



SENTIO UNIVERSITY

2024-2025

ACADEMIC CATALOG

ADDRESS: 960 N GRAMERCY PLACE

LOS ANGELES, CA 90068

PHONE: 831.244.3078

WEBSITE: [HTTPS://SENTIO.ORG/](https://sentio.org/)

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Part I. Introduction

Welcome Letter from the President

Dear Aspiring Therapist,

On behalf of the faculty and staff of Sentio University, welcome to the Master of Arts in Marriage and Family Therapy graduate program! We are happy to have you join our community of learners who are dedicated to advancing the art and science of psychotherapy training. Sentio is a non-profit, public-benefit organization dedicated to advancing the field of therapist training. In California, we accomplish this through the Sentio MFT program and the Sentio Counseling Center, a non-profit practicum site where therapy trainees provide high-quality, low-fee online counseling to diverse and underserved communities of California residents. We also produce therapist training materials that are used by graduate schools and practicum sites around the world, such as our series of [Deliberate Practice training books](#) published by the American Psychological Association. All training materials produced at the [Sentio Innovative Lab](#) are released under an open-source format, meaning that they can be used for free by training programs anywhere in the world. Our open-source library of training materials includes:

- The [Learn Psychotherapy Podcast](#).
- [Webinars](#) with world-class guest experts.
- Deliberate Practice training videos for [multicultural therapy](#).
- The [Practice Time!](#) YouTube series.
- The [Therapist Throwdown](#) therapy training contest.
- Training in the “[Inner Skills of Psychotherapy](#)” and development of the Person of the Therapist.

Sentio strives to foster a therapist training culture where trainees feel safe to experiment, show their mistakes, and get feedback, all in a context that is respectful and compassionate. While we are very serious about rigorous training, [we don't take ourselves too seriously](#) and we find opportunities [to have fun!](#)

This Academic Catalog reviews processes, procedures, and rules at Sentio University. Please review this Catalog carefully, and if you have any questions, ask your Academic Advisor or me, the Program Director. We are here to help you along every step of this exciting journey.

Sincerely,

Tony Rousmaniere, PsyD
President and Program Director, Sentio University
President, Psychotherapy Division of the American Psychological Association

About Marriage and Family Therapy

Marriage and family therapy (MFT) is a distinct form of mental health treatment that has a unique culture, principles, methods, and code of ethics. All 50 states have laws and regulations that govern the licensure of marriage and family therapists. By becoming MFTs, students join a large community of like-minded professionals. MFT uses systemic, relational, and recovery-focused theories and methods that emphasize clients' strengths and resources. There is substantial diversity within MFT theories and models, and thus practitioners use a wide variety of different methods.

Overview of the Program

The Sentio University 20-month Marriage and Family Therapy (MFT) program provides rigorous and intensive hybrid on-line and in-person training. The program is comprised of five major components:

1. Five semesters of online coursework in small classes with a maximum of sixteen students per class.
2. Five Intensive 5-day In-Person Residencies (one Residency at the beginning of each semester).
3. Over 500 hours of supervised clinical experience at the Sentio Counseling Center (SCC) where students provide online counseling for diverse, low-income clients.
4. A Clinical Research Project based on students' personal clinical outcome data from their work with clients at the SCC.
5. Therapist career development that prepares students to succeed post-graduation, including prep for licensure exams, networking, starting a private practice, applying for employment at agencies, etc.

Sentio University offers an integrated and sequential learning experience that provides clinical skill development, personal growth, and professional development necessary for a successful career as a psychotherapist. Through academic coursework, students learn a broad range of evidence-based theories and models of MFT, analyze peer-reviewed literature, and conduct empirical research on clinical data. Through Deliberate Practice, students acquire clinical skills and develop their personal characteristics and professional identity. Through supervised clinical practice, students implement MFT principles along ethical and professional standards with diverse populations of clients. This degree program prepares students for employment in a wide range of settings, including private practice, community mental health, medical settings, and non-profit agencies.

The program uses a cohort model, with a new cohort starting each Fall. In their first semester, Sentio students prepare to see their first clients by engaging in many hours of [Deliberate Practice skill rehearsal](#). From the second through fifth semester, students gain supervised clinical experience at the [Sentio Counseling Center](#), a 100% online clinical training site. The Sentio University training model emphasizes clinical skill development through close mentorship and video-based feedback from [supervisors](#) with advanced training in Deliberate Practice. All students must complete a minimum of 500 direct clinical contact hours, 100 of which must qualify as relational hours.

