

CENTAUR UNIVERSITY

Department of Psychology

Professor: Rick E. Thomas, M.S., C.A.T.C., MFTI

Assistant Professors: Mickey Kay Troxell, MS, CATC, CEAT II

Program Administration:

Rick Thomas, MFT Program Coordinator and Professor of Masters in Counseling Psychology.

EDUCATION: MS in Counseling; BS in Human Services and Community Development

CREDENTIALS: Specialist in Alcohol & Drug Studies, Certified Addiction Treatment Counselor (CATC), member of CAADE (California Association of Drug and Alcohol Counselors) and CAMFT (California Association of Marriage and Family Therapists)

EXPERIENCE: Instructor of "Co-occurring Disorders" course at Loyola Marymount and "Treatment Issues in Substance Abuse" course at Cal State University. Facilitator of addiction and psychotherapy workshops for various schools and facilities across the United States. Published by the Breining Research and Education Foundation. 16 years of experience in Alcohol & Drug Counseling. Has been a Clinical Supervisor, Alcohol Educator and Group Leader in various Addiction Treatment Facilities.

Mickey Kay Troxell, MFT Program Director/Assistant Professor of Masters in Counseling Psychology/Practicum Instructor

EDUCATION: MS in Psychology; BA Behavioral Science: AA in Human Services

CREDENTIALS: Continuing Education Provider (BBS, CAADAC, CAADE, NAADAC), Certified Equine Assisted Therapist I & II, Equine Assisted Growth & Learning Level I & II Certification, Registered Addiction Specialist, Basic Relapse Prevention Certification, Certified Addictions Treatment Counselor (CATC), Member of CAADE (California Association for Alcohol/Drug Educations).

EXPERIENCE: 18 years experience in Alcohol and Drug Counseling and Addiction Therapy including Executive Director, Assistant Director, Business Director, Clinical Director, Program Director, Primary Counselor and Case Management. Facilitation of Individual and Group sessions; as well as, Workshops, Clinical Assessments, Treatment Planning, Charting, Dual Diagnosis, Treatment and Discharge Planning.

Master of Arts in Counseling Psychology Concentration in Marriage and Family Therapy Specialization in Addiction

Centaur University's department of psychology offers a Master of Arts degree in counseling psychology with the concentration in marriage and family therapy and specialization in addiction. It is designed to provide the student with the academic and professional training necessary for a career in marriage and family therapy (MFT). This MFT program may also serve as a foundation for further graduate study in psychology or one of the related disciplines. The program includes a substantial clinical training component in which students work under the supervision of department faculty and staff in a counseling setting at some other approved site. Students in this program complete a minimum of 60 credits.

Admission Deadlines

Applications are due 30 days prior to the beginning of the first quartet, please see our website at www.centauruniversity.com for updated start dates. The MFT program with specialization in addiction is designed to be delivered in a 16 month format. Students may take longer for the completion of the final project but must remain enrolled in PSY 660 if the project is not completed within 60 days of completion of all other class work. PSY 660 has a onetime only cost of \$50.00 for each 60 day session.

Admission to the Program

1. Hold a baccalaureate degree from a regionally accredited institution.
2. Have an undergraduate grade point average of 3.4 or better in the last 60 graded semester credits (or 90 quarter credits) earned prior to the baccalaureate degree. Applicants with a grade point average between 2.00 and 3.39 are required to submit the following:
3. Submit one set of official transcripts from every college or university attended since high school.
4. Submit a personal statement which must be no more than five typed pages in length and address educational (paid/volunteer) and/or personal experiences that have shaped your career objectives and prepared you to begin graduate studies in marriage and family therapy. This essay is evaluated by the psychology faculty for content and as a sample of your writing abilities.
5. Submit three letters of reference from individuals actively engaged in teaching and/or clinical practice, who are in a position to evaluate the applicant's academic and personal qualifications for the program. The department of psychology may contact the authors of references to discuss applicants' qualifications.
6. Complete the Application for Admission and the Non-Discrimination Policy and Licensure Notification. All application materials should be sent to the Office of Admission.
7. Submit a resume or curriculum vitae.

