

2011-2012

DEPARTMENT OF  
COUPLE & FAMILY  
THERAPY

A Joint Program with  
the Council for Relationships

*Redefining*

HEALTHCARE  
EDUCATION



# The Jefferson Difference

THOMAS JEFFERSON UNIVERSITY—ONE OF THE NATION'S FIRST ACADEMIC HEALTH CENTERS—REDEFINES HEALTHCARE EDUCATION BY PREPARING STUDENTS TO BE MEMBERS OF TOMORROW'S INTEGRATED HEALTHCARE TEAM. JEFFERSON GRADUATES ARE RECOGNIZED THROUGHOUT THE COUNTRY AS LEADERS IN EDUCATION, RESEARCH, HEALTHCARE DELIVERY AND COMMUNITY SERVICE.

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## A COMMUNITY OF LEARNERS

Today, Jefferson offers greater breadth and depth in healthcare education than ever before. The University encompasses Jefferson School of Health Professions (consisting of Departments of Bioscience Technologies, Couple and Family Therapy, General Studies, Occupational Therapy, Physical Therapy and Radiologic Sciences), Jefferson School of Nursing, Jefferson School of Pharmacy, Jefferson School of Population Health, Jefferson Medical College and Jefferson College of Graduate Studies.

## INTERPROFESSIONAL FOCUS

Our specialization in healthcare education provides an uncommon opportunity: to learn in a dynamic, interprofessional setting. At Jefferson, programs are purposefully designed so that students learn independently as well as with and from one another. Those who take advantage of these connections find they are empowered to construct a foundation for the finest integrated care possible.

A bricks and mortar example of this collaborative spirit is the campus' high-tech Dorrance H. Hamilton Building. Inside, you may see future nurses, pharmacists, physicians, therapists and technologists partnering in an array of state-of-the art simulation centers or simply relaxing together in inviting common spaces.

## REAL WORLD EXPERIENCE

Training together using the latest technologies in realistic environments gives students the knowledge, experience and confidence to be successful. In addition to getting comfortable working in various model environments on campus, Jefferson students have access to a variety of off-campus research and clinical education opportunities. There is a broad spectrum of opportunities available, whether through the Jefferson Health System, affiliation sites regionally, nationally and even around the world, or community service initiatives. Students report that this hands-on experience pays off when it comes to making informed career decisions and competing in the workplace. Employers know that Jefferson graduates have the skills to be effective members of any team.

**To learn more about the Jefferson Difference, visit [www.jefferson.edu](http://www.jefferson.edu).**

# A Career for You

## in Couple and Family Therapy

With the increasing stresses on families and the difficulties in maintaining healthy relationships in our society, the demand for couple and family therapists has grown dramatically in recent years, as have the types of settings in which they work.

**Couple and family therapists are employed in a variety of settings such as:**

- hospitals
- schools
- mental health and social service agencies
- colleges and universities
- research centers
- courts and prisons
- employee assistance programs
- private practice.

## PROBLEM SOLVERS

Couple and family therapists are highly trained mental health professionals who help clients solve a variety of relationship, emotional, behavioral and health problems including:

- relational and marital conflict
- divorce
- anxiety disorders
- depression
- sexually-related issues
- blended family development
- parent-child relationships

- emotional impact of physical and mental illness
- eating disorders
- family violence and abuse.

Moreover, they are trained to evaluate and treat these issues in the context of the important relationships in which they occur.

Core competencies and personal characteristics shared by successful couple and family therapists include:

- a mastery of clinical theory
- a holistic perspective, in order to make systemic assessments
- the ability to establish therapeutic alliances with multiple family members
- the ability to implement a wide range of therapeutic strategies
- personal maturity
- strong professional ethics.

## EMPLOYMENT OUTLOOK

As the need for mental health professionals continues to grow, it is projected that therapists will find increasing employment opportunities. We encourage you to contact our faculty so that you can gain meaningful insight into opportunities afforded to individuals new to the profession, as well as those for seasoned therapists.



