

Advanced study programme
SPECIALIZATION IN FAMILY THERAPY PRACTICE
University of Ljubljana Faculty of Theology

Presentation of the study programme

1. Information on the study programme

Advanced study programme at postgraduate level *Specialization in Family Therapy Practice* brings 60 ECTS credit points and takes 2 years (4 semesters).

2. Fundamental objectives of the programme and general competences

The primary goal of the study program is to enable participants to acquire advanced theoretical and practical knowledge in the field of family therapy practice. The program is designed for participants with prior foundational theoretical knowledge and competencies in family (psycho)therapy, which are prerequisites for enrollment. It offers them the opportunity to acquire advanced and additional skills and competencies considered essential by international psychotherapy associations for practicing family (psycho)therapy at a high professional and expert level. Among the program's objectives is also the attainment of psychotherapy practice (in the form of clinical fieldwork) and sufficient supervision, which are critical pillars of competency in family therapy. Additionally, the program includes specific courses and content that further complement the necessary skills.

General competences obtained by the programme

After they finish the programme, participants will be qualified for:

- The use of analysis, synthesis, and appropriate theories to analyze phenomena and creatively and independently solve problems.
- Organizing, planning work, and the ability to operate autonomously in the profession.
- Mastery of scientific tools, research methods, procedures, and processes, and their application in work.
- Communication in various contexts and forms.
- Openness to other fields and the ability to collaborate with other professions and work in teams, interdisciplinary application of knowledge.
- Acquisition, application, analysis, and evaluation of relevant information, and the ability to distinguish between scientific and popular content.
- Acting with scientific integrity and taking responsibility.
- Ethical, critical, and socially dialogical action, ethical reflection, and commitment to professional ethics.

- Lifelong learning and commitment to social progress.
- Use of information and communication technology.
- Theoretical knowledge and insight into developmental directions in the profession, science, and society.
- Analyzing and evaluating social and developmental challenges and recommending solutions.
- Understanding the connections between the profession, science, and society.
- Working in groups using appropriate techniques, approaches, and methods.

Subject-specific competences obtained in the programme

Participants in the program already acquire some of the competencies required for practicing family or systemic therapy before the program. During the program, they deepen, develop, and enhance these partially acquired competencies to fully integrate them in their entirety. Thus, participants gain the following competencies comprehensively through the program:

- The ability to establish a professional therapeutic practice in family or systemic therapy, which includes maintaining an appropriate therapeutic environment, ensuring the quality of therapeutic practice, functioning within a professional team, and collaborating with other professionals related to family therapy practice (e.g., clinical psychologists, psychiatrists). Fostering personal and professional growth and managing changes and challenges in this regard.
- Planning therapeutic sessions and family (systemic) therapy, establishing and maintaining the therapeutic relationship, managing issues, changes, and crises in the psychotherapeutic relationship and process, regulating emotional content during sessions, working with traumatized individuals, and utilizing various therapeutic techniques and interventions (both standard and newer, evidence-based and practice-based). Completing the therapeutic process and evaluating therapy.
- A deep understanding of the theory and practice of assessment and diagnosis. Utilizing methods such as observation, interviews, genograms, and screening tests. Assessing mental disorders according to DSM and ICD, substance abuse disorders, and evaluating relational functioning. Selecting diagnostic or assessment methods based on clients' issues, cultural context, and developmental stage. Effectively communicating findings with other professionals. Following international guidelines for ethical and culturally sensitive assessment. Interpreting results, taking into account the psychometric properties of the instrument and client context. Assessing the need for additional evaluation and awareness of relevant professionals and institutions, and making appropriate referrals.
- Applying psychological concepts and theories to understand human behavior and experience. Recognizing and analyzing mental processes to better understand individuals and interpersonal relationships. Conceptualizing client needs and selecting appropriate therapeutic treatments. Critically assessing and adapting therapeutic approaches to client needs and circumstances. Understanding theoretical models and approaches in psychotherapy, including change models. Using approaches and models of change and the biopsychosocial framework in practice.

Knowledge of the historical development of therapeutic approaches. An in-depth understanding of contemporary conceptual foundations of family or systemic therapy. Adapting practice to the needs and goals of clients and families.

- Knowledge of strategies, principles, and fundamental ethical, cultural, sociological, and religious guidelines in psychotherapeutic practice. Working with social, religious, and cultural differences and context in family therapy practice, especially with social, cultural, and religious minorities. Choosing ethically appropriate procedures based on the current sociocultural or religious dynamics in psychotherapy. Assuming responsibility for adhering to the ethical code concerning issues of equality, diversity, and cultural, religious, and sociological characteristics.
- Understanding scientific research methods, procedures, and processes relevant to family therapy practice. Understanding and applying the principle of "evidence-based practice" or "research-supported practice." Identifying and implementing suitable strategies to evaluate the effectiveness and improvement of family programs, treatments, therapies, and techniques. Knowledge, evaluation, and application of significant psychotherapy research within family therapy practice, along with findings related to evidence-based practices and their implications. Ethical, critical, legal, and contextual assessment of research methods and procedures. Presenting research achievements in the field of family therapy practice. Evaluating one's own psychotherapeutic practice.
- Preventive action in society, especially with clients in the field of mental health within family therapy practice. Critical evaluation of mental processes related to healthy and unhealthy lifestyles. Using certain mental process principles to promote mental health. Applying health promotion strategies from the perspective of positive psychology within the framework of family therapy practice.

