



Daybreak University

Annual Retreat

April 30, 2024

MA and PhD in Counseling
with a Specialization in
Marriage and Family Therapy

Dr. Hye Jin Kim, LMFT, Program Director

Agenda for Today

- Welcome & Check-in
- MFT Associate Clinical Director, Dr. Nichole Hydaryacil: Sharing on Suicide Prevention and law and ethics.
- University and Program Updates
- Program Mission
- Program Goals
- Student Learning Outcomes Aggregated Data
- Survey Aggregated Data
- Program Changes & Improvements
- Clinical Updates
- Accreditation Self-study
- Next Steps

Welcome & Check-in

- Welcome to our Annual Spring Retreat
- How are each of us doing overall? Any “big” news?
- Communities of Interest (COI's)
- Administrators
- Faculty(Core and Adjunct Faculty)
- Program Clinical Supervisors
- Students
- Graduates
- + Staff

Associate Clinical Director of Daybreak University Couple and Family Therapy Center (DBU-CFTC)

Nichole Hydaryacil, PsyD., LMFT



Associate Clinical Director of Daybreak University Couple and Family Therapy Center (DBU-CFTC)

Clinical Supervisor of Marriage and Family Therapy, Daybreak University
Licensed Marriage and Family Therapist (LMFT)

PsyD. in Marriage and Family Therapy, Alliant International University

MA in Counseling, National University

BS in Psychology, Cal State University, Long Beach

University & Program Updates

- Multiple surveys consolidated into one Annual Survey.
- COAMFTE Site-Visit went successfully on November 1-2, 2023. Waiting on a decision by COI on May 31, 2024.
- The COAMFTE review for Ph.D. in Counseling with the Specialization in MFT has been paused. However, the PhD MFT program will continue to work on the accreditation in the near future.
- Daybreak University added Post Masters and Post Doctoral programs (F1 VISA is available) as well as ESL program.

MA Program Mission and Program Goals (PG's)

- **Mission:** The mission of the MA Program in Counseling with a Specialization in Marriage and Family Therapy at Daybreak University is to prepare students to be culturally competent, ethical, evidence-based, self-observing, and systemic marriage and family therapists.
- **PG# 1** (Knowledge): The program will train students who demonstrate a foundational knowledge of marriage and family therapy theories, models, and interventions.
- **PG#2** (Practice): The program will train students who demonstrate a foundational competence to practice marriage and family therapy.
- **PG #3** (Diversity): The program will train students to practice MFT from a self-reflective and cultural competence foundation with a variety of diverse clients.
- **PG #4** (Ethics): The program will train students who demonstrate competencies related to legal and professional ethics, standards of practice, and personal awareness in their clinical work.
- **PG #5** (Research): The program will train family therapists who can consume and contribute to research in the field of marriage and family therapy.

MA Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG# 1** (Knowledge): The program will train students who demonstrate a foundational knowledge of marriage and family therapy theories, models, and interventions.
- (COAMFTE Developmental Competency Component: **Knowledge** of the field)
- **Curriculum Alignment:**
 1. CFT 6010: Foundations of Marriage and Family Therapy
 2. CFT 7000: Counseling and Psychotherapeutic Theories and Techniques: IPCST

SLO # 1:(Knowledge): Students will demonstrate comprehensive knowledge of systems theory concepts and MFT models and techniques.

Target, Measure, Data

- At least 80% of students will pass Part I of the Comprehensive Exam
- Aggregated Data for 2020, 2021, 2022, & 2023: 100 % of students passed part 1 of the Comprehensive Exam
- Target Met

MA Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG#2** (Practice): The program will train students who demonstrate a foundational competence to practice marriage and family therapy.
- (COAMFTE Developmental Competency Component: **Practice**)
- **Curriculum Alignment:**
CFT 7900: Practicum in Couples and Family Therapy

SLO #2 (Practice): Students will demonstrate competence in systemic/relational assessment, treatment planning, interventions, transfer, and termination.