“

There is simply no way that I could be doing the kind of work that I do now without a Jefferson education behind me. The unique sex therapy training and intense clinical experience gave me the tools to be the therapist that I am today.”

**Tom Winner, MFT '09**  
*Couple and Family Therapist, Council for Relationships*

# A Unique Partnership

## Jefferson University and Council for Relationships

The Master's degree in Family Therapy (MFT) offered by Jefferson is distinct. The Program is a unique collaborative effort between two highly-respected institutions—Thomas Jefferson University and the Council for Relationships.

**This partnership marries the considerable resources of a major metropolitan academic health center with the clinical acumen of one of the country's premier couple and family therapy training programs. It is not surprising then, that this is where students come when they want to become great clinicians.**

Founded in 1932, the Council for Relationships (CFR) is a pioneer in the field of couple and family therapy treatment and training. A large, private, non-profit psychotherapy center, CFR specializes in treating mental health issues from a systems perspective. Simply put, the Center is dedicated to helping people improve the important relationships in their lives by employing the highest quality clinical care, professional training and research.

### STUDENTS IN JEFFERSON'S MFT PROGRAM:

- are taught and supervised by practicing CFR faculty members – all of whom are highly experienced couple and family therapists and teachers
- are introduced to areas of specialty practice, including family violence, medical family therapy and families in transition
- have the unique opportunity to specialize in either a sex therapy or family therapy track, provided they meet specified academic requirements
- experience practicum placements at multiple CFR locations and sites within the Jefferson Health System, with opportunities in varied specialized areas
- participate in ongoing couple and family therapy clinical research
- prepare for real-world practice through collaboration with students and residents from other health professions in clinical seminars and medical rounds
- benefit from live and videotaped supervision in order to maximize their therapeutic skills
- have the opportunity to participate in ongoing workshops and training
- are supervised by the largest number of American Association of Marriage and Family Therapy (AAMFT) Approved Supervisors in the tri-state area.



The Sex Therapy Track affords the opportunity to learn extensively about the effects of sexual values and attitudes on people in every stage of life, and to learn to treat a wide variety of problems related to sensuality, sexual functioning and sexual dissatisfactions. The clinical work is fascinating for student therapists and direct supervision is provided by AASECT-Certified Sex Therapists currently in practice.”

**Michele Marsh, PhD**  
*AASECT-Certified Sex Therapist*

# The Couple and Family Therapy Program

## Curriculum Overview

The Jefferson University/Council for Relationships program is a full-time, two-year, 66-credit program that culminates with the awarding of a Master's in Family Therapy degree (MFT). The curriculum is modeled on the core curriculum developed by AAMFT, focusing on key areas of contemporary practice such as:

- couple and marital intervention
- family therapy with children
- families in transition (divorce and remarriage)
- family violence
- medical family therapy
- sex therapy.

The curriculum takes a bio-psychosocial approach to understanding human behavior, viewing the behavior of individuals, couples, families and larger systems as the result of an interaction of biological, psychological and social factors. It also reflects a commitment to training therapists to be aware of and sensitive to issues of cultural diversity and their impact on family functioning and the therapeutic process.

## Develop Your Skills through the Program's Specialty Tracks

At the end of the first year of study, students must select one of two specialty tracks: the **Sex Therapy Track** or the **Family Therapy Track**. Both serve to develop a deep understanding of some of today's most pressing clinical issues. The Sex Therapy track requires two advanced courses in sex therapy, while the Family Therapy Track requires advanced course work in the areas of medical family therapy and family violence. Each track has specific practicum opportunities that bolster the students' learning. Admission to each track requires faculty approval. The sex therapy track requires academic prerequisites as described in the student handbook.

\* AS IT IS IMPOSSIBLE TO PREDICT HOW A STUDENT'S CASELOAD WILL FILL OVER THE COURSE OF THE PROGRAM, STUDENTS MAY BE REQUIRED TO COMPLETE PRACTICUM V THROUGH THE SUMMER (JUNE THROUGH AUGUST) OF THEIR SECOND YEAR. UNTIL STUDENTS COMPLETE THE REQUISITE 500 CLINICAL HOURS, STUDENTS WILL RECEIVE AN I/JP IN PRACTICUM V.

