

## COUPLE AND FAMILY THERAPY GRADUATE PROGRAMS

The Couple and Family Therapy (CFT) Master’s and Doctoral Programs at Alliant International University provide students with the essential training needed to pursue a career as a **professional marriage and family therapist**.

Marriage and Family Therapy (MFT) is recognized by the National Institutes of Mental Health (NIMH) as a **core mental health discipline** and is one of the fastest growing disciplines in the field of mental health. MFT is an interdisciplinary field that draws from disciplines such as psychiatry, psychology, neurobiology, anthropology, sociology, family studies, social work, and communications. Marriage and family therapists work in a variety of settings including hospitals, clinics, social service agencies, churches, educational institutions and private practice, and treat individuals, couples, families, and groups.

### DEGREES AND LICENSING

- Master of Arts (M.A.) in Marriage and Family Therapy
  - **Meets academic requirements for California’s MFT license.**
  - Meets academic requirements for the new California LPCC license if a student takes the elective Career Development Class.
- Doctor of Psychology (Psy.D.) in Marriage and Family Therapy
  - Meets academic standards for California’s MFT **and** psychology licenses.
  - The Psy.D. does not meet requirements for Psychology licensure in all states. Students interested in licensing as a Psychologist outside of California should check the licensing laws in the state of interest.
- Students who complete the M.A. at Alliant can apply **all their degree coursework and practicum hours** toward the CFT Psy.D. Program.

### Skill-Based Training

To prepare students for the clinical practicum experience, the program provides **intensive theoretical and practical skill-based training**. The program places students in community-based practicum and internship sites where students get real world training experiences with a diverse clientele. Students are supervised by supervisors who have had specific training in MFT supervision and meet rigorous supervision standards.

### BRANCHES

- Irvine, CA: Master’s and Doctoral Programs
- Los Angeles, CA: Master’s and Doctoral Programs
- Sacramento, CA: Master’s and Doctoral Programs
- San Diego, CA: Master’s and Doctoral Programs
- Online: Master’s Program

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## PROGRAM MISSION

The mission of the Marriage and Family Therapy Graduate Programs is to provide the highest quality education, training, scholarship and service in the field of Marriage and Family Therapy. We train ethical professionals to foster the well-being of individuals, children, couples, families, organizations, and communities primarily through improving relationships. Our MFT programs specifically focus on the understanding and respect for the diversity of human relationships across different populations from a variety of multicultural, socioeconomic, international backgrounds. Students are inspired to respect multiple dimensions of human diversity, develop a mature personal and professional identity, stay current with professional knowledge and practice, and make a positive difference for clients and society.

## PROGRAM GOALS (PGs)

1. **PG 1 Education for Professional Practice:** The CFT Program graduates students who are able to deliver CFT professional services competently.
2. **PG 2 Multicultural and International:** The CFT Program graduates diverse students prepared to meet the needs of diverse communities.
3. **PG 3 Community Engagement:** The CFT Program engages various communities through the application of the knowledge and skills of couple and family therapy.
4. **PG 4 Scholarship:** The CFT Program contributes to both the understanding and creation of couple and family therapy scholarship.

## STUDENT LEARNING OUTCOMES (SLOs)

*For MA (1-4)*

- **SLO 1 Practice Foundation Knowledge and Skills:** Master's and doctoral students comprehend and demonstrate CFT conceptual, perceptual, executive, evaluative, professional, and theoretical skills.
- **SLO 2 Diversity Knowledge and Skills:** Master's and doctoral students comprehend and demonstrate knowledge of human diversity with a multicultural and international emphasis.
- **SLO 3 Community Knowledge and Skills:** Master's and doctoral students comprehend and demonstrate knowledge of how to engage community behavioral health care resources.
- **SLO 4 Scholarship Knowledge and Skills:** Master's and doctoral students demonstrate a basic knowledge of CFT research methodologies and scholarship.

*For PsyD Only (1-7)*

- **SLO 5 Practice Supervision Knowledge and Skills:** Doctoral students comprehend models and methods of CFT supervision.
- **SLO 6 Practice Specific Knowledge and Skills:** Doctoral students articulate and demonstrate the application of a personal CFT model of therapy.
- **SLO 7 Scholarship Application Knowledge and Skills:** Doctoral students demonstrate the ability to understand and apply CFT research methods.

## ACCREDITATION

The Couple and Family Therapy M.A. and Psy.D. Programs at Alliant International University are accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) of the American



Association for Marriage and Family Therapy (AAMFT), 112 South Alfred Street, Alexandria, VA 22314. Phone: (703) 253-0473.

