



# University of San Diego

## AUGUST 2011

### Marital & family Therapy



#### Note from the Director:

Dear USD MFT Community,

I hope you enjoy our 7<sup>th</sup> annual program newsletter. Thanks to the efforts of our MFT Program Specialist, Ben Inouye '10, you will hopefully notice an effort to amplify the voices of incoming, current, *and* former students. This spirit of cohesion and connection will be on full display at the end of August when our new student orientation is expanded to provide an opportunity for our entire MFT community to come together and welcome our newest members. If you haven't received information about orientation, please contact Ben ([binouye-10@sandiego.edu](mailto:binouye-10@sandiego.edu)) and he will be happy to share details.

We've experienced many positive developments in the program this year: reaccreditation for 6 years from AAMFT, a new book entitled *Essential Assessment Skills for Couple and Family Therapists* (Guilford Press), study abroad trips to Hong Kong and Costa Rica (please read the student narratives in this issue), and many other student and faculty achievements, both personal and professional. The 2011-2012 academic year will mark the beginning of many transitions for our program. Effective this summer, the MFT program will be joining the School Counseling and Clinical Mental Health Counseling programs in a new department. Each program will maintain their current structure and autonomy, but we will now be under a departmental umbrella. Dr. Estrada has been named the Director of the Clinical Mental Health Counseling program. Although she'll be quite busy in her new role, she will continue to teach Human Diversity and Practicum in the MFT program. Finally, the MFT faculty will be approving a revised 60-unit curriculum to meet the new BBS accreditation standards, which will go into effect in the fall of 2012.

Thank you for your continued support of our ever-evolving program. I look forward to seeing you this year on campus or in the community.

Todd Edwards

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# GRADUATION 2011



*In Parting - Not how one soul comes close to another but how it moves away shows me their kinship and how much they belong together - Nietzsche, Mixed Opinions And Maxims*