## FIRST YEAR CREDITS

FIRST YEAR		CREDITS
<b>Fall semester</b>		
Theory and Practice of Family Therapy I		3
Theory and Practice of Couple Therapy		3
Foundations of Systemic Practice		3
Life Span Development from a Systemic Perspective		3
Practicum I		3
<b>Spring semester</b>		
Theory and Practice of Family Therapy II		3
Assessment in Couple and Family Therapy		3
Psychopathology in Socio-Cultural Context		3
Introduction to Sex Therapy: Concepts in Human Sexuality		3
Practicum II		3
<b>Summer semester</b>		
Live Supervision I		3
Practicum III		3

## SECOND YEAR CREDITS

<b>Fall semester</b>		
Implications for Diversity in Practice		3
Research in Couple and Family Therapy		3
Live Supervision II		3
Practicum IV		3
Specialty Track Coursework ( <i>one of these two to be selected depending upon student's track</i> )		3
• Advanced Sex Therapy I (Sex Therapy Track)		
• Issues of Violence and Abuse in the Family (Family Therapy Track)		
<b>Spring semester</b>		
Professional, Ethical and Legal Issues in Couple and Family Therapy		3
Families in Transition		3
Master's Project		3
Practicum V		3
Specialty Track Coursework ( <i>one of these two to be selected depending upon student's track</i> )		3
• Advanced Sex Therapy II (Sex Therapy Track)		
• Medical Family Therapy (Family Therapy Track)		
<b>Summer semester</b>		
Continuation of Practicum V, if needed*		

**TOTAL CURRICULUM CREDITS 66**



I'm passionate about working with children who have dealt with trauma, and this program gives me the skills I need to help. I'm learning how to apply academic theory, and I'm practicing clinically in my first semester."

**Elizabeth Earnshaw, MFT '11**



The Program's faculty members are experienced couple and family therapists, supervisors and teachers with a wide range of clinical and research interests in the field.



## FACULTY INTERESTS

### Families with Children

Sara J. Corse, PhD, focuses on clinical intervention and research on work/life balance among families with young children, clinical support of the dying and grieving and therapeutic issues in community outreach. [Sara.Corse@jefferson.edu](mailto:Sara.Corse@jefferson.edu)

Kenneth W. Covelman, PhD, works with families with issues related to chronic illness and family interaction, psychosomatics, child-focused family therapy, blended families and family therapy supervision. [Kenneth.Covelman@jefferson.edu](mailto:Kenneth.Covelman@jefferson.edu)

George James, Jr., LMFT, works extensively with adolescent and adult men on issues including defining manhood, career and work/life balance and helping couples improve the quality of their relationships. [gjames@councilforrelationships.org](mailto:gjames@councilforrelationships.org)

Rita DeMaria, PhD specializes in treating couples, with a strong commitment to empowering women. She is also involved in social service policy, program development and strengthening families through relationship education programming. [rdemaria@councilforrelationships.org](mailto:rdemaria@councilforrelationships.org)

### Couple and Sex Therapy

William F. Coffey, LCSW, focuses on couple therapy with substance abusers, adolescent family therapy and supervision in couple and family therapy. [William.Coffey@jefferson.edu](mailto:William.Coffey@jefferson.edu)

Michele M. Marsh, PhD, provides couple and sex therapy, and child- and adolescent-focused family therapy. [Michele.Marsh@jefferson.edu](mailto:Michele.Marsh@jefferson.edu)

Diane Logan Thompson, PhD, specializes in conflict resolution, affairs, relapse prevention, depression, anxiety and EMDR. [Diane.Thompson@jefferson.edu](mailto:Diane.Thompson@jefferson.edu)

Stephen R. Treat, DMin, LMFT, specializes in couple therapy, family business issues and couple therapy supervision. [Stephen.Treat@jefferson.edu](mailto:Stephen.Treat@jefferson.edu)

### Divorce and Stepfamilies

Priscilla F. Singleton, LCSW, LMFT, conducts research and clinical intervention on high-risk divorce families, blended families, child and adolescent family therapy, and adoption. [Priscilla.Singleton@jefferson.edu](mailto:Priscilla.Singleton@jefferson.edu)

We expect you have a few questions. Feel free to contact faculty directly at the emails listed above.