Completed applications are initially reviewed by the Office of Admissions. If minimum requirements are met, the applications on file are forwarded to the department of psychology where they are reviewed by a committee of graduate faculty. Applicant files are carefully read and reviewed for fit with the program's educational goals and training. All applicants will receive a letter from our University regarding their status for entrance into our program.

Coursework Program

The program coordinator evaluates the student's transcripts and program application materials and, if the student is qualified and approved for admission, prepares a plan of study indicating the student's status at the university, any program prerequisites still to be completed, and the courses constituting the program emphasis. Any courses accepted for transfer into the program are also identified. Questions about prerequisites, program requirements, transfer credit, etc. should be discussed and resolved with the program manager at the time the coursework program is received to avoid confusion later.

Advisement

Newly admitted students are required to meet with the program coordinator to discuss and clarify any questions about the program and future career plans after acceptance to the program. Students are required to meet with the program coordinator prior to beginning the program to develop a written plan of study. Students are also strongly encouraged to meet with the program coordinator before registering for classes.

Transfer Policy

Students admitted to the MFT degree program may transfer up to 6 credits of graduate coursework from another graduate program upon approval of a petition by the program director. This policy includes graduate-level classes from regionally accredited universities. There is also a method by which students can be given up to 6 units of experiential credit and this is covered more completely in the school catalog. (See the Academic Policies and Procedures section for transfer policies.)

Graduate Prerequisites

The applicant must possess a bachelor's degree in psychology, or a related discipline, from an accredited college or university, or must evidence satisfactory academic background in the following:

1. Abnormal psychology or child abnormal psychology.
2. Statistics.
3. Intro to Psychology

All prerequisites should be met by the time the student has completed his or her first quartet of classes.

Ethical and Professional Standards

Since the MFT program involves preparing people to work with the public, the department assumes the responsibility for reasonably assuring that individuals who complete the program are not only academically competent but are aware of and capable of functioning within the established ethical and professional standards of the profession. Students in the psychology graduate program must adhere to the ethical standards held and enforced by the relevant professional associations and should understand that they are being trained in a program that is not only academic, but also professional in nature.

The university has both the right and obligation to evaluate continually and, if necessary, to terminate the student's participation in the master's program at any point for ethical violations and/or personal unsuitability for the profession. This philosophy is consistent with that of most graduate programs that are engaged in explicitly or implicitly certifying that their graduates are competent to engage in the practice of professional counseling or psychotherapy.

Candidate Dismissal by the Department

A student may be dismissed from the department and the University for reasons of academic or clinical performance, clinical or personal misconduct, or violation(s) of the Academic Integrity Policy. Prior to dismissal, efforts will be made by the graduate faculty to assist with the student's area of deficiency. If such assistance does not result in improved performance to an acceptable level, the student can be dismissed from the program. This dismissal would follow the recommendation of a simple majority vote of the psychology department faculty. Academic conditions suitable for dismissal are addressed above. Clinical misconduct that warrants dismissal includes, but are not limited to, unsafe practices that might endanger either the client or the therapist. Personal misconduct that warrants dismissal includes, but is not limited to, actions that are intended to berate the clients, peers, faculty, staff, or the profession. Any candidate dismissed by the department has the right to appeal the decision according to the University Student Grievance and Due Process policy. The student shall continue in the program until the appeal process is exhausted. If the decision for dismissal stands following his or her appeal, the student will be dismissed from the department and the university.

Screening

Screenings with faculty will be conducted as needed based on faculty evaluation. In the screening interview, a preliminary assessment of the student's academic, intellectual, and psychological readiness for a career as a therapist will be made.