Cassidy Freitas

Kourtney DeBoer

Amanda Lefevre

Tabitha Salomonson

Catie Boatwright

Megan Broderick

Brittney France

Kayla Jones

Kathleen Wescott

Carolina Argote

Graciela Baron

Lindsey Claar

Sarah Cobb

Nassim Fardghassemi

Cassidy Johnson

Lauren Kasney



Danielle Levy

Fanny Maizel

Megan Matherly

Ali Rahimzadeh

Erin Hanley

Veronica Viesca

Vanessa Lemminger

Wendy Lundy

Ninamarie Maspons

Melissa Mitchell

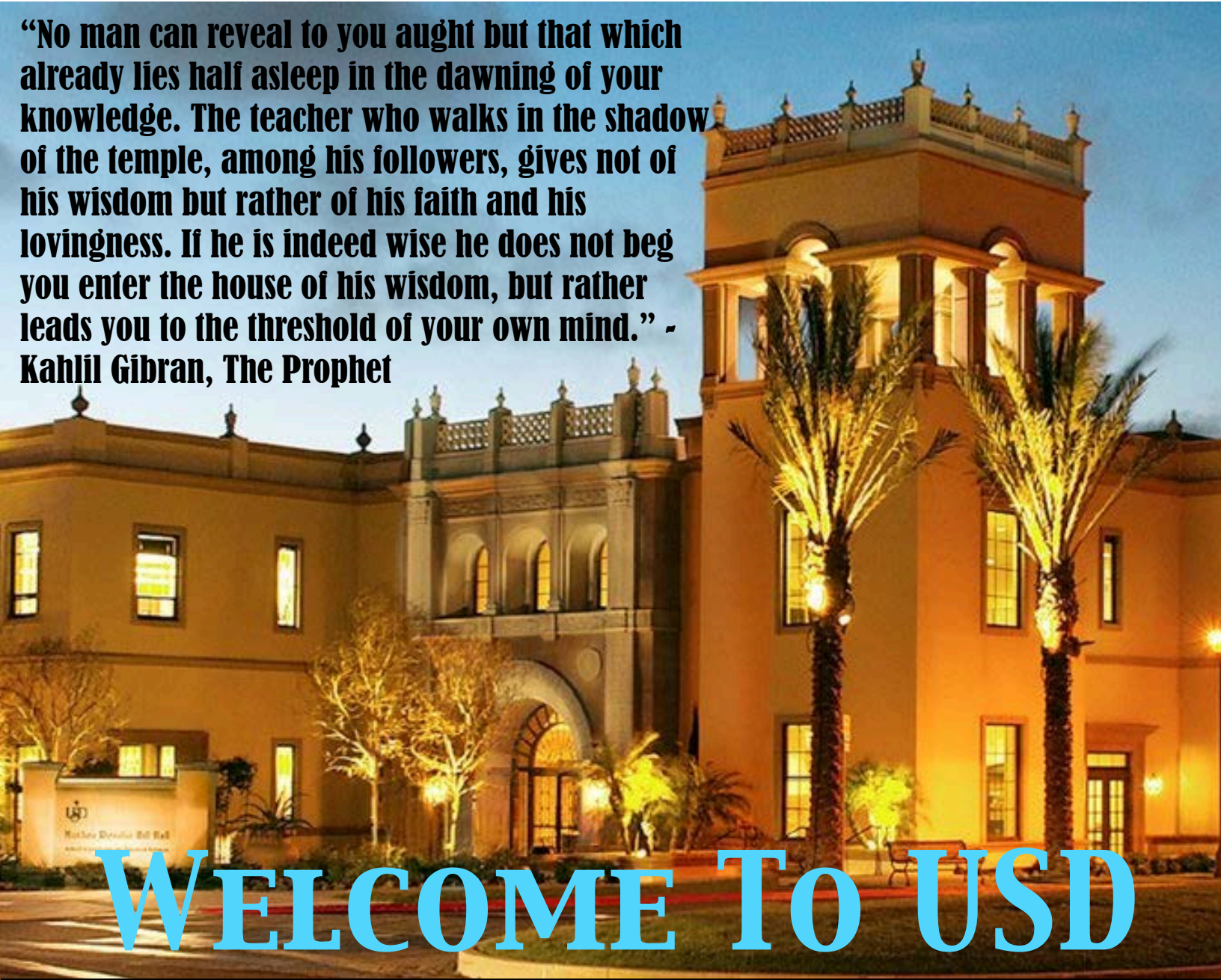
Amanda Rausch

Kristina Stanford

Whitney Wirth



**“No man can reveal to you aught but that which already lies half asleep in the dawning of your knowledge. The teacher who walks in the shadow of the temple, among his followers, gives not of his wisdom but rather of his faith and his lovingness. If he is indeed wise he does not beg you enter the house of his wisdom, but rather leads you to the threshold of your own mind.” - Kahlil Gibran, The Prophet**



# WELCOME TO USD

## Welcome to the University of San Diego's Marital and Family Therapy Program:

Jennifer Arakaki

Diana Barreras

Kimberly Buford

Victoria Burkey

Anna Regina De La Paz

Maral Derkhorenian

Kathryn Dwyer

Abby Girard

Curt Hine

Elizabeth Hooghkirk

Jenee Jackson

Alexandra Keller

Andrew Kushnick

Kimara Kuspa

Kailyn Lavoie

Ashleigh Matzoll

Meredith Meyer

Michelle Miller

Sara Nietlispach

Megan Olsen

Dominic Ong

Susanna Openshaw

Dhavani Patel

Kangzi Qiao

Carlos Quintero

Mark Rasmussen

Emmanuel Roberts

Margaret Rudy

Koalani Sallas

Heather Schafer

Rose Schafer

Anastacia Tobin

Laura Weese

Esther-Ann Wells

Marissa Zimmerman

Julie Datnow

Bryson Greaves\*

Michael Nevans\*

\* Spring Admit

# Incoming, Continuing & Outgoing

## Brief Self-Portraits of Students at Three different Training Levels

### **Katy Dwyer (Incoming)**

As a new graduate student in the MFT program there are many things I am looking forward to. However, most importantly, I am excited to embrace everything the program has to offer and pursue a career in which I am truly passionate. I have worked in the business world for the past 9 years so the decision to go back to school and change careers was monumental but I couldn't be happier to start this new journey. When I tell others I will be a graduate student at USD in the MFT program I say it with such a sense of pride. I am also especially looking forward to meeting my new cohort and to start building memories that will last a lifetime.



### **Emily Wiese (Continuing)**

I've been incredibly thankful these past few months for my cohort and the supportive core faculty as the start of my practicum has been decorated with mixed emotions. Overwhelming as it may be, I try to keep in mind that it *is* a new experience, but to finally have clinical responsibility has been intimidating and can be accompanied by the feeling of inadequacy. But it hasn't been all nerves. It has been fascinating to put theory into practice, and I love getting to know my colleagues. It is still early, but I'm really looking forward to seeing what the upcoming year offers.

