

Foundations of Family Therapy

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.

The course includes didactic presentations, readings, case studies, experiential exercises, discussion, and videos of family therapy sessions led by expert faculty. Trainees will learn family therapy theory and clinical concepts, and work toward a deeper understanding of identity in relation to social contexts of power and privilege. Trainees are encouraged to practice and integrate these concepts in their ongoing professional work.



About the Program

This 30-week course prepares mental health professionals with the foundation for more advanced clinical training in couple and family therapy. Foundations of Family Therapy is the first component in Ackerman's Core Curriculum 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

"I loved learning and working with my Foundations instructor. Their ability to process issues of power and privilege was a source of invaluable learning. I really grew a lot during our class!"



Foundations of Family Therapy Eligibility



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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- Applicants must hold a master's, doctorate, or medical degree in social work, psychology, psychiatry or other behavioral health profession. Recent graduates with pending degrees may submit transcripts as proof of completion.
- Applicants with a Master's in Marriage and Family Therapy are eligible to apply directly to Live Clinical Supervision.
- A professional license is not required for this course.

Did you know?

Did you Know? You can accelerate your learning by enrolling in Foundations of Family therapy and Ackerman's Live Clinical Supervision program at the same time. Learn more about our Dual Program by visiting us online.