A Brand-New University with a Brand-New Approach

The Sentio MFT program is a completely new graduate program with training philosophy and methods that are significantly different than traditional therapist training. Being a new graduate program permits us the flexibility to maximize experiential training in small cohorts and provide mentorship with personalized feedback for each student. We founded Sentio in California because the California therapist licensing rules are more friendly to new training programs than most other states. Importantly, the rules for therapist licensing in most other states do not recognize degrees from a new graduate program until it receives national or regional accreditation. Sentio is licensed to operate in California by the BPPE, and we are pursuing national and regional accreditation. However, this process is designed to be lengthy and cannot be completed within a few years of founding. *This means that students who graduate from the Sentio MFT program may not qualify for licensure in states other than California.* Thus, Sentio only accepts applicants who live in California and intend to obtain licensure in California. To learn more about accreditation, we recommend www.mftcalifornia.com/accreditation.

The Sentio Counseling Center

The Sentio Counseling Center (SCC) is run by therapists, trainers, professors, authors, podcasters, and researchers who are dedicated to providing the most rigorous psychotherapy training program in the country. The SCC's integrative & outcome-focused training program is the first to fully integrate Deliberate Practice into training and supervision, is 100% online, and includes mentorship in skills from Cognitive Behavioral Therapy, Emotion Focused Therapy, Motivational Interviewing, trauma-informed therapy, systemic therapies, Schema Therapy, and more. At the SCC, all client sessions are videotaped, and outcome data is collected throughout treatment. SCC supervision is provided in one-on-one, triadic, and small group formats by supervisors with advanced training in Deliberate Practice. Session videos and client outcome data are used to provide students with precise clinical feedback. Unlike most training programs, all supervision sessions are videotaped so students can go back and study them, if they wish. Sentio faculty and supervisors engage in ongoing, video-based, intensive professional development.

The Sentio University academic catalog is made available to prospective students and any interested person via the Sentio University website at <https://sentio.org/mft-program-overview>

This catalog is updated annually or more frequently.

Sentio University reserves the right to update its catalog at any time without prior notice to maintain compliance with all state and federal regulatory requirements.

Part II. About Sentio University

History

Sentio University was founded by Dr. Tony Rousmaniere and Dr. Alexandre Vaz to provide rigorous and intensive marriage and family therapy (MFT) training through a Deliberate Practice approach.

Prior to founding the University, Dr. Rousmaniere and other scholars discovered that many graduate psychotherapy students were not gaining clinical effectiveness from their education and training, with some trainees even performing worse over time ([Goldberg, Rousmaniere, et al., 2016](#); [Owen, Wampold, Rousmaniere, Kopta, & Miller, 2016](#)). Of all the training clinics examined by the researchers, only one demonstrated consistent improvement in trainee performance ([Goldberg, Babins-Wagner, Rousmaniere, et al., 2016](#)). What set this training program apart from its peers? Interviews with staff revealed that this singularly successful clinic employed an innovative training pedagogy called Deliberate Practice, a rigorous method of training that involves rehearsal within the trainees' [zone of proximal development](#), ongoing performance assessment, tailored goal-setting, and systematic skill-building informed by expert feedback ([Ericsson & Pool, 2016](#)).

For several years, Dr. Rousmaniere and Dr. Vaz trained professors at graduate programs in the United States and Europe to apply Deliberate Practice in their coursework. Over time, they saw that the best path forward would be a brand-new MFT graduate program, built from the ground up on the principles of Deliberate Practice and clinical performance data. In 2020, Drs. Rousmaniere and Vaz founded Sentio University, a non-profit organization dedicated to advancing professional therapist training. To serve as a practicum site for Sentio students, they also founded the Sentio Counseling Center, an online training site that provides high-quality, low-fee counseling services to diverse and underserved California residents. Between 2020 and 2023, Drs. Rousmaniere and Vaz performed [research](#), produced [training books](#), and tested/refined the Sentio Supervision Model with practicum students from other graduate programs. After three years of intensive development, in Fall 2023 Sentio University started admissions for its first cohort of students to start classes in Fall 2024.

