Abel Torres
Career Technical Educational Instructor
Football Coach
Gladstone High School
BS Psychology '12
MFT '16
“The faculty have been nothing less than professional, providing the most current knowledge in their field of study.”

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The Program

The Psychology Department offers a degree in Marriage and Family Therapy.

Master of Science:
Marriage and Family Therapy (MFT)

The MFT Program (culminating in a Master of Science degree) is offered by the Department of Psychology at La Verne. The degree program has been training graduate students since 1973 to meet the human service needs of families in a changing world. The theoretical foundation for the MFT Program is based on a Recovery Model that emphasizes and supports each individual's potential for recovery. A Recovery Model perspective emphasizes the development of hope, a secure sense of self, supportive relationships, empowerment, social inclusion, coping skills, multicultural sensitivity, and meaning. Students are exposed to a range of theoretical orientations that reflect multiple yet diverse perspectives. Didactic and experiential program components are combined to provide a broad theoretical foundation for possible future study and substantial counseling experience for the future practitioner.

The MFT Program meets all current Board of Behavioral Sciences (BBS) academic requirements for Marriage and Family Therapist licensure in California, as well as the academic requirements for California community college counseling and instructor positions.

Graduates of the program typically pursue careers as marriage and family therapists in community mental health and social service agencies, school-based counseling programs, residential treatment facilities, hospital settings, private practice, and community college settings.
**Program Features**

**Small Classes:** The program shares the University’s tradition of personalized academic attention. Our small graduate classes enhance student-faculty interaction, a collegial and cooperative learning atmosphere among students, and the encouragement of critical thinking skills. The average student-faculty ratio is about 14:1.

**Program Diversity:** Both the University and Department share a strong commitment to diversity, and have a demonstrated tradition of attracting faculty and students from a variety of cultural, ethnic, religious, age, sexual orientation, and physical ability backgrounds. Issues of multiculturalism and diversity are woven throughout coursework.

**Financial Aid:** Students are encouraged to apply for federal financial aid to support their progress in the master’s program. Information on this process can be found at: [univ.lv/finaid](http://univ.lv/finaid).

**Supervised Fieldwork Placement:** Students in the MFT Program complete a two-semester fieldwork experience to solidify the application of theory to practice. The program has a selective network of supervised fieldwork placements for students, in settings such as community mental health agencies, school-based counseling programs, and university counseling centers. MFT placements meet current state experience requirements for the California MFT license.

**Personal Psychotherapy:** The program believes that MFT students entering the counseling profession benefit professionally, personally, and academically from experiencing personal psychotherapy. Therefore, after admission, all MFT students must complete at least 10 hours of personal psychotherapy during their year of fieldwork (PSY 580, 581).

Depending on individual issues and preferences, students may select individual, couple, family or group psychotherapy. However, students are advised to do at least a portion in individual and group process. Psychotherapy hours may be applied toward the optional hours of experience category for California MFT licensure.

**Alumni Linkage:** The program maintains an active link with its alumni from the counseling program, and this network serves as a valuable resource and professional network for current students. In addition, selected alumni who are licensed MFTs participate in the alumni referral network for affordable psychotherapy for current counseling students.

**Psi Chi:** The Department sponsors a chapter of Psi Chi, the National Honor Society in Psychology. Graduate students who meet the Department’s eligibility requirements are invited to join the chapter.

**Career Services Department:** The Department offers students a number of helpful workshops and services, including the development, implementation and evaluation of individual career plans.

**Counseling Center:** The University’s Counseling Center offers individual, family, couple, and group counseling services to the broader University community, and serves as a supervised fieldwork site for MFT students.

**LPCC License:** The program also meets statutory requirements for the Licensed Professional Clinical Counselor (LPCC) license. Those planning to apply for the LPCC, in addition to the degree plan of classes, must complete PSY 514 Career Counseling.
The MFT Program trains students to become therapists to meet the psychological needs of families, couples, and children in a changing society. It combines formalistic training with practical experiences to prepare students for both professional counseling careers as well as possible doctoral study. General systems theory provides the academic foundation for the MFT Program, and students are exposed to a range of theoretical orientations that reflect a systems perspective.

**Total Program: 61 semester hours**

**Core Courses: 15 semester hours**
- PSY 502 Research Methods in Counseling (3)
- PSY 507 Human Development (3)
- PSY 522 Group Counseling (3)
- PSY 523 Multicultural Counseling (3)
- PSY 527 Professionalism, Ethics and Law in Counseling (3)
- PSY 595 Competency Exam (0)

**MFT Specialization: 43 semester hours**
- PSY 506 Human Sexuality (1)
- PSY 509 Psychological Testing (3)
- PSY 512 Clinical Psychopathology (3)
- PSY 516 Counseling Theories & Skills I (3)
- PSY 517 Counseling Theories & Skills II (3)
- PSY 518 Family Therapy (3)
- PSY 519 Couples Therapy (3)
- PSY 521 Child Therapy (2)
- PSY 528 Substance Abuse Counseling (3)
- PSY 530 Violence & Abuse in Family Systems (2)
- PSY 534 Psychopharmacology (3)
- PSY 536 Counseling Older Adults (1)
- PSY 542 Working with Client’s Anger Issues (1)
- PSY 543 Grief and Loss Counseling (1)
- PSY 544 Trauma Focused Treatment (1)
- PSY 545 Working with Anxiety Disorders (1)
- PSY 550 Community Mental Health Counseling (3)
- PSY 580, 581 Supervised Fieldwork in Marriage, Family, and Child Therapy I, II (3, 3)