# Clinical Experience and Certification



## CLINICAL EXPERIENCE

### Hands-On Practice

The Program requires 500 hours of direct clinical experience, 250 of which must be with couples or families. Students receive a minimum of 100 hours of supervision, at least 50 hours of which is based on direct observation, videotape or audiotape. Students complete 8 – 10 hours of clinical practice per week and receive both individual and group supervision over the course of their training.

The first-year practica are designed to help students develop the basic clinical skills and competencies necessary to conduct couple, family and individual therapy. Second-year practica builds on that by integrating advanced clinical skills working with diverse populations.

Practicum placements are available at a variety of clinical settings, including various CFR locations in the Philadelphia region as well as sites within the Jefferson Health System. Students can choose from a wide spectrum of experiences such as outpatient mental health clinics, hospitals, drug treatment centers and The Institute of Sex Therapy for their clinical training.

## CERTIFICATION AND SPECIAL PROGRAMS

### Licensure/Certification

Students who complete Jefferson's Couple and Family Therapy program are eligible for licensure or certification. Because individual states establish laws regulating licensure, students must inquire directly with state licensing boards.

Jefferson's program meets the academic requirements of Pennsylvania, all other states in the northeast region and most states nationally. In addition to the academic requirements, all states require supervised clinical experience beyond the master's degree and the successful completion of an exam before a therapist can be licensed.



The Jefferson University/Council for Relationships Couple and Family Therapy program gives students the opportunity to train with a faculty that brings a wealth of clinical and teaching experience to the classroom in the context of a major academic health center. This combination creates a powerful learning environment that prepares students well for the challenges of clinical practice.”

**Kenneth Covelman, PhD**  
*Chair, Department of Couple and Family Therapy*

# Student Life

Whether on campus or the bustling streets of Center City, there is always something happening at Jefferson.



## ON CAMPUS

### Housing

The Department of Housing and Residence Life provides a “home away from home.” First-year students are guaranteed on-campus housing. Take a virtual tour at [www.jefferson.edu/housing](http://www.jefferson.edu/housing).

### Green Space

Lubert Plaza, an inviting meeting space populated with fountains, trees, and a collection of larger-than-life sculptures, makes for a popular meeting area amid Jefferson’s urban campus.

### The Wellness Center

Enjoy state-of-the-art cardio and weight training rooms, fitness classes, a new over-sized basketball gym and the pool. Or join one of many intramural sports teams. Membership is free for full-time students.

### The Bookstore

Receive a 10 percent discount on textbooks or check out the store’s array of office supplies, gift items,

snacks, and Jefferson clothing. If we don’t have it in stock, we can usually order it for you – and often at a discount.

### Library and Learning Resources Center

- 212,300 volumes in the life sciences, clinical medicine and patient education and inter-library loans
- specialized databases, more than 4,800 electronic journals in the sciences and 520 electronic books
- 24-hour access to the Library Café, with comfortable seating, computers and wireless network access
- access to videos, models and other non-print materials.

## STUDENT PERKS

### Commuter Services

Purchase discounted parking and transit passes.

### Activities Office

- social, cultural and recreational programs on campus
- discounts to professional sporting events, amusement parks, museums, performing arts and cultural attractions
- more than 100 student organizations, from the African-American Student Society to the Water Polo Club. Check out [www.jefferson.edu/activities/activities\\_guide](http://www.jefferson.edu/activities/activities_guide).

### Community Service

Make a difference with one of Jefferson’s community service organizations. Some students earn work study dollars while serving their community.