Alliant offers the largest COAMFTE-accredited MFT degree program in California – and is one of only several universities in the state to offer this elite accreditation. CSPP is home to the nation’s only COAMFTE accredited Psy.D. Program.

Alliant is a public benefit corporation, accredited by the by the WASC Senior College and University Commission (WSCUC), and is an equal opportunity employer and educator.

### CLASS SCHEDULE

Classes are typically held in the evenings so students can work during the day. Day classes are also held in San Diego and Irvine for students who wish to attend during the day. The program operates on a semester system, with 15-week semesters starting in August, January, and a shortened summer semester starting in June. Students are encouraged to attend full-time, but they may also attend part-time. If students attend part-time, completions times can be up to 5 years for the master’s program or 10 years for the doctoral program.

### HISTORY

The CFT Programs have been in continuous existence since 1973, and have had many of the leading pioneers of the field teach in them including Virginia Satir, Carl Whitaker, James Framo, Ivan Bosormenyi-Nagy, Norman Paul, Edwin Friedman, Maurizio Andolfi, Susan Johnson, and Jay Haley.

### FACULTY

The CFT Programs at Alliant have a **dedicated, caring, highly skilled faculty** including Emotionally Focused Therapy founder Susan Johnson (based in Canada). Several of the texts used in classes have been written by program faculty. A detailed listing of program faculty and their research interests begins on page 6.

### ALUMNI

The CFT Programs have graduated thousands of students. Alumni from the CFT Programs can be found in most areas of the world working in clinics, treatment centers, private practice, hospitals, and teaching in academic institutions.

### DIVERSITY

The CFT Programs are firmly committed to diversity and usually have students from most areas of the world including Africa, North, Central and South America, Europe, the Middle East, and Asia. The CFT Programs contain faculty and supervisors from a variety of racial, ethnic and cultural backgrounds including Asia, Europe, the Middle East, Africa, and Latin America. Additionally, CFT faculty have taught or trained in a variety of places including Argentina, Canada, Chile, China, England, Finland, Guam, India, Israel, Italy, Japan, Mexico, South Africa, Scotland, Taiwan, The Netherlands, and Zimbabwe.

The following is a list, by branch, of the gender and ethnic diversity of our faculty, supervisors, and students as of Spring 2018. Please note that the ethnic makeup in our program varies some from year to year.

### San Diego

*Faculty (Core and Adjunct)*

Male 12, Female 24



Asian or Pacific Islander 4, Hispanic 5, Multiethnic 7, Other 2, White/non-Hispanic 18

*Supervisors*

Male 11, Female 44

African-American 2, Asian or Pacific Islander 5, Hispanic 8, Multiethnic 5, Other 3, White/non-Hispanic 32

*Students*

Male 23, Female 97

African-American 8, American Indian 2, Asian or Pacific Islander 10, Hispanic 30, International 2, Multiethnic 6, Other 5, White/non-Hispanic 57

**Irvine**

*Faculty (Core and Adjunct)*

Male 6, Female 15

African-American 2, Asian or Pacific Islander 5, Other 5, White/non-Hispanic 9

*Supervisors*

Male 3, Female 16

Asian or Pacific Islander 4, Hispanic 1, Other 2, White/non-Hispanic 12

*Students*

Male 20, Female 61

African-American 1, Asian or Pacific Islander 12, Hispanic 27, International 5, Multiethnic 9, Other 2, White/non-Hispanic 25

**Los Angeles**

*Faculty (Core and Adjunct)*

Male 4, Female 12

African-American 2, Asian or Pacific Islander 2, Hispanic 2, Other 7, White/non-Hispanic 3

*Supervisors*

Male 5, Female 17

African-American 1, Asian or Pacific Islander 4, Hispanic 8, Other 4, White/non-Hispanic 5

*Students*

Male 17, Female 43

African-American 8, Asian or Pacific Islander 3, Hispanic 20, International 2, Multiethnic 2, Other 2, White/non-Hispanic 23

**Sacramento**

*Faculty (Core and Adjunct)*

Male 12, Female 7

African-American 2, Asian or Pacific Islander 5, Multiethnic 1, Other 3, White/non-Hispanic 8

*Supervisors*

Male 14, Female 27

Asian or Pacific Islander 3, Hispanic 2, Multiethnic 4, White/non-Hispanic 32

*Students*

Male 13, Female 41

African-American 7, American Indian or Alaska Native 1, Asian or Pacific Islander 8, Hispanic 8, Multiethnic 6, Other 3, White/non-Hispanic 21



