

Hello Everyone,

I have some tasty news in the club affairs.*

Today the Psych Club had guest speakers **Josh Waters** and **Jessica Moger**, two first-year graduate students from the Marriage and Family Therapy.

About the Marriage and Family Therapy Program

This graduate program is certified by the American Association for Marriage and Family Therapy (AAMFT). Graduating the program will give you a provisional license until you pass the national exam and attain at state license. That license in the state of Georgia is known as the Licensed Associate of Marriage and Family Therapy. It must be within two years of completing the program or until 2,000 hours of supervised client therapy have been attained, whichever takes longer. Finally, one can become a true Licensed Marriage and Family Therapist.

It is a 2-year program doing its utmost to make you a therapist as soon as you leave. It expects 600 hours of face-to-face client contact and has an arrangement (with our former Psychology department building) that allows for a completely student-run clinic. It contains 9 therapy rooms with one-way mirrors. Two of which are larger to accommodate small teams. The graduate assistants (which our speakers also are) function as managers in the system that schedules appointments and arrange hours of the graduate students. On any weekday from 9-11am a grad assistant will be there to answer calls.

Within the clinic session, the supervisor can call in the room to a student and his/her co-therapist and pose a class question. The recruited clients know about this arrangement. *You are invited to drop by and maybe you can watch a live therapy session behind the one-way mirror.*

The program has expanded to hold 30 students comfortably and has succeeded in keeping 26. It grows at least 10% a year and sometimes with 50% jumps. Online classes are not a staple but can be done in addition to study abroad programs. Admittance ONLY happens in the Fall. For exceptions, 3, 4 and even 5 year courses are available.

As for assistantships, the first positions go to out-of-state students. If you cannot be placed into the assistantship, the program will try to place you in VSU employment. It pays for tuition and gives a stipend each month.

Why are out-of-state students coming?

Our program is one of the best in the nation. We say this modestly. Both of the speakers were from out-of-state looking for a program that would accept them and take them to the next level. Jessica mentioned that she was nearly won over by Syracuse because of its prominent reputation. We offered the same requirements but ours was with a touch of candid friendliness, sincerely focused on her

development instead treating her like a number. She applied to nine universities and ended up picking this one.

A respected therapist in the MFT field recommended ours as the best in the nation and with our no-nonsense policy of getting students comfortable with their professional setting with current scientific knowledge, we are a win. The lack of knowledge is the only thing preventing this program from being flooded yearly.

What is expected of the graduate student?

For the first year, graduate students are learning the fundamentals and participating socially with intake forms, reaching out to the community by raising awareness of the service and by scheduling appointments with those clients. Four classes in fall and four in the spring provide plenty of coursework. For the second year (of a 2-year program) the practicum begins in the fall and lasts a year, meeting with clients once and week from 3-10pm.

Admittance Standards-

You must have a bachelor's degree from an accredited college of university

- an official transcript
- previous coursework in human-services or mental health-related areas
- Min undergrad GPA is 2.75
- Miller Analogies Test Score of 393 min.
- GRE pre-July 2011- Verbal score 400 OR 3.5 on writing assessment
- GRE post-July 2011- Verbal score 146 OR 3.5 on writing assessment
- 3 letters or recommendation
- A winning resume of relevant experience and professional goals
- A personal interview

What's the difference between a counselor and therapist?

According to our speakers, a counselor is someone who offers direct and often authoritative directions on the clients life- such as strongly suggesting leaving a relationship, taking action at work, and the like. Therapists work within the framework of the client's thoughts. Two great tools to doing so is in questioning the client to get a better grasp of how they are experiencing the dilemma and using metaphors to compare their predicament. In short, they are helping them help themselves.

The program at Valdosta utilizes the systemic perspective. The systemic approach works with individuals a part of a larger framework of relationships, examining their role as caretaker, employee, sibling, offspring, club organizer, worshipper, etc. it is encouraged to bring in others from these facets of the life so that when the client leaves therapy, they are entering another environment that is more aware if not conducive to their growth.

Does Marriage and Family Therapy deal with a specific group?

No. Marriage and Family Therapy helps individuals and groups. You do not have to be related, married, engaged, or with anyone else to seek their services. With more publicity about the misleading name, perhaps these therapists can find individuals with needs of their services

Club Affairs

Sign-up sheets were passed around to man the station at the **Relay for Life** Booth. We remain indecisive about the theme for the booth.

The top three themes: **The Moon Landing** **Kareoke Revolution** **Twitter/SPSS** continued to be on the table with the moon landing being the favorite.

Speaking of Relay for Life, the prizes for the drawing have all been attained. Now it is time to shift our focus to selling the tickets. Don't leave the Treasurer hanging. Help man the table of **Drawing Sales** from *11am to 2 pm from Today(Wednesday), Thursday and Friday*. Any time longer than 10 minutes would be greatly appreciated.

Remember:

The Drawing is still in effect. As you continue to sell tickets, keep in mind these tips.

- 1) All the ticket money will be donated to Relay for Life
- 2) 15 prizes have been gathered for the bait in the drawing

3) 2 for \$1 ticket prices

Feeling Creative? **Make the Sheet signs for the Drawing and for the Psych Club** this **Thursday** Come to the **Student Union** anywhere between **10am to 2pm** to make the both of them. They require paint which will be provided (though more colors could help)

***Good news:** **Pizza!** Bring a friend to the next meeting which will be a packed with two presentations. Our first speakers will be Industrial/Organizational who is skilled at job placements. The second have only been identified as “**The Russians,**” Demitri and Maria.

Upcoming Events

You know where and you know when P.B. 1302 @ 12:30pm

Apr-08 Kris Jensen-----President of FORTUNE Personnel Consultants,

The Russians, Pizza

Gina-Marie Guyette
Psychology Major, Theatre Minor,
Valdosta State University