## PHILADELPHIA: CULTURE AND COMMUNITY COMBINED

### **Culture**

The Jefferson campus is flanked by some of the nation's great historical treasures: Independence Hall, the Liberty Bell and the National Constitution Center. On the other side, you will find the renowned Philadelphia Museum of Art, the prestigious Avenue of the Arts and Boathouse Row. Along the way: a plethora of boutiques and major retail stores. Nearby in Northern Liberties is the ultra-trendy Piazza at Schmidt's.

### **Camaraderie**

Ready for some sports action? We have it all covered, from Phillies baseball and Eagles football to Flyers hockey and the 76ers basketball. The sports district is located on the Broad Street Line, which is easily accessible to students.

### **Cuisine**

By now you have probably worked up an appetite and you will be well-served in this city. Philadelphia is exploding with flavors from around the world and up and down our own Restaurant Row. Try one of West Philadelphia's exotic Ethiopian restaurants or head to South Philly for a world-famous cheesesteak. If cutting-edge cuisine is your passion, Philadelphia is home to the restaurants of star chefs Bobby Flay, Georges Perrier, Stephen Starr, Jose Garces and Marc Vetri.



Photo by J. Smith for GPTMC

# Applying to Jefferson

## WHEN TO APPLY

Admission to the Couple and Family Therapy program is available for the Fall semester.

Admission is on a rolling basis and is divided into Admissions Review periods. Visit [www.jefferson.edu/health\\_professions/admissions/review\\_periods.cfm](http://www.jefferson.edu/health_professions/admissions/review_periods.cfm) to view the deadlines.

To be considered for a particular review period, all application materials must be postmarked by the indicated date and should be submitted together in a single envelope. Preference is given to complete applications that meet the postmark dates; however, we will accept applications as long as space is available, but no later than July 15. All students who meet the postmark date for the consideration period will have the same chance of earning acceptance to their respective program regardless of whether the application was received at the beginning or the end of the review period.

You need not complete all prerequisites before you apply, but they must be completed before you enter the program. You may also earn credits through standardized tests, including CLEP.

Admission is competitive, as there are a limited number of seats in each class.

## APPLY ONLINE

Jefferson uses the self-managed application process. Details are outlined in application instructions.

Visit [www.jefferson.edu/health\\_professions/admissions/apply.cfm](http://www.jefferson.edu/health_professions/admissions/apply.cfm). Please note there is a \$25 application fee.

## APPLICATION REQUIREMENTS FOR ADMISSION\*

- completed application
- \$25 application fee
- official transcripts from all education institutions attended
- resumé
- 2 letters of recommendation
- essay/personal statement
- GRE (preferred) or MAT test scores
- demonstration of English language proficiency (TOEFL requirements), if applicable (visit [www.jefferson.edu/admissions/TOEFL](http://www.jefferson.edu/admissions/TOEFL))
- undergraduate GPA of at least 3.0
- work related experience is not required, but will be considered with your application
- bachelor's degree
- prerequisite courses (see table), with course acceptance subject to academic counselor approval.

## PREREQUISITES\*

Course	Credits
General Psychology	3
Abnormal Psychology or Psychopathology	3
Statistics	3
<b>TOTAL CREDITS</b>	<b>9</b>

ALL COURSES MUST BE COMPLETED WITH A GRADE OF "B" OR ABOVE.

\* COURSE ACCEPTANCE SUBJECT TO ADMISSIONS COUNSELOR APPROVAL.



In addition to meeting all academic requirements, students must meet all performance standards for the program. Refer to the online catalog for details, [www.jefferson.edu/studentlife/cat.cfm](http://www.jefferson.edu/studentlife/cat.cfm).

Criminal background check and child abuse clearance required for accepted students; see notice on the inside back cover.

Jefferson will contact academically eligible applicants via e-mail to schedule a required interview (provided space is still available).

### **Admissions Questions?**

Call toll-free 877-JEFF-247 (533-3247) or email [JSHPadmissions@jefferson.edu](mailto:JSHPadmissions@jefferson.edu).

For up to date information on the admissions process please visit [www.jefferson.edu/mft](http://www.jefferson.edu/mft).



