

**THE CURRENT USE OF SELF-OF-THE-THERAPIST
TRAINING IN COAMFTE ACCREDITED DOCTORAL PROGRAMS:
A SURVEY**

by

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ABSTRACT

This study explores Self-of-the-therapist (SOTT) training practices in accredited and candidacy status doctoral programs supported by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE). Seventy-seven (77) surveys were sent to full-time faculty to assess training structures, training implementation, and the common ethical concerns associated with SOTT training in Marriage and Family Therapy (MFT) doctoral programs. Chi-square tests and Independent Sample t-tests were run to assess for significant associations between various personal identifiers reported by respondents and attitudes toward required therapy for doctoral trainees. The 42% response rate represented 14 of the 18 MFT doctoral programs. The resulting data revealed disagreement within individual programs regarding training and ethical structures. In addition, the following four variables were found to be significantly associated with the belief that therapy should be required for doctoral trainees: a.) Therapy should be required for master trainees; b.) The type of therapy required for doctoral trainees; c.) "Authenticity" as a favorable characteristic in supervisors;

and d.) The number of years a respondent had been a client in therapy. Suggestions are offered to COAMFTE regarding ethical concerns related to SOTT training.