### San Francisco

#### *Faculty (Core and Adjunct)*

Male 3, Female 4

African-American 1, Asian or Pacific Islander 1, Other 4, White/non-Hispanic 1

#### *Supervisors*

Male 2, Female 6

White/non-Hispanic

#### *Students*

Male 1, Female 2

Asian or Pacific Islander 1, Hispanic 1, Multiethnic 1

### Online

#### *Faculty (Core and Adjunct)*

Male 3, Female 3

African-American 2, Asian or Pacific Islander 2, Other 1, White/non-Hispanic 1

#### *Students*

Male 3, Female 20

African-American 4, Hispanic 3, Multiethnic 1, Other 2, White/non-Hispanic 13

### NON-DISCRIMINATION STATEMENT

Alliant International University prohibits discrimination in employment and in its educational programs and activities, including admission or access thereto, on the basis of race, national origin, color, creed, religion, sex, age, marital status, disability, medical condition, veteran status, sexual orientation, gender identity or associational preference. The University will conduct its programs, services and activities consistent with applicable federal, state and local laws, regulations and orders.

This policy is governed by Titles VI and VII of the Civil Rights Act of 1964, the Civil Rights Act of 1991, Title IX of the Education Amendments Act of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, the Age Discrimination Act of 1975, the regulations implementing these statutes, and applicable federal and California law.

Alliant International University has implemented grievance procedures concerning cases of alleged discrimination, including those of alleged sexual harassment, for faculty, staff and students. It is the policy of the University that harassment on the basis of sex among employees constitutes an impermissible employment practice, which is subject to disciplinary action and shall not be tolerated. Sexual harassment involving students and University personnel or among students is equally impermissible and shall not be tolerated. The University is committed to providing an environment to study free of sexual harassment. Grievances or complaints that are based on one of these areas needs to be reported to the Chief Human Resources Officer, Victoria Davidson, at [Victoria.Davidson@alliant.edu](mailto:Victoria.Davidson@alliant.edu).



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## APPLICATION PROCEDURE

The initial application can be filled out online ([www.alliant.edu](http://www.alliant.edu)), or can be obtained by writing or calling:

Office: 866-825-5426

E-mail: [admissions@alliant.edu](mailto:admissions@alliant.edu)

A completed application includes two letters of reference, all transcripts of post high school course work, and a personal essay. In the personal essay (usually 1 to 3 pages) applicants should discuss their background, interest in the field, career goals, and any unique experiences they may have had that help qualify them for the field. GRE test scores are not required. Application deadlines are available through the Admissions Office and online.

### **Requirements for the Master of Arts in Marriage and Family Therapy**

Once admitted to the program students are required to complete 60 semester units. Master's students who choose to do a specialization will need to take additional units. Master's degree students must complete all but nine units of the degree requirements at Alliant. Students may attend either full-time or part-time to complete the program. The minimum program completion time for full-time students is 2 years. The minimum completion time for part-time students is 3 years. The maximum completion time for all students is 5 years.

As part of the practicum experience, students complete 500 client contact hour, 200 of which must be with couples and families. Students receive at least 100 hours of individual and group supervision, 50 hours of which are based on direct observation, videotape, or audiotape. At least 25 of those hours must be videotape or direct observation. When students are ready to begin practicum, experienced faculty and staff assist students through each step in obtaining a field placement site approved by Alliant. While students are doing practicum training they are required to perform marriage and family therapy under a California state licensed, AAMFT approved supervisor or the equivalent. Students are required to pass a comprehensive examination prior to completing their degree program.

### **Requirements for the Doctor of Psychology in Marriage and Family Therapy**

The doctoral program builds on the master's program so that students who complete the masters at Alliant can apply all 60 units toward the 114 total units required for the doctoral program. Doctoral students must complete all but thirty units of the degree requirements at Alliant. The standard completion time for a full-time doctoral student is 5 years (including completing the master's degree as part of the doctoral degree). However, students who have recently completed the CFT master at Alliant can complete the doctoral program in 3 years going full-time. Those transferring in graduate units from other institutions can complete the doctoral degree going full-time in about 4 years depending on the specific units transferred into the program. Students may also go part-time, which will take a minimum of 6 years. All doctoral students have a maximum of 10 years to complete the doctoral program.

Doctoral students are required to complete the masters level course and practicum requirements. To prepare doctoral level couple and family therapists to perform different professional functions competently in their future workplace, and to comply with COAMFTE accreditation requirements, Alliant CFT doctoral students are required to choose two components to complete their pre-degree internship. The program will offer 5 different components: clinical, teaching, scholarship, supervision, and policy and administration. Each of the following option is 50% of the total internship. The combination of the options is to be a minimum of nine (9) months. Students need to discuss their internship options with either their Faculty Mentor or Branch Director. This policy is effective to doctoral students enrolled in Fall 2016, and optional to currently enrolled students.