# Tuition & Financial Aid

## TUITION AND FEES

To view 2011 – 2012 tuition and fees, please visit [www.jefferson.edu/registrar/tuition](http://www.jefferson.edu/registrar/tuition).

Thomas Jefferson University reserves the right to amend any regulations, fees, conditions and courses described herein as circumstances may require, without prior notice to persons who might thereby be affected.

## FINANCIAL AID

Jefferson is committed to providing a high-quality education at an affordable price. More than three-quarters of our students receive some form of financial assistance through a combination of federal, state, institutional and private loans; scholarships; grants; and work-study programs.

The University Office of Financial Aid works closely with students to identify resources to help meet educational costs. To ensure that your financial aid funds are received by the tuition due date, financial aid applications should be completed by April 1.

If you have questions about financial aid opportunities or the application process, please contact the University Office of Student Financial Aid:

215-955-2867

[financial.aid@jefferson.edu](mailto:financial.aid@jefferson.edu)

[www.jefferson.edu/financialaid](http://www.jefferson.edu/financialaid)

## GRADUATE ASSISTANTSHIP PROGRAM

Based on available funding, graduate assistantships for qualified Couple and Family Therapy students with demonstrated financial need may be available starting at \$2,000.

Assistantships are awarded on a competitive basis through the Department of Couple and Family Therapy and the Office of Financial Aid.

For more information, call William Coffey, MSS, Department of Couple and Family Therapy, 215-282-6680 or [William.Coffey@jefferson.edu](mailto:William.Coffey@jefferson.edu).

## ACCREDITATION

Thomas Jefferson University is fully accredited by the Middle States Association of Colleges and Schools. The Couple and Family Therapy program is established in anticipation of seeking American Association of Marriage and Family Therapy (AAMFT) accreditation.

## IMPORTANT NOTICES

### Notice of Equal Opportunity

Thomas Jefferson University is committed to providing equal educational and employment opportunities for all persons without regard to race, color, national or ethnic origin, marital status, religion, sex, sexual orientation, gender identity, age, disability or veteran's status. The consideration of factors unrelated to a person's ability, qualifications and performance is inconsistent with this policy. Any person having inquiries or complaints concerning Thomas Jefferson University's compliance with Title VI, Title IX, the Age Discrimination Act of 1975, the Americans with Disabilities Act, or Section 504 of the Rehabilitation Act is directed to contact their Student Affairs Dean or Human Resources – Employee Relations, who have been designated by Thomas Jefferson University to coordinate the institution's efforts to comply with these laws. Any person may also contact the Assistant Secretary for Civil Rights, U.S. Department of Education, Washington, D.C. 20202, or the Director, U.S. Department of Education, Office for Civil Rights, Region Three, Philadelphia, Pennsylvania, regarding the University's compliance with the equal opportunity laws.

### Required Background Check

Students who are offered admission to Jefferson are required to have a criminal background check and child abuse clearance. Some clinical sites may require students to be fingerprinted and/or drug tested. The Office of Admissions will provide you with the appropriate information to complete these requirements.

Clinical rotation and fieldwork sites that require a criminal background check, child abuse clearance and/or fingerprinting may deny a student's participation in the clinical experience, rotation or fieldwork because of a felony or misdemeanor conviction or a record of child abuse. Clinical sites may also deny participation in clinical experiences for other reasons, such as failure of a required drug test, or inability to produce an appropriate health clearance. As participation in clinical experiences, rotations or fieldwork is a required part of the curriculum and a requirement for graduation, denial of participation by a clinical site may result in delay of graduation or the inability to graduate from the program.

Regardless of whether or not a student graduates from Jefferson, individuals who have been convicted of a felony or misdemeanor may be denied certification or licensure as a health professional. Information regarding individual eligibility may be obtained from the appropriate credentialing bodies.

### Disclaimer

All program information, accurate at time of publication, may be subject to change. Please check our web site for the most current information: [www.jefferson.edu/mft](http://www.jefferson.edu/mft)



Office of Admissions

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1-877-JEFF-247

215-503-8890

[www.jefferson.edu/mft](http://www.jefferson.edu/mft)