Advancement to Candidacy

During the class before students plan to begin the first practicum, they should notify the program coordinator of their intent to go through advancement to candidacy. Advancement candidates must have satisfactorily completed or be successfully completing [PSY 505](#), [510](#), [515](#), [520](#), [525](#), [530](#), [535](#), [540](#), and a minimum of 25 credits. At the advancement to candidacy interview, students will meet with a faculty committee. It will be that committee's responsibility to determine whether students are then prepared to be formally declared a candidate for a Master of Arts degree and to be permitted to proceed into the practicum phase of the program.

At the time of the advancement interview, each student will be provided with a clinical vignette. The student will discuss a diagnosis and a tentative treatment plan, which will be the foundation of the advancement interview. The treatment plan will address identification of problems, proposed interventions, ethical issues, prognosis, further assessment, and any clinical issues that may need further attention. Specifically, the functions of the advancement to candidacy committee are:

1. To assess the student's readiness to begin the practicum.
2. To provide information and counsel to the student in matters pertaining to his or her academic progress and plans.
3. To ascertain whether significant gaps exist in the student's knowledge and/or understanding of the subject field.
4. To apprise the student of any academic, professional or ethical aspects of the program that may be a source of concern.
5. To assess the student's psychological readiness and personal suitability to engage in the profession of marriage and family therapy.
6. To review the student's academic status with respect to fulfilling required course work in a satisfactory manner.

Successful advancement to candidacy is a prerequisite to enrolling in practicum.

Personal Therapy

Participating as a client in individual or group therapy is an important educational aspect of a program to prepare mental health professionals. Experience as a client in personal therapy is, therefore, one of the program requirements. The requirement is met through a minimum of sixteen hours of individual or group therapy conducted by a licensed marriage and family therapist, licensed clinical social worker, licensed clinical psychologist, or board-eligible psychiatrist. Verification will consist of a letter by the therapist (on the therapist's letterhead) stating the time spent in therapy, sent directly to the program coordinator. This verification must be on file at the time the student applies for graduation.

Personal therapy may at any time be required by the department for the student to continue in the program. Commencement of therapy or recommendation of additional therapy may be a stipulation or condition at the time of a student's screening or advancement to candidacy interview. The student has the right to choose his or her own therapist for this requirement within the limitations of ethical standards prohibiting dual relationships and the criteria of the paragraph above.

Practicum

Minimum requirements for beginning a practicum include:

1. Advancement to candidacy.
2. A minimum of 25 completed credits of program course work.
3. Completion of site agreement (for approved off-site practicum training).

Students who pursue off-site practicum training must seek approval by the MFT program director before the proposed starting date. The student should obtain the required forms from the psychology department well in advance of the deadline to enable him/her to fully comply with the requirements for the practicum and to deal with any special problems or circumstances that may affect the acceptability of the proposed practicum.

Capstone Project

The marriage and family therapy program requires of its students the completion of a Masters Research Project as the capstone of their educational experience. Students can only complete a project if they find a faculty sponsor who has agreed to be their committee supervisor, and two additional faculty who have agreed to serve as project committee members. As students approach the half way point in the program, they must petition the program director in writing stating the title of the project and the name of the faculty who has agreed to serve as project supervisor. By the end of the first half of the program, students must have submitted and successfully defended a written project proposal. This proposal must be approved by the project committee. Students who complete a project will be expected to complete all other MFT program requirements with the exception of [PSY 640](#). During the third and fourth quartets in the program, students will enroll in PSY 655 and PSY 660 and will continue to enroll in PSY 660 until the successful defense of the project.