### **Danielle Levy (Outgoing)**

As a first year, I distinctly remember Todd saying that we will leave this Program as more than just fellow students. As I end my time here at USD, I've found there was some truth to that. When I started my practicum year at the VA, it was difficult to imagine how transformative one year could be. I discovered that therapy is rarely about advice giving, but most often, just being present in the room with someone. My supervisors were an invaluable tool in my growth, and I was fortunate to draw on their years of experience and insight. More than anything, it was talking to my teammates and colleagues after a particularly difficult case or a long day at the clinic that made all of the difference. Whether I needed a hug or a push to challenge myself, they were there for me. Now I know what Todd was referring to. So as I leave here, I've realized that the VA wasn't just my practicum site, it is a part of my identity, and these students are not just people they are my colleagues, best friends, future brides maids and "war buddies." What a journey!



# USD MFT: Reports From The Field

The journey to Hong Kong was like nothing I could have ever imagined. A city packed densely with diverse people living on top of each other, electric lights crisscrossing the skyline, streets crammed with taxis and busses, the city was moving, it was alive.

I experienced over the course of my stay, many surprises that I was extremely thankful for in the end. These unexpected

occurrences happened in developing my professional confidence and enjoying my interpersonal experiences.



**Notes on Hong Kong by Eric Mill**

This trip served as a benchmark in my educational experience. It was a moment in time when I could step out of the classroom and begin to put into action the principles and theories I had been taught. As I worked with the students from Hong Kong University I was able to, for the first time since beginning the program, communicate with other professionals in the field. It's almost as if in all my time in class I have been studying and conversing with the same

individuals and this experience was the first time I stepped out of my educational context and was able to practice being in communication with someone from another program.

Today's American students are bombarded with societal values that emphasize consumption, sex, and physical appearance; and I would argue this is especially true for USD students. Rarely in our academic career do we have an opportunity to take a moment to consider global social justice issues and the impact we could have as educated and empowered global citizens. However, the SOLES summer school class Human Diversity, which took place at the University for

Peace in Costa Rica, provided an opportunity to take an active look at what is going on in our world. From the very beginning of the class, we attempted to tackle hard topics such as, but not limited to, poverty, environmental misuse, and gender inequality. Our discussions centered less around

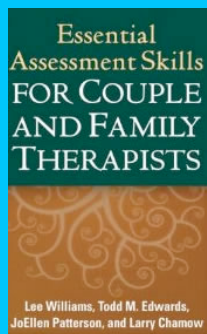


**Notes on Costa Rica by Jon Baker**

figuring out how we could solve these problems and more around how our training as professionals could empower us to address these issues at the grass roots level. Being surrounded by the rich bio-diversity and the natural beauty of Costa Rica didn't hurt the class's emphasis on caring for the planet and everything in it. If anyone has an opportunity to take this class in the future I would highly recommend it. This next year I am hoping to

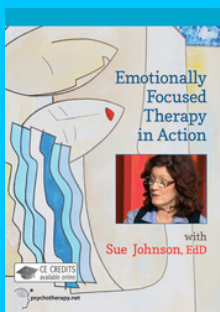
continue the attitudes I felt in Costa Rica in my practicum placement at Saint Vincent de Paul Village. As the author Colman McCarthy said, "The earth is too small a planet and we too brief of visitors for anything to matter more than the struggle for peace."

# Faculty publications, training videos & their favorite research



## Essential Assessment Skills For Couple And Family Therapists

“Showing how to weave assessment into all phases of therapy, this indispensable text and practitioner guide is reader friendly, straightforward, and practical. Specific strategies are provided for evaluating a wide range of clinical issues and concerns in adults, children and adolescents, families, and couples. The authors demonstrate ways to use interviewing and other techniques to understand both individual and relationship functioning, develop sound treatment plans, and monitor progress. Handy mnemonics help beginning family therapists remember what to include in assessments, and numerous case examples illustrate what the assessment principles look like in action with diverse clients.” - Guilford Press



## Emotionally Focused Therapy in Action

“Johnson first consults with Matt and Rhea’s couples therapist (**Dr. Joshua Madsen**), aided by video clips from prior sessions. Then you’ll see Johnson work with this couple in a brilliant demonstration of the subtlety and efficacy of EFT. In a single session, she helps them conceptualize their conflicts in attachment terms, gain an understanding of their negative cycle, and begin to reveal some of the vulnerable feelings that underlie their explosive anger. Commentary before, during, and after the consultation and session provides insight into her approach.” - Psychotherapy.net