**Culminating Activity: 3 semester hours**
- PSY 596 Graduate Seminar (3)
To qualify for admission into the MFT Program, applicants must meet certain criteria and submit specific documents. Minimum expectations follow:

- Applicants must submit official transcripts showing a completed bachelor’s degree. The preferred degree majors are psychology, sociology, or behavioral science. Transcripts must document successful completion of several undergraduate psychology prerequisites: general psychology; developmental psychology; psychological research methods; statistics; abnormal psychology; and one other theory course in psychology.

- An overall undergraduate GPA of 3.0. Undergraduate coursework will be evaluated on an individual basis for recency and appropriateness to the graduate degree program. The bachelor’s degree must have been earned at a regionally accredited institution.

- Applicants complete an admissions application and submit it with a non-refundable fee.

- Applicants must submit a five-to-seven page Statement of Purpose and Autobiography along with a current resume.

- Applicants should provide three letters of recommendation from professors and colleagues who are familiar with the applicant’s academic and professional abilities, potential, and appropriateness for the counseling profession. At least one letter should be from a professor.

- International Student applications must submit verification of English competence (minimum 100 score on TOEFL or two years’ college or university study at an institution where instruction is in English), a University of La Verne Financial Support Verification, and a confidential bank statement from the financial sponsor.

- Applicants are strongly encouraged to have at least one year of volunteer or paid experience working with families, children, couples, students or adults in a counseling related area.

- After initial screen of all required information, a pool of applicants will be selected to interview with Psychology Department faculty. As part of the application process, applicants will complete an academic assessment exam.

- In addition to the requirements noted above, the Department may require other documentation from applicants.
Transfer Credits
A maximum of six to 12 semester units of graduate credit may be transferred into a counseling program if the transfer credits are appropriate for the degree, are no more than five years old, earned a grade of at least B, and are applicable to a master’s degree at the granting institution.

Program Candidacy Status
All counseling students are admitted into the program under a pre-candidacy status. After the completion of 12 semester hours, students become eligible for and are evaluated by the Department for candidacy status. Candidacy is granted to students with a GPA of 3.0 who have a passing score on the PSY 595 (Competency Exam) and have demonstrated personal suitability for the counseling profession.

Continuous Evaluation of Students
During their course work in the program, students continue to be evaluated for demonstrated suitability to the program and the counseling profession. Occasionally, discontinuation of a student from the program may occur, even after the Department confers Full Candidacy, if the student’s personal or professional behavior does not continue to meet minimum professional and/or academic standards.

Wilson Library
The Elvin and Betty Wilson Library, the University’s central library, owns more than 250,000 physical volumes, 53,000 journals (print and electronic), 14,000 electronic books, and more than 8,000 audio-visual items. The library provides access to an online catalog (LEOpac), more than 81 electronic databases for scholarly research and a mobile app. The library also provides technical support in the use of the Blackboard course management system to faculty and students. Research assistance is available to all La Verne students in person and via telephone, online chat, or e-mail. Access to additional libraries and materials is possible through various service agreements, including LINK+, LEODelivers, and IEALC. Additional information can be found at univ.lv/library.

Computer Resources
The Office of Information Technology assists University of La Verne students, faculty, and staff by empowering them to best utilize available hardware and software to fulfill the University’s educational goals. Eight computer labs on campus are available with updated software free for use by students.

Scheduling
Accepted students may begin coursework in the Fall semester and have five years to complete the degree. Students can attend with a fulltime load of 9 semester hours, or a part-time load of 3 to 6 semester hours. Classes meet once a week from 4 to 6:25 pm and from 6:50 to 9:15 pm, Monday through Thursday. The MFT degree is offered only on the University of La Verne main campus.

Application Deadlines
- March 1 for enrollment in the Fall semester

University Mission
The University of La Verne offers a distinctive and relevant educational experience to a diverse population of traditional-age, adult, and graduate learners preparing them for successful careers, and a commitment to lifelong learning across the liberal arts and professional programs. This mission is embodied in the program’s major commitments to (a) ethical reasoning; (b) diversity and inclusivity; (c) lifelong learning and (d) community and civic engagement.
Psychology Faculty

“The Marriage and Family Therapy Program, with its Recovery Model orientation, reflects the best of both good clinical/counseling science and multiculturally sensitive therapeutic practice.”

Dr. Glenn Gamst, Ph.D.
Professor and Chair of Psychology Department

Leticia Arellano-Morales, Ph.D.
Associate Professor of Psychology, received her Ph.D. in Counseling Psychology from Michigan State University in 2000. Her area of specialization and research are stress and Latinas, multicultural counseling and multiracial feminism.