Requirements for the Degree

Theoretical Foundation

Clinical Courses

Specialized Clinical Courses

Family Development and Diversity

Professional Issues, Ethics, and Research

Clinical Practicum

Project Research

Total Credits: 60

MARRIAGE AND FAMILY THERAPY COURSE

Catalog Description

Masters in Counseling Psychology

1075 Clock Hours / 60.0 Semester Credit/Units

The one thousand and seventy five hour program prepares the student for entry-level employment as an MFT Intern in the field of Mental Health, specifically in addiction in different treatment settings. Students receive instruction in the basics addiction, relapse prevention, intervention, and drug pharmacology, the 8 practice dimensions in the TAP 21"Addiction Competencies. Concentration in Marriage and Family Therapy prepares students to be familiar with a broad range of matters that may arise within marriage, family and child relationships functional and dysfunctional. This course trains students in diagnosis (DSM IV-TR), assessment, and prognosis, psychological testing, psychopharmacology, treatment of mental disorders (including co-occurring disorders), counseling skills, prevention, intervention, theories and techniques, professional ethics (including child abuse assessment and reporting), cultural diversity and special populations. The course will also cover the development and life span from human sexuality, conception, birth, childhood, adolescence, early adulthood, aging, to grief and loss. All students must complete two practicum classes that will begin after the completion of the second quartet. Each Practicum will consist of 45 hours of class and 125 hours of Clinically Supervised Internship at an approved site. Upon successful completion of this degree program, the student will receive a Masters Degree in Psychology and Transcript of completed courses. The graduate of the degree program qualifies to the student to apply for Licensure by the Board of Behavioral Science and is strongly encouraged to do so with BBS, since the course is designed to meet BBS's requirements. . **Student must register with the BBS within 90 days of course work completion/graduation, in order for their 250 Practicum/Internship hours to go towards their Licensure.**

Course/Class Name	Clock Hrs	Units
PSY 505 Introduction to Counseling/ History and Development	45	3.0
PSY 510 Systems of Psychotherapy for M F T's	45	3.0
PSY 515 Group Process and Techniques	45	3.0
PSY 520 Research and Bibliographic Methods I	45	3.0
PSY 525 Theory of Addiction	45	3.0
PSY 530 The Counseling Process/Basic Counseling Skills	60	4.0
PSY 535 Development During the Life Course	45	3.0
PSY 540 Research and Bibliographic Methods II	45	3.0
PSY 605 Multiculturalism and Special Populations	45	3.0
PSY 610 Emotion Focused Therapy	45	3.0
PSY 615 Advanced Psychopathology and Diagnosis	45	3.0
PSY 620 Practicum I/Clinically Supervised Internship	170	5.5
PSY 625 Motivational Interviewing / Harm Reduction	45	3.0
PSY 630 Ethical and Professional Issues for M F T's	45	3.0
PSY 635 Ingestive vs. Process Addictions	45	3.0
PSY 640 Practicum II/Clinically Supervised Internship	170	5.5
PSY 655 Master's Project Research I	45	3.0
PSY 660 Master's Project Research II	45	3.0
TOTAL	1075	60.0

COMPREHENSIVE COURSE DESCRIPTIONS – COUNSELING PSYCHOLOGY

Graduate standing is required for all 500 and 600 level courses

PSY 505 Intro to Counseling/History & Development 45 Clock Hours/3.0 Credit Units

This course begins in antiquity and ends with the triumvirate of Freud, Adler, and Jung. The influences and eventual impact of philosophy, religion, and medicine will be explored as the student is exposed to how these three major views of the human condition come together.

PSY 510 Systems of Psychotherapy for MFT's 45 Clock Hours/3.0 Credit Units

This course begins to acquaint the student with many of the major theoretical approaches used in therapy and counseling today. It is hoped that students will have enough familiarity with the differing schools to begin choosing one or two that will eventually become the basis for their counseling style.

PSY 515 Group Process and Techniques 45 Clock Hours/3.0 Credit Units

This class begins to raise the students' awareness of who they are as an individual and familiarize them with how the group process can be used as a force for change in the clients life. Students will be asked to write a reflection paper to be turned in at the beginning of each class. The paper will address their views on the upcoming topic and reflect on how, or if, their view of the previous topic has changed. This class will help the student become familiar not only with group process variables but will also get the student writing on a regular basis.