## Noteworthy Research/Articles of '10/'11:

Copy and Past this link into web browser as address to download zipped file of Articles and Research:

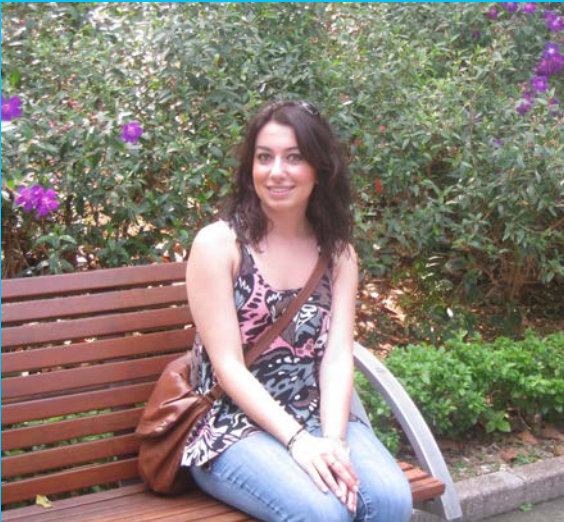
<http://www.mediafire.com/?4wwrpejyk0jk7tc>

# Orientation & SGSA

## The Mission

It is always the hope of a university to stay in touch with its graduates, and be confident that its current students feel as connected to each other as their dream of being effective clinicians. As we have found, this is easier in theory. As students and alumni discover, when negotiating an often unforgiving schedule of clients and coursework, it is not easy, nor at times desirable to pencil in *more* University time. After all, self-care is paramount! This being said, there has been a very clear message sent to the faculty that the current students and alumni would like more ways to connect. So, how do we make University time tantamount to self-care? Our first attempt is the August 28th, 2011 integrated Orientation at La Gran Terraza. We hope to see you there, and feel free to e-mail Ben([binouye-10@sandiego.edu](mailto:binouye-10@sandiego.edu)) with feedback or ideas for the future!

## A Note From Our MFT SGSA Rep



Welcome to all new and returning MFT students,

I am Angela Hagopian, your incoming Soles Graduate Student Association (SGSA) Representative. I hope you have had a wonderful summer and are ready to embark on an inspiring year at USD. I am honored to represent the MFT program, of which I am so passionate about. My primary goal is to represent you, our dedicated MFT students, by voicing your views and ideas and serving as your advocate. Aside from the exciting events sponsored by the SGSA this year, we, the USD MFT Committee, plan on organizing MFT cohort specific gatherings that will make our upcoming year together an unforgettable one. Part of

being a student in our program entitles each of us the benefit of receiving guidance from supportive professors and knowledgeable peers. Few programs offer the privilege of quality relationships that are developed here. We encourage you all to express enthusiasm for meeting, greeting, and sharing experiences with our new first-year students.

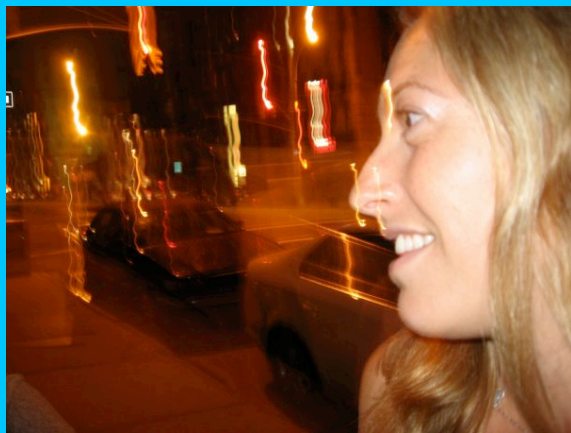
As second year MFT students, we know that the transition to graduate school can bring about a multitude of life changes for you; nevertheless, it also provides the opportunity to create rich experiences. Our committee is working on building a new foundation to offer the program unique traditions, stronger connections, and team involvement. One way to set your resume apart is by highlighting leadership abilities through your personal accomplishments, which can be developed by joining the USD MFT Committee. We are preparing to organize a get-together for the first and second year MFTs early in the Fall semester. This is just one of the many upcoming events that will take place, which you can be a part of by joining the team! If you have any questions, concerns, ideas or suggestions about our program, please don't hesitate to approach me on campus or via email. We plan on becoming a regular part of your USD email inbox, so please look out for future emails from myself and the SGSA.

