

MFCC COUNSELING TRANSCRIPT

HI, I'M DR. ROBERT WILLIAMS, AND I'M THE PROGRAM COORDINATOR FOR THE MARRIAGE AND FAMILY THERAPY PROGRAM HERE AT SAN FRANCISCO STATE UNIVERSITY. WELCOME TO OUR ORIENTATION. AND IF YOU MAKE IT THROUGH THE APPLICATION PROCESS, WELCOME TO OUR DEPARTMENT.

I WANT TO TELL YOU A LITTLE BIT ABOUT WHAT A MARRIAGE FAMILY THERAPIST IS. WE ARE PEOPLE WHO PROVIDE PSYCHOTHERAPY AND OUR EMPHASIS IS ON DEALING WITH THE EMOTIONAL ISSUES AND INTRAPSYCHIC ISSUES IN A PERSON'S LIFE. AND THAT'S REALLY CRITICAL. SO A LITTLE BIT ABOUT OUR PROGRAM.

ONE THING YOU SHOULD KNOW ABOUT OUR PROGRAM IS THAT WE TRY TO BALANCE BETWEEN SCIENCE AND ART. ON THE SCIENCE SIDE, WHAT'S REALLY CRITICAL TO US IS TO TEACH OUR STUDENTS ABOUT EMPIRICALLY SUPPORTED PSYCHOTHERAPY APPROACHES. ON THE ART SIDE, WHAT'S IMPORTANT TO US IS THE DEVELOPMENT OF THE SELF, OF THE PSYCHOTHERAPIST. WHAT WE MEAN BY THAT IS WE WANT TO HELP YOU REACH A POINT SO THAT YOU ARE ABLE TO DEAL WITH THE ANXIETY, INTENTION, AND SOMETIMES THE

UNPREDICTABILITY OF WHAT HAPPENS IN THE PSYCHOTHERAPY SESSION.

ALSO, ABOUT OUR PROGRAM, WHAT YOU SHOULD KNOW IS THAT WE PREPARE. WE PREPARE OUR STUDENTS VERY WELL TO BE, NOT JUST PSYCHOTHERAPISTS, BUT ALSO TO BE LICENSED MARRIAGE AND FAMILY THERAPIST HERE IN THE STATE OF CALIFORNIA. WE HAVE A REALLY GOOD RECORD OF PASSING HERE IN THE DEPARTMENT. THAT IS, OUR STUDENTS ARE ABLE TO PASS ON A 90% PASS RATE ON THE ORAL EXAMS AND NOW WHAT'S CALLED THE CLINICAL VIGNETTES. THAT'S AN AWESOME PERCENTAGE FOR A PROGRAM OF THIS SIZE.

WE ARE ALSO DIVERSE. OUR STUDENTS COME FROM SEXUALLY, ETHNICALLY, SOCIO-ECONOMICALLY, AND OTHER DIVERSE BACKGROUNDS. OUR FACULTY ARE DIVERSE. AND WE ARE NOT JUST ETHNICALLY DIVERSE AND SEXUALLY DIVERSE; WE ARE ALSO DIVERSE IN TERMS OF OUR THEORETICAL ORIENTATION, WHICH RANGES FROM YOUNG -- [INAUDIBLE] TO COGNITIVE BEHAVIORAL AND SYSTEMS LIKE ME. ALSO, OUR FACULTY ARE ACCOMPLISHED. WE ARE NOT JUST LOCALLY KNOWN; WE ARE ALSO NATIONALLY AND INTERNATIONALLY KNOWN. ALSO, WE TAKE A GREAT DEAL OF PRIDE

IN HAVING PSYCHOTHERAPISTS WHO ARE VERY ACCOMPLISHED IN THE SAN FRANCISCO BAY AREA AS SOME OF OUR PROFESSORS AND LECTURERS. WE LIKE TO HAVE THEM TAKE THEIR OWN EXPERIENCES FROM THE FIELD AND BRING THEM INTO THE CLASSROOM, AND WE LIKE TO HELP THEM HELP YOU, THE STUDENT, LEARN HOW THE BOOK MATERIAL CAN BE BROUGHT INTO THE PSYCHOTHERAPY SESSION. ALSO, YOU SHOULD KNOW ABOUT THE JOB PROSPECTS IN THE YEARS TO COME.

YOU SHOULD KNOW THAT ONCE YOU FINISH YOUR M.F.T. DEGREE HERE AT SAN FRANCISCO STATE UNIVERSITY, YOU WILL HAVE MOST OF THE EDUCATIONAL REQUIREMENTS IN ORDER TO BECOME LICENSED, EXCEPT YOU WILL STILL HAVE TO SIT FOR THE EXAM. YOU SHOULD KNOW THAT ONCE YOU COMPLETE YOUR M.F.T. DEGREE, YOU WILL HAVE TWO MORE YEARS AFTER YOUR MASTER'S TO COMPLETE YOUR HOURS IN ORDER TO SIT FOR THE LICENSING EXAM. DURING THOSE TWO YEARS, DON'T EXPECT TO MAKE A LOT OF MONEY.

WHAT ARE WE LOOKING FOR IN AN APPLICANT? LOOKING FOR EMOTIONAL MATURITY. WHAT DO I MEAN BY EMOTIONAL MATURITY?

CAN YOU HANDLE THE STRESS IN YOUR LIFE AND THE EXPRESSION IN YOUR CLIENT'S LIVES, TOO? DEMONSTRATE THAT ON PAPER; DEMONSTRATE THAT THROUGH YOUR HISTORY OF WORKING WITH HOTLINES, SUICIDE PREVENTION CENTERS, DOMESTIC VIOLENCE SHELTERS; WORKING AS A RESIDENTIAL COUNSELOR; WORKING AS A SOCIAL WORKER. DEMONSTRATE IT THROUGH YOUR ACTUAL EXPERIENCES IN THE FIELD THAT YOU KNOW SOMETHING ABOUT HOW TO MAINTAIN YOURSELF IN THE FACE OF STRESS.

WE ARE ALSO LOOKING FOR A STRONG APPLICANT WHO HAS EXCELLENT WRITING SKILLS. WRITING IS A KEY COMPONENT TO SUCCESS IN THIS PROGRAM. IF YOU HAVE DIFFICULTY WITH WRITING, THEN YOU WILL HAVE DIFFICULTY IN THIS PROGRAM.

THE MAIN THING WE ASK OF OUR APPLICANTS IS THAT THEY COME IN AND DEMONSTRATE INTEGRITY AND GREAT ETHICS, A GOOD SENSE OF HUMOR, AND VERY GOOD ABILITY TO TAKE CARE OF THEMSELVES.

SO THAT'S MY STORY ABOUT THE SAN FRANCISCO STATE UNIVERSITY PROGRAM IN MARRIAGE AND FAMILY THERAPY. WE

WELCOME YOU TO THE APPLICANT POOL, AND I HOPE TO WELCOME
SOME OF YOU TO THE M.F.T. PROGRAM.

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