PSY 520 Research and Bibliographic Methods I 45 Clock Hours/3.0 Credit Units

This course is designed to get the student into the habit of researching. Staying current with research brings the addiction counselor into developing, and honing, the cutting edge skills needed as a basis for Evidence based practice. As Addiction counseling moves into the demand for greater professionalism the ability to take in and digest the newest research will become ever more vital. Students will be taught how to read, and identify, strengths and weakness in the research they read.

PSY 525 Etiology of Addiction 45 Clock Hours/3.0 Credit Units

This class will acquaint the student with every major theory related to the initiation and development of the addictive process. This will be a class to challenge the assumptions and beliefs that are prevalent in much of addiction treatment today. This class will help the student identify more about the processes that eventuate in what we call addiction. Portions of this class will present the topics of antecedent, coincident, and consequent.

PSY 530 Basic Counseling Skills and Process 60 Clock Hours/4.0 Credit Units

This class begins the students' introduction to basic counseling behaviors and how continuing those behaviors will allow the client (and counselor) a fuller realization of self. Utilizing a series of role play and feedback exercises the student gains familiarity with using specific orientations and how to deal with differing client styles. Basic skills such as attending, establishing rapport, authenticity, unconditional positive regard, along with other basic attitudes like flexibility, compassion, and integrity will be presented and practiced.

PSY 535 Development During the Life Course 45 Clock Hours/3.0 Credit Units

Theories related to the entire life span from conception through childhood, adolescence, young adulthood, middle age, and late adulthood is reviewed. Students focus on issues of healthy development at different ages in domains such as play, school, relationships, sex, parenting, work and retirement. Students also focus on issues that are salient to the aging population, including long-term care. Development for individuals and relationships will be presented with a special focus on Resilience. In depth interviewing of one developmental stage is required.

PSY 540 Research and Bibliographic Methods II 45 Clock Hours/3.0 Credit Units

This class continues to build on the foundation of Section I. Students are encouraged to begin the search for research to be used in their final project. The completion of this course is the student submission of a formal research proposal.

PSY 605 Multiculturalism and Special Populations 45 Clock Hours/3.0 Credit Units

This course will introduce the student to the diversity, and difference, which exist in the world today. Various forms of prejudice will be examined as they relate to special populations of race, gender, disability, sexual orientation, ethnicity, age and religion. Another area which will be looked at in relation to special populations is the concept of Socio-economic status (SES). Stigma, in particular, will be examined as it relates to addiction, mental health, and "ableness". Finally, the treatment of the severely mentally ill subsequent to the closing down of state operated mental institutions will be examined.

PSY 610 Emotion Focused Therapy 45 Clock Hours/3.0 Credit Units

The central importance of emotion to begin a process of change will be introduced and explored in this class. Very few of the individuals who come to therapy do not have problems with emotions. Emotion concepts as they relate to both mental health and addiction will be explored. Evidence will be presented which shows that overload emotions can lead to particular mental health problems. The Emotion focused therapy systems of Greenberg, Johnson, Safran, Plutchik, and many more will be explored.

PSY 615 Advanced Psychopathology and Diagnosis 45 Clock Hours/3.0 Credit Units

Advanced Psychopathology and Diagnosis introduces the student to the DSM system and how that system has implications for treatment and prognosis. A major focus of the class will be how the Family can begin to cope with mental health and addiction diagnosis. One area of emphasis in this course will be the impact of clinical versus subclinical levels of symptoms. Dual diagnosis – or what has come to be called co-occurring disorders – will be another area of emphasis.

PSY 620 Practicum I 170 Clock Hours/5.5 Credit Units

This portion of the program is designed to meet the practicum of study requirements as outlined by the BBS. These 45 hours of educational study and course work provide the student with the guidelines under the TAP-21 "The knowledge, skills and attitudes of professional practice", reports home study work, a book review, and a review of internship issues to prepare the student for the environments and populations in treatment. The student obtains an internship working in the field and starts the practice dimension of the theoretical background they have acquired for 125 hours of Supervised Clinical Internship. Students must work at a site which has a Licensed Clinical Social Worker, Licensed Marriage and Family Therapist or a Doctoral Supervisor to provide the work site supervision.