Target, Measure, Data

- At least 80% of students will pass Part III of the Comprehensive Exam.
- Aggregated Data for 2020, 2021, 2022, & 2023: 100 % of students passed part III of the Comprehensive Exam
- Target Met

MA Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG#3** (Diversity): The program will train students to practice MFT from a self-reflective and cultural competence foundation with a variety of diverse clients
- (COAMFTE Developmental Competency Component: **Diversity**)
- **Curriculum Alignment:**
CFT 6300: Diversity and Multicultural Counseling

SLO #3. (Diversity): Students will demonstrate human diversity and practice culturally-sensitive analysis and critical self-awareness when working with a diversity of individuals, couples, and families.

Target, Measure, & Data

- At least 80% of students will pass Part II of the Comprehensive Exam.
- Aggregated Data for 2020, 2021, 2022, & 2023: 100 % of students passed part III of the Comprehensive Exam
- Target Met

MA Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG#4** (Ethics): The program will train students who demonstrate competencies related to legal and professional ethics, standards of practice, and personal awareness in their clinical work.
- (COAMFTE Developmental Competency Component: **Ethics**)
- **Curriculum Alignment:**
CFT 6600: Law, Professional Ethics, and Community Practice and Teletherapy

SLO #4: (Ethics): Students will demonstrate ethical decision-making, case management, professionalism, and self-awareness in clinical practice

Target, Measure, & Data

- At least 80% of students will score a B or higher in the main assignment in the CFT 6600: Law, Professional Ethics, and Community Practice and Teletherapy course.
- Aggregated Data for 2019, 2020, 2021, 2022, & 2023: 100 % of students score a B or higher in the main assignment in the CFT 6600.
- Target Met

MA Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG#5.** (Research): The program will train family therapists who can consume and contribute to research in the field of marriage and family therapy.
- (COAMFTE Developmental Competency Component: **Knowledge** of the field)
- **Curriculum Alignment:**
CFT 6050: Clinical Research and Evaluation

SLO #5: (Research): Students will be able to read and critically evaluate research for evidence - based application in the practice of marriage and family therapy.

Target, Measure, & Data

- At least 80% of students will pass Part IV of the Comprehensive Exam.
- Aggregated Data for 2020, 2021, 2022, & 2023: 100 % of students passed Part IV of the Comprehensive Exam.
- Target Met

Ph.D. MFT Program Mission and Program Goals (PG's)

- **Mission:** The mission of the PhD Program in Counseling with a Specialization in Marriage and Family Therapy at Daybreak University is to develop scientist-practitioners in the field of couple, marriage, and family therapy. The doctoral program provides academic and clinical training for the purpose of developing scholars with the competence in systemic clinical work, supervision, teaching, and research.
- **PG# 1 (Knowledge):** The program will train students who demonstrate advanced and comprehensive knowledge of systems concepts and MFT theories and techniques.
- **PG#2 (Practice):** The program will train students who demonstrate an ability to conceptualize systemic thinking as applied in supervision, mentoring, and the isomorphic dynamics among different levels of the training system
- **PG #3 (Diversity):** The program will train students who demonstrate awareness and competence in culturally sensitive clinical work, supervision, teaching, and research
- **PG #4 (Ethics):** The program will train students who demonstrate applied knowledge of MFT legal and ethical guidelines and professional standards.
- **PG #5 (Research):** The program will train students who demonstrate the ability to design, conduct, analyze, and identify clinical implications of systemic and relational research.

PhD Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG# 1** (Knowledge): The program will train students who demonstrate advanced and comprehensive knowledge of systems concepts and MFT theories and techniques.
- (COAMFTE Developmental Competency Component: **Knowledge** of the field)

SLO #1 (Knowledge): Students will demonstrate competence in advanced MFT models and techniques.