# Alumni Profiles

## Michelle Kasney, '11



I'll most miss the incredible level of support I've felt over these past two years. I knew that the program was special when Dr. Edwards called me for my first advising appointment and remembered that I use my middle name, not my first. It may not seem like a big deal, but that experience showed me from the very beginning how much the faculty genuinely cares for us, not just as students, but as people. I have also had such smart and supportive colleagues along the way. As an out-of-stater, I relied on the program to find my social circle in addition to my clinical training. I've made some amazing friends here and have felt so fortunate to feel comfortable going to any member of my cohort, knowing I'll be met with an open ear and a sense of camaraderie that stems from an appreciation for the particular challenges of this field. I can only hope I'll find such fantastic colleagues and mentors as I transition to the next phase of my career.



## Julie Kraft, '09

Writing has always been a passion of mine and I am thrilled that it has already become a part of my professional life in the Marriage and Family Therapy field. I am currently working on a self-help book called *The Mindfulness Workbook for Addiction* with Dr. Rebecca Williams, due to be published by New Harbinger in 2012. It has been an incredible experience for me to use all that I learned at USD, all that I've learned from clients, and my own life experience to try to reach an unknown reader I will never

meet. Our publisher estimated approximately 5,000 copies will be sold in the first year. That means this book has the potential to help thousands of people struggling with the disease of addiction, more clients than I may treat in a lifetime! That is an unbelievable gift, and one we take seriously. We are working hard to create a book that will be accessible and engaging, will challenge the reader to reach new levels of insight, and will keep him encouraged and hopeful.

Our goal is to dig down to the roots of addictive behaviors, to the losses that speckled across the addict's life story. For any of you who have seen an episode of *Intervention* in Dr. Williams' class, you know that loss is *always* in there somewhere! Revealing and processing these losses, and the powerful emotions they evoke, is a main component of our work. We are using mindfulness practice and DBT concepts, but of course with my MFT background I can't help but think *systems*! A lot of the ideas and exercises I have used in the book focus in on the important relationships in our lives, both past and present. It may be "self-help" but that self is a part of a greater system, a system which has also suffered the devastating effects of addiction and has a long healing journey ahead. I am so grateful for my degree from USD and all the doors it has opened for me. As MFTs, even as interns and practicum students, we truly have the ability to change lives!

# Practicum Placements 2011-2012

## Catholic Charities

Amanda Esquivel

Cielo Jimenez

Joanna Rivera

Janet Rodriguez

## Rady Children's Outpatient Psychiatry - Escondido

Martal Prewitt

## Rady Children's Outpatient Psychiatry - Kearny Mesa

Allison Gehrke

Anthony Reyes

## Rady Children's Outpatient Psychiatry - Oceanside

Brianna Miller

## Harmonium

Ashley Danner

Deanna Jimenez

Ashley Sartini

Emily Wiese

## Phoenix House

Alicia Blair

Michael Nevans

## San Diego Hospice

Melinda Fernandes

Angela Hagopian

Grace Harvey

Trisha Patel

Angela Zautke

## UCSD Family Medicine

Alicia Eggan

Erica Johnson

Kate McSpadden

Nicole Ulm

## UCSD Outpatient Psychiatric Services

Corinne Hardisty

James Kantner

Leah Romero

## UCSD Reproductive Medicine

Chelsea Haakmeester

## VA

Lily Dancis

Eric Mill

## St. Vincent de Paul Village

Jonathan Baker

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### A MARITAL AND FAMILY UPDATE:

CASSIDY FREITAS, MARRIED APRIL 24, 2010 IS EXPECTING HER FIRST CHILD WITH DAVID FREITAS

### A MARITAL AND FAMILY UPDATE:

CLARE GALLEGOS WAS MARRIED ON OCT 22, 2010 IN FALLBROOK, CA



Clare Gallegos, Executive Assistant

### A MARITAL AND FAMILY UPDATE:

WENDY LUNDY AND HER HUSBAND WELCOMED THEIR FIRST CHILD, NAYA ON JULY 26TH, 2011

### A MARITAL AND FAMILY UPDATE:

MEGAN MATHERLY IS RECENTLY ENGAGED TO KOHL CURRAN. THEY HAVE SET THE WEDDING DATE FOR JAN 27TH, 2012