PSY 625 Motivational Interviewing/Harm Reduction 45 Clock Hours/3.0 Credit Units

This specialized clinical course is designed to bring the newest methods of working with addicted populations into the scope of the students' current clinical practice. The course will provide the student with major concepts which will be developed with role play techniques. Research showing that Motivational Interviewing (MI) is the best method for use with anger management clients will be incorporated in to the class. Harm Reduction has been another challenging concept for many alcohol and drug counselors. This introduction will show how to use the principles involved as a method to avoid burnout.

PSY 630 Ethical and Professional Issues for MFTs 45 Clock Hours/3.0 Credit Units

This course examines ethical, legal, and professional issues relevant to the practice of marriage and family therapy. Ethical responsibilities and legal responsibilities are discussed within the context of relevant state laws/regulations, professional ethical codes, and the importance of interdisciplinary cooperation. The course also emphasizes the development of ethical decision-making skills that address issues commonly seen in individual, couples, and family therapy. Explorations of how ethics can change from one workplace to another will be explored.

PSY 635 Ingestive vs. Process Addictions 45 Clock Hours/3.0 Credit Units

Students will be introduced to the two major classifications of addictions along with similarities and differences. Concepts related to negative and positive addictions will engage students in a debate about what is recovery? The work of Patrick Carnes on Addiction Interaction Disorder will also be presented.

PSY 640 Practicum II

170 Clock Hours/5.5 Credit Units

Practicum II continues the work begun in Practicum I and may allow the student to change sites so as to get a different experience of client population and supervision style or theory. It is designed to meet the practicum of study requirements as outlined by the BBS. These requirements include, 45 hours of educational study. The student will submit a case study, a book review and a series of reflection papers. The student obtains or continues with a internship working in the field and starts the practice dimension of the theoretical background they have acquired for 125 hours of Supervised Clinical Internship. Students must work at a site which has a Licensed Clinical Social Worker, Licensed Marriage and Family Therapist or a Doctoral Supervisor to provide the work site supervision.

PSY 550 Independent Study

15-45 Clock Hours/1.0-3.0 Credit Units

Independent study is a method for students to do work which was missed because of a medical emergency or family emergency. Whenever a student asks for Independent Study the nature of the emergency leading to the request must be documented. (Offered as needed.)

PSY 650 Research Design and Analysis

15-45 Clock Hours/1.0-3.0 Credit Units

Supervised individual study or research on a special problem or in a selected area of psychology. (Offered as needed.)

PSY 655 Master's Project Research I**45 Clock Hours/3.0 Credit Units**

A project involves the completion of a professional creative product. Applied research to address practical questions (such as how to carry out an advertising campaign) may be involved. A project differs from a thesis in one major way: A thesis presents original research that contributes to the scholarly literature of psychology or behavioral studies. A project, in contrast, contributes to the mental health professions via qualitative research. As one faculty member puts it, a professional project is a work of specialized interest and theory; a thesis is a study of generalized interest and theory. The project is the culmination of your studies here and should reflect what you have learned in the program. In this Class, students will establish a research question, begin a literature search, identify and interview experts related to the project.

PSY 660 Master's Project Research II**45 Clock Hours/3.0 Credit Units**

In this class, the student will begin to put together all the pieces of the project that they have worked on in the three previous quartets. Research, as well as the project work itself, certainly involves methodologies — e.g., of interviewing, of library research, of examining similar projects, and of carrying out the project.

Students must have a cumulative GPA of 2.67 (B) to meet the minimum eligibility requirements to enroll in the project. (See the Academic Policies and Procedures section for additional guidelines.) (660 is offered as needed after the initial session.)