Target, Measure, & Data

- Aggregated data 2021-2022: 100% of the students scored 3 or above on section 1 on the Theory of Change Paper in the Comprehensive Portfolio. There is no student who completed the Comprehensive Portfolio in 2023.
- Target Met

Ph.D. Program: PG #2

- **PG# 2** (Practice): The program will train students who demonstrate an ability to conceptualize systemic thinking as applied in supervision, mentoring, and the isomorphic dynamics among different levels of the training system.
(COAMFTE Developmental Competency Component: **Practice**)
- **SLO#2** (Practice): Students will demonstrate the ability to integrate systems concepts and MFT theories in their clinical work, supervision, teaching, and research.
- **Targets, Measures, & Data:**
- **(Clinical work)** At least 80% of students will score a 3 or better on the end of term practicum evaluation question 10 (*Ability to articulate theoretical and conceptual issues related to cases presented including systemic problem assessment*) in the course CFT7900: Practicum in Marriage and Family Therapy.
 - Aggregated Data 2021-2023: 100% of students scored a 3 or above: **Target Met**
- **(Supervision)** At least 80% of students will score 3 points or above (satisfactory or above) on section 1 on the Philosophy of Supervision Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.
- **(Teaching)** At least 80% of students will score 3 points or above (satisfactory or above) on section 1 on the Teaching Philosophy Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.
- **(Research)** At least 80% of students will score 3 points or above (satisfactory or above) on sections 1 on the Publishable Research Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.

Ph.D. Program: PG #3

- **PG# 3**(Diversity): The program will train students who demonstrate awareness and competence in culturally sensitive clinical work, supervision, teaching, and research.
- *(Developmental Competency Component: Diversity)*
- **SLO #3** (Diversity): Students will demonstrate understanding of contextual factors and respect for diversity and inclusion in their clinical work, supervision, teaching, and research.
- **Targets, Measures, & Data:**
- **(Clinical work)** At least 80% of students will score a 3 or above (satisfactory or above) on section 3 of the Theory of Change Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.
- **(Supervision)** At least 80% of students will score 3 points or above (satisfactory or above) on section 2 on the Philosophy of Supervision Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.
- **(Teaching)** At least 80% of students will score 3 points or above (satisfactory or above) on section 2 on the Teaching Philosophy paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.
- **(Research)** At least 80% of students will score 3 points or above (satisfactory or above) on sections 3 on the Publishable Research Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.

Ph.D. Program: PG #4

- **PG #4**(Ethics): The program will train students who demonstrate applied knowledge of MFT legal and ethical guidelines and professional standards.
- *(Developmental Competency Component: **Ethics**)*
- **SLO #4** (Ethics): Students will demonstrate potential competence in ethical and professional clinical work, supervision, teaching, and research.
- **Targets, Measures, & Data:**
 - (Clinical work)** At least 80% of students will score a B or higher in the main assignment in the CFT 8600: Law, Professional Ethics, and Community Practice and Teletherapy course
 - Aggregated Data for 2019 - 2023: 100 % of students score a B or higher in the main assignment in the 8600: **Target Met**
 - (Clinical work)** At least 80% of students will score a 3 or above (satisfactory or above) on section 4 of the Theory of Change Paper in the Comprehensive Portfolio. There is no student who completed the Comprehensive Portfolio in 2023. **New for 2023**
 - (Supervision)** At least 80% of students will score 3 points or above (satisfactory or above) on section 3 on the Philosophy of Supervision Paper in the Comprehensive Portfolio.
 - Aggregated Data 2021-2022: 100% of students scored a 3 or above: **Target Met**
 - There is no student who completed the Comprehensive Portfolio in 2023.
 - (Teaching)** At least 80% of students will score 3 points or above (satisfactory or above) on section 3 on the Teaching Philosophy paper in the Comprehensive Portfolio. There is no student who completed the Comprehensive Portfolio in 2023. **New for 2023**
 - (Research)** At least 80% of students will score 3 points or above (satisfactory or above) on sections 5 on the Publishable Research Paper in the Comprehensive Portfolio. There is no student who completed the Comprehensive Portfolio in 2023. **New for 2023**

