionals with the foundation for more advanced clinical training in couple and family therapy.

The Ackerman Relational Approach (ARA) incorporates exciting new ideas and clinical practices to help therapists better support their clients. In this program, trainees will learn the:

- History of the field of family therapy, as critiqued through a postmodern lens, with an emphasis on contemporary practice
- Development of systemic thinking, and how it informs interviewing, hypothesizing, and clinical interventions
- Interplay between the interior life of individual family members; the relational interactions of the family; and the influences of the larger social contexts
- Impact of race, racism, gender identity and sexual orientation on families and family therapy

About the Program

This 30-week accelerated program provides practitioners with experience in a supervised clinical team while learning the fundamentals of couple and family therapy. The curriculum includes Ackerman's Foundations of Family Therapy course paired with Live Clinical Supervision.

Live Clinical Supervision

Using the knowledge of family systems gained from Foundations of Family Therapy, trainees in Live Clinical Supervision will participate in a family therapy treatment team. This program provides direct experience delivering clinical services with the support of faculty supervision.

Trainees will also explore their own family's culture of origin and its effect on practice. This course includes review of live and video-recorded sessions to increase clinical skills and address relevant personal issues.

About Course Meetings

Ackerman courses are primarily held online. Select programs may be offered with an in-person learning model. Prospective trainees will indicate their preferred learning model at the time of application.

"It was extremely valuable to do both Foundations and Clinical Supervision at once, as the experiential nature of clinical helped me to integrate the theories learned in Foundations into my practice. I learned and grew so much that I would do this again!"



Dual Program Eligibility



- Applicants must hold a master's degree in social work, marriage and family therapy, psychology, or other mental health profession. A professional license is not required for this course.
- Applicants with a Master's Degree in Family Therapy are not required to enroll in Foundations of Family Therapy, and may apply directly to Live Clinical Supervision.

Training at Ackerman is synonymous with having access to a group of faculty members with several decades of combined classroom and clinical experience. They are as professional as they are passionate about the role of family therapy as an effective therapeutic modality and as a means by which our institute's greater, social justice oriented aims, may be achieved.

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The Ackerman Institute for the Family is a major force in post-graduate training for practitioners committed to family mental health. We work with therapists and community partners to develop the necessary skills to support families from all backgrounds. Visit us online to learn more about our clinical services, professional trainings, and community initiatives.

The Ackerman Institute for the Family is a 501(c)(3) nonprofit organization.