Students starting the Doctoral Program Fall 2009 or later will be required to pass the Master's degree comprehensive examination. Students in the Doctoral Program must pass the CFT Doctoral Examination and they must complete a Doctoral Dissertation.

## **CFT PROGRAM FACULTY**

**Branson Boykins**, Assistant Professor – Irvine and Online; B.A., Michigan State University; M.A., Wayne State University; Ph.D., Western Michigan University. **Specialty areas and research interests:** Multicultural therapy and best practices when working with diverse couples and families; African American racial identity and family development; sociocultural issues involving race, power, privilege, and bias; therapist development and training. [branson.boykins@alliant.edu](mailto:branson.boykins@alliant.edu).

**Iman Dadras**, Assistant Professor – Los Angeles, CFT Program; B.S., University of Social Welfare and Rehabilitation; M.S., St. Cloud State University; Ph.D., University of Minnesota. **Specialty areas and research interests:** Acculturative stress and immigrant families, self of the therapist, justice-oriented psychotherapy, multicultural family therapy, and third order cybernetics and system change. [iman.dadras@alliant.edu](mailto:iman.dadras@alliant.edu). *Licensed Marriage and Family Therapist, Minnesota (#2603)*

**Manijeh Daneshpour**, Professor and Systemwide Program Director – Irvine; B.S., University of Utah; M.S., University of Utah; Ph.D., University of Minnesota. **Specialty areas and research interests:** Multicultural couple and family therapy, gender relations, social justice, and third wave feminism. [mdaneshpour@alliant.edu](mailto:mdaneshpour@alliant.edu). *Licensed Marriage and Family Therapist, California (#98523). Licensed Marriage and Family Therapist, Minnesota (#865)*

**Sean D. Davis**, Professor – Sacramento and Online and Branch Director – Online; B.S., M.S., Brigham Young University; Ph.D., Virginia Polytechnic Institute and State University. **Specialty areas and research interests:** Common factors across effective MFT models, MFT common factors training and supervision, commonalities of healthy and distressed couples, process and outcome research, observational research, bridging the scientist/practitioner gap in MFT. [sdavis2@alliant.edu](mailto:sdavis2@alliant.edu). *Licensed Marriage and Family Therapist, California (#45885)*.

**Sandra Espinoza**, Assistant Professor – Los Angeles and Online and Branch Director – Los Angeles, CFT Program; B.A., California State University, Fullerton; M.A., Alliant International University; Psy.D., Alliant International University. **Specialty areas and research interests:** Latino individuals, couples and families, impact of immigration and deportation on mental health, qualitative methods, bilingual therapy, emotionally focused therapy and attachment styles. [sespinoza@alliant.edu](mailto:sespinoza@alliant.edu).

**Tatiana Glebova**, Associate Professor and Branch Director – Sacramento; B.Ed., Moscow State Pedagogical University (Russia); M.A. (Equiv.), Moscow State University (Russia); Ph.D., Fuller Theological Seminary. **Specialty areas and research interests:** Family Therapy process and outcome research, observational research, contextual therapy, families with adolescents, adolescent risky behaviors including substance abuse, cultural issues. [tglebova@alliant.edu](mailto:tglebova@alliant.edu). *Licensed Marriage and Family Therapist, California (#53527)*.

**Nicole Sabatini Gutierrez**, Assistant Professor – Irvine; B.A., University of California, San Diego; M.A., Alliant International University; Psy.D., Alliant International University. **Specialty areas and research interests:** Vicarious traumatization and post-traumatic growth of therapists; self-of-the-therapist development;

sexual trauma; sexual identity development; addiction and the family; and addressing multiculturalism and client centered advocacy in education and clinical supervision. [nicole.gutierrez@alliant.edu](mailto:nicole.gutierrez@alliant.edu). *Licensed Marriage and Family Therapist, California (#93806)*

**Noah Hass-Cohen**, Associate Professor – Los Angeles and Online; B.A., Bezalel Academy of Fine Arts; M.A., Loyola Marymount University; Psy.D., Phillips Graduate Institute. **Specialty areas and research interests:** attachment based family therapy, art therapy, psychoeducational testing, interpersonal neurobiology, psychosocial interventions for people with early stage Alzheimer’s disease. [nhass-cohen@alliant.edu](mailto:nhass-cohen@alliant.edu). *Licensed Marriage and Family Therapist, California (#32659); Licensed Psychologist, California (#24274).*