PhD Program Goals (PG's), Student Learning Outcomes (SLO's), Targets & Measure

- **PG# 5** (Research): The program will train students who demonstrate the ability to design, conduct, analyze, and identify clinical implications of systemic and relational research
- (COAMFTE Developmental Competency Component: **Research**)

SLO #5 (Research): Students will demonstrate the ability to conduct systemic and relational research that has clinical implications for marriage and family therapy

Targets, Measures, & Data

- Aggregated data 2020-2022: 100% of the students scored 3 or above on section 4 of the Publishable Research Paper of the Comprehensive portfolio.
- There is no student who completed the Comprehensive Portfolio in 2023
- Target met

Survey Feedback: MA Program

Mission, PG's, SLO's

- What I experienced at DBU exceeded the expectations I had when I first entered this school in every aspect. The good professors, the system, and the seriousness of the research and clinical atmosphere are really satisfying. In all areas of the program's goals, including 'Knowledge, Practice, Diversity, Ethics, Research,' I feel that I have fulfilled what I desired.
- I would ideally like to see sessions being given before starting clinical training, or have the chance to see professionals working live.
- Program meets the excellence academic criteria.
- I feel that the program is well on its way to achieving its goals.
- Daybreak University provides classes and teaching methods that are faithful to the mission and goals of the program. In class, I received systematic education and practice on various theories of marriage and family, understanding of diversity and various cultures, clinical research and evaluation, and ethics education, and each class is taught by professors with extensive field experience. There is an advantage in learning practical content that can be applied as a professional therapist in the counseling field. It is beneficial to learn all of these things comprehensively in each class: education as a professional therapist with academic knowledge, sensitivity to diversity and ethics, and critical thinking training for various research. In addition, I am grateful that we have a good system in which students can grow as individuals and improve their qualifications as professional therapist by having time for self-reflection during each class.
- PROGRAM GOALS&STUDENT LEARNING OUTCOMES are exceptionally well.

Survey Feedback: MA Program

Diverse and Inclusive Learning Environment

- Q1- How well do you believe the program promotes an inclusive and diverse learning
- Q2- To what degree do you believe the program demonstrates sensitivity to the needs of diverse, marginalized, and or underserved communities.
- Q3- How well do you believe the program promotes an open, safe, and respectful exchange of diverse views and opinions?

Rated “Very Well” or
“Exceptionally Well” on all
three questions:

- Students: 94.7%
- Faculty: 100%
- Supervisors: 100%

Survey Feedback: Ph.D. Program

Diverse and Inclusive Learning Environment

- Q1- How well do you believe the program promotes an inclusive and diverse learning
- Q2- To what degree do you believe the program demonstrates sensitivity to the needs of diverse, marginalized, and or underserved communities.
- Q3- How well do you believe the program promotes an open, safe, and respectful exchange of diverse views and opinions?

Rated “Very Well” or
Exceptionally Well” on all three
questions:

- Students: 64.4%
- Faculty: 100%
- Supervisors: 100%

Survey Data: Faculty, Program Clinical Supervisor, & Staff Sufficiency

MA Program

Faculty: 100% of respondents surveyed reported that Faculty are sufficient.

Program Clinical Supervisors: 100% of respondents surveyed reported that Supervisors are sufficient

Staff: 100% of respondents surveyed reported that Staff are sufficient.

PhD Program

Faculty: 100% of respondents surveyed reported that Faculty are sufficient.

Program Clinical Supervisors: 100% of respondents surveyed reported that Supervisors are sufficient

Staff: 100% of respondents surveyed reported that Staff are sufficient.