What Makes Sentio University Special

The Sentio MFT program fast-tracks small, elite cohorts of students into clinical licensure. Some of the distinct features of Sentio include:

- A 20-month intensive and immersive academic program.
- Over 500 hours of clinical experience at the [Sentio Counseling Center](#), including weekly supervision in one-on-one, triadic, and small-group formats with supervisors who have advanced training in Deliberate Practice.
- A required Therapist Career Development course that prepares students to succeed post-graduation, including prep for licensure exams, networking with leaders in the field of mental health, guidance for starting a private practice & applying for employment at agencies, etc.
- The [Sentio Innovative Lab](#) develops innovative learning methods and releases them under an open-source license for the worldwide therapist training community.
- Students' Clinical Research Project tightly focuses on personally relevant clinical challenges and opportunities from students' therapy cases.

- Students' therapy session videos and outcome data are integrated into academic courses to maximize opportunities for precise, individualized clinical feedback.

"It so nice to have individual supervision recorded because it allows you to go back and see different ways of phrasing things and pick which one that works for you." – Student at the Sentio Counseling Center

State Licensure, Accreditation, and Other Recognition

Sentio University is a private non-profit institution that is licensed to grant degrees by the State of California Bureau for Private Postsecondary Education (BPPE). Graduates of the Sentio University Marriage and Family Therapy (MFT) program are eligible for licensure as marriage and family therapists in the state of California upon successful completion of the [requirements](#) put forth by the California Board of Behavioral Sciences (BBS), including post-degree associate hours and passing of the licensure exam. Candidates for licensure as an MFT in California are required to complete a total of 3,000 hours of supervised professional experience, at least 1,700 of which must be finished after the achievement of the master's degree. Candidates must then pass written examinations for licensure. Continuing education is required to maintain the license.

The Sentio University MFT program is currently only available to students who anticipate being residents of California during the duration of the program and intend to obtain therapist licensure in California. The licensing rules in most states besides California are more conservative and do not recognize degrees from new graduate programs until they receive accreditation. Sentio is licensed to operate in California by the BPPE and is pursuing national and regional accreditation. However, this process is designed to be lengthy and cannot be completed within a few years of founding. *This means that students who graduate from the Sentio MFT program may not qualify for licensure in states other than California.* Because each state has its own requirements for licensure as an MFT, it is imperative that students planning to pursue licensure in a state other than California at any point after graduation contact the licensing board in the applicable state for information on that state's requirements. To learn more about accreditation, we recommend reading www.mftcalifornia.com/accreditation. For further information on licensure in California or other states, students are encouraged to contact the California Board of Behavioral Sciences at www.bbs.ca.gov and the American Association for Marriage and Family Therapy at www.aamft.org.

"I was anxious about doing Deliberate Practice every week but now love it." - Student at the Sentio Counseling Center

Why Sentio University May or May Not be a Good Fit

Sentio is a brand-new training program that significantly differs from other schools regarding student experience, cost, limits on licensure, and more. Recognizing that Sentio may not be a good fit for many, students are encouraged to compare Sentio to [other MFT programs in California](#) and carefully consider which program will best fit for personal preferences and needs.

	Sentio may be good for you if...	Sentio may not be a good fit for you if...
Intensity	You are looking for an immersive, full-time 20-month program.	You want to attend graduate school part-time or spread your graduate training out over a longer period.
Clinical Experience	You want to achieve at least 500 hours of clinical experience in your graduate program. (These hours count towards BBS requirements for licensure.)	You are fine having less clinical experience in your graduate program.
Videotape	You are ok with your work with clients being videotaped for precise supervision and clinical feedback.	You don't feel comfortable with your clinical work being videotaped.
Outcomes Data	You want to see empirical data regarding your clients' progress in therapy.	You don't feel comfortable with using outcome data in therapy.
Employment	You do not need to have full-time employment while you attend graduate school.	You need to have full-time employment while you attend graduate school.
Rigorous and intensive	You are looking for rigorous and intensive experiential training that includes over 500 hours of Deliberate Practice skill rehearsal.	You prefer a less-demanding graduate program.
Academic Modalities	You want a hybrid model of academics that include in-person intensives and weekly online coursework.	You prefer either fully in-person or fully online academic formats.
Financing	You can pay tuition out-of-pocket or qualify for an institutional scholarship.	You need federal student loans to pay for graduate school.
Residency & Licensure	You will be a resident of California while you attend graduate school, and you intend to get licensed in California.	You are unsure where you will reside while attending graduate school and/or where you want to get licensed as a therapist.