Ngoc Bui, Ph.D.
Associate Professor of Psychology, received her Ph.D. in Social Psychology from the University of Nebraska-Lincoln in 2000. Her areas of interest and research are social perception, acculturation, procrastination, and effectiveness of technology and teaching.

Amy Demyan, Ph.D.
Associate Professor of Psychology and Chair of the MFT Program, received her Ph.D. in Clinical Psychology from Ohio University in 2009, and her MA(MFT) from Santa Clara University in 2000. Her current research focus is on mental health help-seeking behaviors. Her areas of specialization include mindfulness-based approaches to psychotherapy and Buddhist Psychology, especially within a child-adolescent population.

Glenn Gamst, Ph.D.
Professor and Chair of the Psychology Department, received his Ph.D. in Experimental Psychology from the University of Arkansas in 1979. His current research focus is on the effects of multicultural variables like client-therapist ethnic match, client acculturation and ethnic identity, and provider cultural competence on clinical outcomes for community mental health clients. Additional areas of specialization and research include memory and cognition, conversational memory, and univariate and multivariate statistical and methodological issues.
Luci A. Martin, Ph.D.
Assistant Professor of Psychology, received her Ph.D. in Clinical Health Psychology and Behavioral Medicine from the University of North Texas in 2011. Her current interests are in the area of preventive care and health promotion within diverse patient and non-medical populations. Her research has focused on gender and ethnic differences in health outcomes, and includes a combination of work with coping and quality of life within chronically ill populations, and assessment of psychological and physiological variables aimed toward prevention. Clinical interests include use of evidence-based cognitive and behavioral methods that aid adjustment to disease, and allow medical patients to live a healthier lifestyle with optimal life quality.

Nadine Nakamura, Ph.D.
Assistant Professor of Psychology, received her Ph.D. in Clinical Psychology from the George Washington University in 2007. She was then a postdoctoral research fellow at the University of California, San Diego and at Simon Fraser University in Vancouver, British Columbia. Her research interests include HIV, immigration, and ethnic and sexual minority health and mental health. Dr. Nakamura is currently conducting research on Asian gay and bisexual men in Canada to understand their sense of community, experiences of discrimination, and HIV risk-related behaviors. She is also conducting a study on same-sex binational couples who immigrated to Canada from the U.S.

Richard Rogers, Ph.D.
Associate Professor of Psychology, received his Ph.D. in Counseling and Guidance from the University of Arizona in 1986. His areas of specialization and research include male sexual dysfunction, stress and coping, cognitive therapy, group psychotherapy, supervision and training and adult children of alcoholics.

Christopher Perez, Ph.D.
Ph.D. in Clinical Psychology (2013) from The Pennsylvania State University. Research focuses on cultural differences in emotion regulation and how these variations influence psychological functioning; primarily aims to discover techniques to adapt and apply emotion regulation strategies in order to minimize distress and maximize health/well-being.
Start the Financial Aid Process by Applying Online

To begin the financial aid process, visit La Verne’s Financial Aid web page: univ.lv/finaid. This will give you access to the Free Application for Federal Student Aid (FAFSA) online. We recommend that you allow at least one hour to complete the application. You will need your previous year’s tax forms to answer some of the questions.

Questions

If you have any questions regarding the financial aid process please call 800-649-0160 or visit: univ.lv/finaid.

School Code (001216)

You must provide the University of La Verne’s school code in order for the results of your FAFSA to be forwarded to La Verne’s Office of Financial Aid.

Student Aid Report (SAR)

Not more than one week after you have submitted your FAFSA online, a notice will be sent to your email address from the Federal Processor that your Student Aid Report (SAR) is available to be viewed at fafsa.ed.gov. Please print and review your SAR to be sure it is accurate. Make sure the University of La Verne is listed to receive this report. If any corrections are necessary make them at that time.
The Review Process

Before your application can be processed for financial aid at La Verne, you must be officially admitted to a degree program at the University of La Verne.

At least 30% of all financial aid applicants are randomly selected by the federal government for verification. Should you be selected for verification, it will be necessary for you to provide additional documentation to the Office of Financial Aid. This process must be completed before financial aid can be awarded.

Note: Log into the Secure Area of MyLaVerne, which can be accessed through La Verne’s home page at laverne.edu, to see what documents are still necessary to complete the application process.

Award Letter

Once the admission process and the financial aid application review process have been completed, you will receive an award letter. Please read all instructions carefully. You will need to follow all of the steps outlined in the award packet in order to have funds sent to your account here at La Verne.

Registration and Financial Aid

Financial Aid loan money cannot be disbursed until the add/drop period for the semester/term has ended. Be sure you have officially registered for the appropriate number of units for the appropriate semester/term as indicated in your financial aid packet.

Find out more about the time to completion for your Program – visit univ.lv/completion

“The professors’ knowledge and supervision gave me direction and clarity in my development as a therapist.”

Daneyda Muniz Ramirez
Psychology Social Worker
Kaiser Permanente
MFT ’08
La Verne is a national, comprehensive university offering excellence in higher education since 1891. The University is accredited by the Western Association of Schools and Colleges (WASC).

For more information call 877-GO-TO-ULV or email gradadmission@laverne.edu

univ.lv/mft