**Alexander L. Hsieh**, Associate Professor and Clinical Training Coordinator – Sacramento; B.S., The University of Texas at Austin; M.MFT, Abilene Christian University; Ph.D., Brigham Young University. **Specialty areas and research:** Cultural competency, minority issues, Asian-American families and couples in therapy, observational research, and adolescent internalized issues including shame, depression, and self-esteem. [ahsieh@alliant.edu](mailto:ahsieh@alliant.edu). *Licensed Marriage and Family Therapist, California, (#103603).*

**Susan Johnson**, Research Professor (based in Canada); B.A., Hull-Yorkshire; M.A., Ed.D., University of British Columbia. **Specialty areas and research interests:** Emotionally focused therapy, process and outcome research. Dr. Johnson is the primary developer of emotionally focused therapy, and is an internationally recognized leader in the area of couples therapy, theory, and research. Dr. Johnson resides in Ottawa, Canada, and visits the San Diego Alliant campus to lecture and engage in research activities. [soo@magma.ca](mailto:soo@magma.ca).

**Angela B. Kim**, Associate Professor - San Diego; B.A., Occidental College; M.A., California State University, Los Angeles; Ed.M., Ph.D., Teachers College, Columbia University. **Specialty areas and research interests:** Cross-cultural psychology; multicultural counseling competency; Asian American mental health and coping behaviors; immigrant youth and families' cultural adjustment; acculturation and enculturation differences between parent and child; culturally appropriate interventions and services. [akim@alliant.edu](mailto:akim@alliant.edu).

**Rajeswari (Raji) Natrajan-Tyagi**, Professor – Irvine and Online and Branch Director – Irvine; B.A., Women’s Christian College (India); M.A., Madras School of Social Work (India); M.S., Purdue University; Ph.D., Purdue University. **Specialty areas and research interests:** immigration issues, systems theory, cross-cultural family therapy training, qualitative research, self-awareness and self-of-therapist training, international and multicultural competency, cultural immersion programs, family therapy with South Asian population. [rnatrajan@alliant.edu](mailto:rnatrajan@alliant.edu). *Licensed Marriage and Family Therapist, California (#53549). Licensed Marriage and Family Therapist, Indiana (#035001582A).*

**Alba Nino**, Associate Professor- San Diego; B.S., Universidad de Los Andes; M.S., University of Maryland at College Park; Ph.D., Drexel University. **Specialty areas and research interests:** Person of the therapist training and supervision; immigrant therapists; immigrant families; attachment-based therapies; attachment focused therapies. [anino@alliant.edu](mailto:anino@alliant.edu). *Licensed Marriage and Family Therapist, California (#107823).*

**Sarah Samman**, Assistant Professor- San Diego; B.S.; M.S.; Ph.D., Loma Linda. **Specialty areas and research interests:** Multiculturalism, gender, and power in couple and family relationships, integrating MFTs in



health care settings; student clinical and research preparedness; qualitative research.

[sarah.samman@alliant.edu](mailto:sarah.samman@alliant.edu). *Licensed Marriage and Family Therapist, California (#106467)*.

**Gita Seshadri**, Associate Professor – Sacramento; B.S., University of California, Irvine; M.S., Ph.D., Loma Linda University. **Specialty areas and research interests:** experiences of interracial couples and families, culture, process based research, qualitative research, parent-child relationships, factors influencing attachment in relationships, the impact of family of origin on self, couple, and family, how addiction impacts the family, and bullying/trauma. [gseshadri@alliant.edu](mailto:gseshadri@alliant.edu). *Licensed Marriage and Family Therapist, California, (#48254)*.

**Linna Wang**, Professor – San Diego and Online; B.S., Shandong University, China; M.A., Concordia College; Ph.D., Brigham Young University. **Specialty areas and research interests:** cross cultural issues, women's issues, marriage and family evaluation, survey research, impact of family factors on children. [lwang@alliant.edu](mailto:lwang@alliant.edu). *Licensed Marriage and Family Therapist, California (#42532); Licensed Marriage and Family Therapist, Illinois (#166-000449)*.

**Scott R. Woolley**, Distinguished Professor and Branch Director – San Diego; B.S., M.S., Brigham Young University; Ph.D., Texas Tech University. **Specialty areas and research interests:** Emotionally Focused Therapy, courtship, marriage, couples therapy, MFT process and outcome research, observational research, cultural issues in couple relationships, MFT supervision processes, domestic and international MFT therapy training, chemical dependency. [sawoolley@alliant.edu](mailto:sawoolley@alliant.edu). *Licensed Marriage and Family Therapist, California (#37622); Licensed Marriage and Family Therapist, Texas (#4234)*.