The Sentio “Culture of Accountability”

Sentio has a “culture of accountability” that emphasizes hard work, direct feedback, and a commitment to lifelong learning. Sentio’s intellectual roots come from the Feedback-Informed Treatment and Routing Outcome Monitoring movements which emphasize the importance of therapists taking [personal accountability](#) throughout their careers. Sentio is a “failure-facing” organization, [starting from the top](#)! Sentio strives to create a safe, respectful, and compassionate learning environment where students feel safe experimenting, showing their mistakes, and getting feedback. Sentio administrators, staff, and supervisors model personal accountability by welcoming student feedback, and using that feedback to continually improve its training program. While serious about rigorous training, [Sentio doesn’t take itself too seriously](#) and finds opportunities [to have fun](#)!

“Being able to go back and look at my recordings, to see where I need to improve, is so valuable.” – student at the Sentio Counseling Center

Administrators

Dr. Tony Rousmaniere, President and Program Director

Tony Rousmaniere received his Doctorate of Psychology (Psy.D.) in Clinical Psychology from the American School of Professional Psychology. Dr. Rousmaniere is the CEO and COO of Sentio University and is the Executive Director of the Sentio Counseling Center. He is also President of the Psychotherapy division of the American Psychological Association, and the author of over 20 books on Deliberate Practice and psychotherapy training. He is co-editor of two book series: The Essentials of Deliberate Practice (APA Books) and Advanced Therapeutics, Clinical and Interpersonal Skills (Elsevier). In 2017, he published the widely cited article in The Atlantic Monthly, [“What your therapist doesn’t know”](#). Dr. Rousmaniere supports the open-data movement and publishes his aggregated clinical outcome data, in de-identified form, on his website at www.drtonyr.com. He is a licensed psychologist in California and Washington.

Dr. Alexandre Vaz, Chief Academic Officer and Faculty Supervisor

Alexandre Vaz, received his Master of Arts and Doctorate of Philosophy (Ph.D.) in Clinical Psychology from the Institute of Applied Psychology in Lisbon Portugal. Dr. Vaz has extensive experience in academic leadership and is the cofounder of the Deliberate Practice Institute. He provides workshops, webinars, and advanced clinical training and supervision to clinicians around the world. Dr. Vaz is the author/co-editor of over a dozen books on deliberate practice and psychotherapy training and two series of clinical training books: “The Essentials of Deliberate Practice” (APA Press) and “Advanced Therapeutics, Clinical and Interpersonal Skills” (Elsevier). He has held multiple committee roles for the Society for the Exploration of Psychotherapy Integration (SEPI) and the Society for Psychotherapy Research (SPR). Dr. Vaz is founder and host of [Psychotherapy Expert Talks](#), an acclaimed interview series with distinguished psychotherapists and therapy researchers. He is a licensed clinical psychologist in Portugal.

Dr. Jordan Harris, Deliberate Practice Coaching Director

Jordan Harris received his Master of Science in Marriage and Family Therapy from Harding University and his Doctor of Philosophy (Ph.D.) in Marriage and Family Therapy from the University of Louisiana Monroe. Dr. Harris runs the Sentio Deliberate Practice Coaching

program. He is the lead author of the book *Deliberate Practice in Multicultural Therapy*. Dr. Harris is also co-developer of the Numerapy Model, a coaching program teaching therapists how to leave community based work and start their own solo counseling practices. Dr. Harris runs a solo counseling practice (Harris Couples Counseling, Marriage Therapy, & Private Practice Coaching) in Northwest Arkansas where he specializes in working with couples.

Jason Brand, Senior Deliberate Practice Trainer

Jason Brand received his Master of Social Work with an emphasis in Community Mental Health from California State University East Bay and is a Licensed Clinical Social Worker in the state of California. Jason is a Senior Deliberate Practice Trainer at Sentio. He is a podcaster, husband and father who works primarily with couples and men. He is certified in PACT (Psychobiological Approach to Couples Therapy) and hosts *The Human Nurture Podcast* that explores the learning process of becoming a couples therapist. He also facilitates *Fathers' Forum*, a men's group for fathers of young children (birth to 5 years old). Jason lives in Berkeley with his wife of twenty years, his teenage daughters and their two dogs.