Survey Data: MA Program Environmental Supports

Asked about the following:

- Library
- Classroom
- Technology
- Student Support Services
- Student Counseling
- Student Advising
- Staff Sufficiency
- Clinic
- Fiscal resources
- Computer Facilities

Rated all Environmental Supports as Sufficient:

Students: 92.9%

Faculty: 100%

Supervisors: 100%

*The percentage was taken from those who were able to evaluate

Survey Data: Curriculum Feedback

MA Program

- Classes are well structured and, professors are supportive and knowledgeable.
- The curriculum is great.
- The passionate teachings of professors with abundant experience and professional knowledge help me learn more than just the academic curiosity I initially expected.
- Would like if more courses were offered in English, although what is offered seems sufficient to complete the degree.
- Various courses are adequately provided, and training in the clinical field is gaining a lot of benefits through the assistance of excellent supervisors.
- I hope there are more options for courses to choose from.

PhD Program

- The academic courses are very systematic and allows students to follow the necessary courses according to the road map, and qualified professors are invited to ensure that the academic process is appropriate to the level.
- The clinical components were able to be completed very safely and satisfactorily because of sufficient experience and application with sufficient practice and supervision.
- I believe that the advanced practical experience element was also provided in a variety of ways so that students could experience experiences befitting the quality of a professional counseling graduate school.

Survey Data: Faculty, Program Clinical Supervisor and Program Director Effectiveness

MA Program

- Faculty: 100% of all surveyed reported all faculty are “Effective” or “Exceptionally Effective” in both categories.
- Program Clinical Supervisors: 100% of all surveyed reported all Supervisors are “Effective” or “Exceptionally Effective” in both categories.
- Results are shared with faculty and Program Clinical Supervisors during evaluations
- Program Director: 100% of all surveyed reported the Program Director is “Effective” or “Exceptionally Effective” in all categories.

PhD Program

- Faculty: 100% of all surveyed reported all faculty are “Effective” or “Exceptionally Effective” in both categories.
- Program Clinical Supervisors: 100% of all surveyed reported all Supervisors are “Effective” or “Exceptionally Effective” in both categories.
- Results are shared with faculty and Program Clinical Supervisors during evaluations
- Program Director: 100% of all surveyed reported the Program Director is “Effective” or “Exceptionally Effective” in all categories.

Clinical Updates

Jan. 2022 – Dec. 2022: a total of 537 therapy requests

Jan. 2023 – Dec. 2023: a total of 563 therapy requests

Jan. 2024 – Current: a total of 203 therapy requests

- Each quarter, we have 30-37 interns at Daybreak University Couples and Family Therapy Center (CFTC), and they meet about 4-10 clients weekly → average **100-130 sessions/ week for 50 weeks**
- **Client Race:** Asian or Pacific Islander (73%), White or Caucasian (13%), Hispanic or Latino (9%), Black or African American (1%), Other (4%)

Program Changes/Improvements MA Program

Based On COI Feedback/Input

- Reviewed Student Monitoring and Progress Report.

Based on Survey Data

- Will develop more asynchronous online courses so students could have more options to take courses.
- Will task curriculum committee to review Trauma class and add the Suicide Prevention content.
- No other changes required at this time.

Based On Graduate Achievement Data

- COAMFTE tracking licensure for benchmarking instead of National Exam Pass rate.
- Three MFT graduates achieved the Associate Marriage and Family Therapist (AMFT) credential in California and one AMFT in New Jersey.
- No other changes required at this time.

Based on SLO Data

- No changes required at this time.

COAMFTE Accreditation Site Visit

MA Program

- COAMFTE Site-Visit went successfully on November 1-2, 2023.
- Waiting on a decision by COI on May 31, 2024.

Ph.D. Program

- The COAMFTE review for Ph.D. in Counseling with the Specialization in MFT has been paused. However, the PhD MFT program will continue to work on the accreditation in the near future.

Next Steps

- Community of Interest (COI) Representative shares Retreat Meeting information and discussions with constituents.
- Program Director will share this slide presentation with COI's.
- Program Director requests feedback about this Retreat meeting.
- Adjourn Retreat