

Mental Health: MA

The Department of Family Relations and Applied Nutrition is introducing an innovative degree to provide unique opportunities and increase flexible pathways to learning about mental health.

The Master of Arts in Mental Health (MA.MH) program will provide graduates with learning that they may apply to an existing or future career path in community-based human service organizations.

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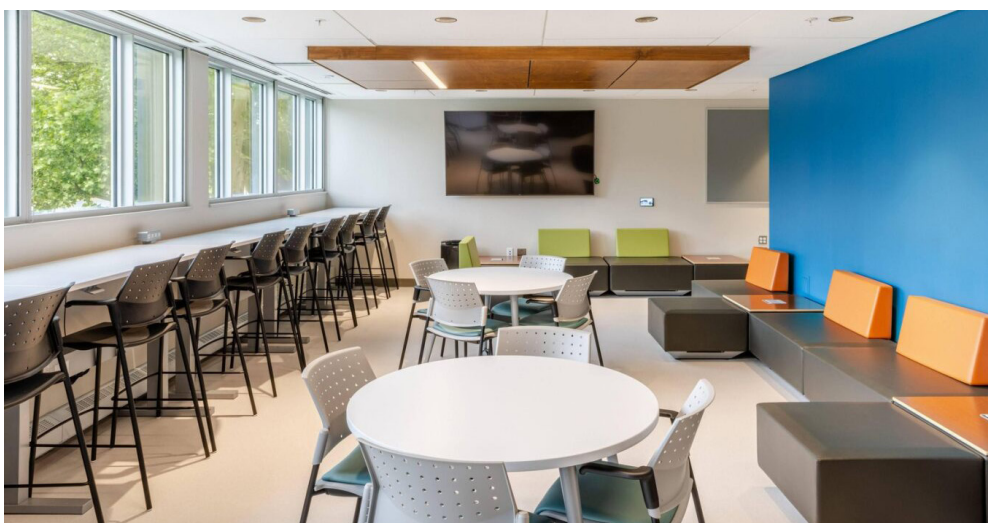
PROGRAM

The MA.MH program is designed to give students the best non-clinical mental health training possible in Ontario.

It is intended for those seeking to upgrade their education and/or enhance mental health knowledge, as this degree is infused with systemic thinking and Equity, Diversity, and Inclusion (EDI) considerations.

This unique program is designed to have 11 remote synchronous academic courses, that can be completed as little as four semesters. The remote synchronous delivery allows for great flexibility to working individuals.

Students may apply in any semester as we will be holding rolling admissions for this program.



ADMISSION REQUIREMENTS

Admission to the MA.MH program requires:

- honours (4-year) baccalaureate degree, with a minimum 75% average in the last two years of study
- minimum 70% average in a social science research methods course
- letter of interest
- two academic references
- transcripts

Currently regulated health professionals practicing psychotherapy or a related field are welcome to apply.

Application Deadline:

January 10, 2026

ARE YOU INTERESTED IN:

- mental health
- influencing social policy
- enhancing current career

THIS PROGRAM IS WELL SUITED FOR:

- teachers and guidance counsellors
- human resource professionals
- emergency service providers
- allied health professionals

CONTACT INFORMATION

Graduate Program Assistant:

Shauna Porter
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Master of Psychotherapy: MP

The Master of Psychotherapy (MP) program integrates on-site and community-based training including strength-based and traditional psychotherapy perspectives that respect the diverse experiences and communities of both students and clients.

This program builds on our rich 40-year history of training highly skilled and ethical clinicians, with innovative and broad based programs, by addressing the mental health crisis.

uoguelph/mp

PROGRAM

The Master of Psychotherapy (MP) degree is a two year (24 months) full-time clinical training program that will integrate theory into clinical practice. This program will train students to become highly skilled, ethical, and competent psychotherapists who are job-ready at graduation.

This unique program includes 7 base academic courses plus 2 in-person practica at our innovative, on-site training facility, Maplewoods, along with a third, year-long, externship with a community-based provider. This unique practicum placement combination will provide students with a unique opportunity to hone psychotherapeutic clinical skills and gain valuable community-based experience.

MP students can be expected to accumulate up to 350 Direct Client Contact hours and 100 hours of clinical supervision.

MP students will be registered with The College of Registered Psychotherapists of Ontario (CRPO) as a Registered Psychotherapist (Qualifying) in their final semester of the program.



ADMISSION REQUIREMENTS

Admission to the MP program requires:

- honours (4-year) baccalaureate degree, with a minimum 75% average in the last two years of study
- minimum 70% average in a social science research methods course
- not currently a regulated health professional practicing psychotherapy or a related field
- letter of interest
- two academic and one professional reference
- transcripts

**Spring (May) 2026 Entry
Application Deadline:**

September 22, 2025

ARE YOU INTERESTED IN:

- trauma informed practice
- systemic approaches to psychotherapy
- gender and sexuality sociocultural attunement and humility
- perspectives on health and well-being

CAREER OPPORTUNITIES AS A REGISTERED PSYCHOTHERAPIST:

- working in private practice
- working in a community-based organization
- working in health settings including hospitals and family health teams

CONTACT INFORMATION

Graduate Program Assistant:

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Master of Relational and Family Therapy: MRFT

The Master of Relational and Family Therapy (MRFT) is the only program in Canada that provides both the academic requirements and clinical hours and supervision in two years and under one training roof.

This program builds on our rich 40-year history of training highly skilled and ethical clinicians, with innovative and broad based programs, by addressing the mental health crisis.

uoguelph.ph/mrft

PROGRAM

The Master of Relational and Family Therapy degree is a two year (24 months) full-time immersive course based program, that will have you job-ready at graduation.

This unique program is designed with seven base academic courses, focusing on relational and systemic psychotherapy + 6 in-person practica, to integrate theory into practice. This degree will be a recognized education, training, and clinical experience program with the CRPO and and is accredited by CACFT.

MRFT students will accumulate up to 450 Direct Client Contact hours and over 100 hours of Clinical Supervision at Maplewoods, our innovative, on-site training facility.

MRFT students will be registered with the CRPO as a Registered Psychotherapist (Qualifying) in their final semester of the program.



ADMISSION REQUIREMENTS

Admission to the MRFT program requires:

- honours (4-year) baccalaureate degree, with a minimum 75% average in the last two years of study
- minimum 70% average in a social science research methods course
- not currently a regulated health professional practicing psychotherapy or a related field
- letter of interest
- two academic and one professional reference
- transcripts

Spring (May) 2026 Entry Application Deadline:

September 22, 2025

ARE YOU INTERESTED IN:

- trauma informed practice
- systemic and relational psychotherapy
- gender and sexuality
- anti-oppression training
- perspectives on health and well-being

CAREER OPPORTUNITIES AS A REGISTERED PSYCHOTHERAPIST:

- working in private practice
- working in community-based organizations
- working in health settings including hospitals and family health teams

CONTACT INFORMATION

Graduate Program Assistant:
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