MacKenzie Stuart, Senior Deliberate Practice Trainer

MacKenzie Stuart received her Master of Arts in Counseling Psychology from John F. Kennedy University and is a Licensed Marriage and Family Therapist in the State of California. She is a Senior Deliberate Practice Trainer and Faculty at Sentio. She is a Licensed Marriage and Family Therapist who works with adults, couples, partners, and families. She specializes in nontraditional relationship structures, including polyamory and other forms of consensual nonmonogamy, as well as chronic depression and suicidality. Her other clinical interests include psychosis, psychopharmacology and drugs, LGBTQIA2-S and GNC/non-binary communities, kink and BDSM practices, and sex work. MacKenzie enjoys psychodynamic case conceptualization, the enneagram, biofeedback, narrative and solution-focused interventions, and dialectical behavioral therapy (DBT) and cognitive-behavioral therapy (CBT) skills. She is a member of core faculty at The Wright Institute in Berkeley and leads a private practice in Alameda.

Mikaela Abundez, Director of Student Services

Mikaela Abundez received her Master of Marriage and Family Therapy from Touro University Worldwide. Mikaela is the Director of Student Services for Sentio University and Clinic Director for Sentio Counseling Washington. She holds a Master of Arts in Marriage and Family Therapy from Touro University Worldwide. She is trained in a diverse range of therapeutic modalities, including Emotionally Focused Therapy, Schema Therapy, and Cognitive Behavioral Therapy, among others. Mikaela has prior experience with mental health start-ups, including her work with Foresight Mental Health, where she managed several clinics throughout California.

Peter Awad, Student Services Assistant

Peter Awad received his Master of Science in Counseling Psychology from California State University, Long Beach. Peter Awad, M.S. holds a Master of Science in. He is Egyptian-American and has extensive research experience working with veterans, first responders, and individuals at risk of suicide. Peter is passionate about meditation, mindfulness, and psychedelic integrative therapy, and he also works as a psychometrist at the Center for PCS and PTSD Treatment.

Supervisors & Faculty

Rocky Allemandi, LMFT, received his Master of Arts in Counseling Psychology from John F. Kennedy University and is a Licensed Marriage and Family Therapist in the State of California. He has spent his career in the public mental health system as a clinician, clinical supervisor, and program manager. His focus has been on providing school-based mental health services and supporting youth and families involved in the foster care system. He is passionate about providing high-quality behavioral health services to adults, children, youth, and families.

Inês Amaro, MS, received her Master of Science in Clinical and Health Psychology, Cognitive-Behavioral and Integrative Psychotherapy, from the University of Lisbon and is a Licensed Clinical Psychologist in Portugal. Inês has both worked in the community setting as well as private practice. As an integrative therapist, she seeks to combine several psychotherapeutic influences with an experiential and relational focus. Inês has specialized in Emotion Focused Therapy and continues her training this approach as well as in Interpersonal Reconstructive Therapy. She is also a member of the International Deliberate Practice Society and the Portuguese Emotion Focused Therapy Society.

Cristina Biasetto, LCSW, received her Master of Social work from the University of California Berkeley and is a Licensed Clinical Social Worker in the State of California. Cristina is the clinical supervisor and manager of the University of California San Francisco Trauma Recovery Center, which provides trauma-focused therapy and case management to survivors of interpersonal violence in San Francisco, CA. For about ten years, as a trilingual clinician (Spanish, Italian, and English), her clinical work has focused on the assessment and treatment of severe trauma, particularly among survivors who have experienced migration. At the University of California San Francisco, she is also the Mental Health Director of the Health and Human Rights Initiative, which works to expand access to pro-bono forensic psychological evaluations for asylum seekers. In addition to her clinical work, she serves as Adjunct Faculty at the Wright Institute in Berkeley, CA, where she teaches graduate-level courses on the complexities of clinical care in community mental health; family violence and protection; and crisis, disaster, and trauma counseling.

Lynndal Daniels, LMFT, received his Master of Arts in Counseling Psychology from the Institute of Transpersonal Psychology (Sofia University) and is a licensed Marriage and Family Therapist in the State of California. Lynndal also holds Board Certified Coach and Board Certified Telemental Health Provider credentials through the Center for Credentialing and Education. Lynndal has been working in the field of personal transformation and change for over two decades and has been supervising trainees and associates in both individual and group settings since 2016.