3. Admission criteria and criteria when numerus clausus is applied

Advanced study programme Specialization in Family Therapy Practice is open for participants who:

- Completed the *Marital and Family Therapy* advanced study (continuing education) program at the University of Ljubljana Faculty of Theology or an equivalent study program in Slovenia or abroad, and
- Holds at least a second-level degree in the humanities or social sciences, or an equivalent qualification recognized as second-level under current regulations in Slovenia or abroad (if the second-level qualification is in a different field, the candidate must complete study obligations up to 60 ECTS as determined by the Study Affairs Committee of the University of Ljubljana Faculty of Theology either before enrollment or within the first year of study), and
- Successfully passed an admission interview with a committee, during which the candidate demonstrates suitability for the program and displays professional knowledge of the field of family therapy.

4. Criteria for completing the study

To complete the advanced study programme *Specialization in Family Therapy Practice*, a student acquires 60 credits.

5. Assessment of knowledge

Participants' work is assessed with written and oral examinations, in seminars, reports and tutorials. Prerequisite for an examination are fulfilled requirements in tutorials, seminars and reports. The methods of assessment of respective courses are defined for each course in curricula. Assessment scale ranges from 6 to 10 (positive marks) and from 1 to 5 (negative marks):

10	excellent	exceptional results with negligible mistakes
9	very good	knowledge above average but with some mistakes
8	very good	solid results
7	good	good knowledge but some major mistakes
6	satisfactory	knowledge meets minimal criteria
5-1	fail	knowledge does not meet minimal criteria

Examination regime is in compliance with the UL Statute and Regulations and Study rules of the UL TEOF.

6. Curriculum of the study programme

Curriculum consists of 11 mandatory/compulsory and 7 elective courses which students choose from offered elective/optional courses. The course syllabi and content are clearly aligned with the goals and competencies of the study program. They are designed to ensure that participants fully acquire both theoretical and practical knowledge in the field of family therapy practice necessary for its implementation.

Compulsory Courses with Defined Elective Content

First year									
		Contact hours					Indep. study/Work/Practice	Total Hours	ECTS
No.	Course Title	Lect.	Sem.	Tut.	Clin. tut.	Other Study Forms			
1.	Family Therapy Practice	-	-	-	-	-	300	300	10
2.	Supervision of Therapeutic Practice		50	-	-	25	15	90	3
3.	Theories, Approaches, Skills, and Models of Change in Psychotherapeutic Practice	50	15	25	-	-	90	180	6
4.	Systemic Theories, Communication, and Skill Development in Systemic Therapy Practice	20	10	-	-	-	60	90	3

5.	Understanding Human Nature, Mental Processes and Interpersonal Relationships in Family Therapy Practice	15	15	15	-	-	45	90	3
6.	Family Psychological Diagnosis and Assessment in Family Therapy Practice	30	20	10	-	-	90	150	5
7.	Elective Course 1	10	10	10	-	-	60	90	3

Second year									
		Contact hours					Indep. study / Work/ Practice	Total Hours	ECTS
No.	Course Title	Lect.	Sem.	Tut.	Clin. tut.	Other Study Forms			
1.	Family Therapy Practice	-	-	-	-	-	270	270	9
2.	Supervision of Therapeutic Practice	-	50	-	-	25	15	90	3
8.	Equality, Diversity, and Social, Religious, and Cultural Issues in Family Therapy Practice	30	15	-	-	-	75	120	4
9.	Research Approaches, Methods, and Findings in Family Therapy Practice	30	15	15	-	-	90	150	5
10.	Elective Course 2	10	10	10	-	-	60	90	3
11.	Personal Development, Self-reflective Processes, and Final Presentation of Psychotherapy Case	-	10	10	-	-	70	90	3

TOTAL (1. and 2. year)

Lectures	Seminars	Tutorials	Clinical Tutorials	Other Study Forms	Independent Study/Work/Practice	Total Hours	ECTS
195	220	95	-	50	1240	1800	60

Elective courses

		Contact hours					Indep. study / Work/ Practice	Total Hours	ECTS
No.	Course Title	Lect.	Sem.	Tut.	Clin. tut.	Other Study Forms			
1.	Promoting Mental Health in Therapeutic Practice	10	10	10	-	-	60	90	3
2.	Therapeutic Treatment of Families with Chronic Illnesses and Special Needs	10	10	10	-	-	60	90	3
3.	Therapeutic Treatment of Attachment Issues	10	10	10	-	-	60	90	3
4.	Therapeutic Treatment of Sexuality	10	10	10	-	-	60	90	3
5.	Therapeutic Treatment of Addiction	10	10	10	-	-	60	90	3
6.	Group Therapeutic Work	10	10	10	-	-	60	90	3
7.	Therapeutic Work with Different Forms of Family and Cohabitation	10	10	10	-	-	60	90	3

Key: Lect.=lecture, T=tutorials, Sem.=seminar

Participants may, with a proposal to the UL Faculty of Theology's Study Affairs Committee, transfer up to 10 ECTS from other mandatory or elective units of the program from other study programs at the same or other higher education institutions.

Participants may select elective courses from the elective courses list that they have not previously completed in earlier educational programs.

Advanced study programme Specialization in Family Therapy Practice which takes 2 years (4 semesters), consists of 60 ECTS credit points or 570 contact hours (lectures, tutorials, seminars, other study forms), i.e. 1800 hours of participant's study load.

7. Optional courses and mobility

Participants choose optional courses which enable in-depth study and qualification in the specific field of family and couples therapy. The programme comprises 54 ECTS (90%) of compulsory and 6 ECTS (10%) of elective/optional contents.

8. Course description

Detailed syllabi for all courses are provided in the attachment (Detailed syllabi for all courses.pdf).