Layla Inés Davis, LCSW, received her Master of Social Work from San Diego State University and is a bilingual (Spanish) and bicultural Licensed Clinical Social Worker in the State of California. In addition to her work as a mental health provider in an outpatient psychiatric clinic, she performs psychiatric evaluations in the emergency department and teaches child development at the community college level. She is a Feedback Informed Treatment Certified Trainer and a Cognitive Processing Therapy Provider (listed on CPTforPTSD.com).

Sharon Mead, LMFT, received her Master of Arts in Counseling Psychology from Santa Clara University and is a Licensed Marriage and Family Therapist in the State of California. She specializes in couples therapy, couples counseling, marriage therapy, marriage counseling, individual therapy, and psychotherapy, multicultural/intercultural couples. She has advanced training Emotionally Focused Therapy and Level 2 training Gottman Method Couples Therapy. Before becoming a therapist, she worked for 13 years in software development and management at a large Bay Area technology company.

Madeleine Miller-Bottome, PhD, received her Doctor of Philosophy in Clinical Psychology from the New School for Social Research in New York and is a Licensed Clinical Psychologist in the State of California. Dr. Miller-Bottome is an attending clinical psychologist at Sutter Health California Pacific Medical Center in the Department of Psychiatry where she provides individual and group psychotherapy and consultation services to children, adolescents, and adults in the outpatient clinic and inpatient psychiatric unit. In addition to her clinical work, Dr. Miller-Bottome is a core faculty member of the psychiatry residency program and the post-doctoral health psychology fellowship. In addition to clinical supervision, she provides didactics on therapeutic communication skills and trauma-informed care. Dr. Miller-Bottome is a Part-Time Adjunct Faculty Member at the University of San Francisco's Clinical Psychology PsyD Program, where she teaches courses on clinical interviewing and evidence-based treatment. Dr. Miller-Bottome has an extensive background in attachment and psychotherapy research. She specializes in relational psychodynamic psychotherapy, attachment-based interventions, including Mentalization Based Treatment for Children (MBT-C), and therapeutic alliance-focused training.

Margaret Petersen, LMFT, received her Master of Arts in Integral Counseling Psychology from the California Institute of Integral Studies and is a Licensed Marriage and Family Therapist in the State of California. Margaret is also a Certified EFT Therapist and EFT Supervisor-in-training, specializes in relationships and all the many ways relationships can become so tricky to navigate at times with individuals, couples, and families in her private practice in Pleasanton, CA. Margaret has served on the Board of the Northern California Community for EFT (NCCEFT) since 2012 and is the Speaker Liaison for their Quarterly and Annual events. She has served on the Diversity Committee and Scholarship Committee of NCCEFT and has presented topics on EFT, couples, and sexuality to the community. Margaret truly enjoys helping clinicians become their most authentic therapeutic selves and she is honored to become part of the Sentio community!

MacKenzie Stuart, LMFT, received her Master of Arts in Counseling Psychology from John F. Kennedy University and is a Licensed Marriage and Family Therapist in the State of California. MacKenzie works with adults, couples, partners, and families and specializes in nontraditional relationship structures, including polyamory and other forms of consensual nonmonogamy, as well as chronic depression and suicidality. Her other clinical interests include psychosis, psychopharmacology and drugs, LGBTQIA2-S and GNC/non-binary communities, kink and BDSM practices, and sex work. MacKenzie enjoys psychodynamic case conceptualization, the enneagram, biofeedback, narrative and solution-focused interventions, and dialectical behavioral therapy (DBT) and cognitive-behavioral therapy (CBT) skills. She is a member of the core faculty at The Wright Institute in Berkeley and leads a private practice in Alameda.

Naomi Tabak, PhD, received her Doctor of Philosophy in Clinical Psychology from the University of Miami and is a licensed clinical psychologist (PSY 26153) in the State of California. Dr. Tabak is

the director of the psychology training clinic at the University of California, Irvine's Department of Psychological Science. Dr. Tabak has worked in doctoral education and training since 2016, where she has supervised clinical psychology Ph.D. students and has taught doctoral-level courses in evidence-based psychological treatments. Dr. Tabak specializes in working with adults with depression, anxiety, and posttraumatic stress disorder, and applies an open and culturally responsive approach to her clinical work. She utilizes evidence-based treatments, including cognitive behavioral therapy (CBT) and acceptance and mindfulness-based approaches. She is also a registered provider of Cognitive Processing Therapy for PTSD.

Julia Tisdale, LMFT, received her Master of Arts in Counseling Psychology from Santa Clara University and is a Licensed Marriage and Family Therapist from the Bay Area. She works primarily with anxiety, depression, trauma, and relationship issues. Julia uses short-term dynamic and emotion-focused frameworks to help guide her work. Julia also specializes in ketamine-assisted therapy and psychedelic integration.

Advisory Council

The Advisory Council supports Sentio University's mission by providing ongoing counsel and practical advice to continually strengthen and promote the Master of Arts in Marriage and Family Therapy program. Comprised of experienced and highly qualified active practitioners in the mental health supervision / training profession, the Advisory Council contributes to the strategic direction, institutional improvement, and success of the University its Master of Arts in Marriage and Family Therapy program.

Advisory Council Member Role

Advisory council members constructively contribute to the University and support its mission in the following ways:

- Providing advice on the current level of skills, knowledge, and abilities individuals need for entry into the occupation.
- Advising on the adequacy, relevance, and currency of program outcomes, curricula, and course materials.
- Identifying and offering insights about relevant shifts, changes, and trends that affect the profession and inform programmatic improvement.

Advisory Council Members

Joel Jin, PhD, received his Doctor of Philosophy in Clinical Psychology from Fuller's Graduate School of Psychology. He is as an Assistant Professor of Clinical Psychology at Seattle Pacific University with experience in educational delivery and course development. His subject expertise includes psychology of Asian American populations, perfectionism, and mindfulness-based interventions. Dr. Jin is a co-author of the book *Deliberate Practice in Multicultural Therapy*.

Micheal J. Mullard, PhD, LMFT, received his Doctor of Philosophy in Clinical Psychology with an Emphasis in Depth Psychology from Pacifica Graduate Institute and his Master of Arts in Marriage and Family Therapy from Trinity College of Graduate Studies. He is the lead clinician in creating an integrated clinical supervision program for Orange County Health Care Agency (OCHCA). He provides training workshops in clinical supervision and facilitates supervision

groups for OCHCA. Michael is passionate about outcomes research, particularly in measuring changes in supervisee skill levels and cognitive complexity in case conceptualization. He integrates qualitative and quantitative research methods to provide a comprehensive record. Michael also focuses on documenting the creation of clinical supervision programs in public mental health agencies, addressing the unique challenges inherent in providing clinical supervision in such settings.

Tracy Prout, PhD, received her PhD in Clinical Psychology from Fordham University and a certificate in psychodynamic psychotherapy from the Institute for Psychoanalytic Education at NYU Medical Center. She completed advanced research training with the International Psychoanalytical Association and Duke University's Center for Spirituality, Theology, & Health. Dr. Prout also holds a master's degree in counseling from Gordon Conwell Theological Seminary and graduated from Wellesley College with a double major in psychology and political science. She serves as co-chair of the American Psychoanalytic Association's Fellowship Committee and the Research Committee of APA's Division 39. As the principal investigator for several studies related to RFP-C, Dr. Prout supervises all graduate students involved in these projects. She teaches psychodynamic psychotherapy in the School-Clinical Child Combined Doctoral Program, supervises advanced graduate students in the psychodynamic psychotherapy practicum, and leads the psychodynamic psychotherapy lab at Ferkauf.

Part III. Academic Information

Program Format

The Sentio University 20-month Marriage and Family Therapy (MFT) program provides rigorous and intensive hybrid online and in-person training. The program is comprised of five major components:

1. Five semesters of online coursework in small classes with a maximum of sixteen students per class.
2. Five Intensive 5-day In-Person Residencies (one Residency at the beginning of each semester).
3. Over 500 hours of supervised clinical experience at the Sentio Counseling Center (SCC) where students provide online counseling for diverse, low-income clients.
4. A Clinical Research Project based on students' personal clinical outcome data from their work with clients at the SCC.
5. Therapist career development that prepares students to succeed post-graduation, including prep for licensure exams, networking, starting a private practice, applying for employment at agencies, etc.

What is Deliberate Practice?

Defined by the psychologist Anders Ericsson and colleagues, Deliberate Practice is “the individualized training activities specially designed by a coach or teacher to improve specific aspects of an individual’s performance through repetition and successive refinement” ([Ericsson & Lehmann, 1996, pp. 278–279](#)). Professionals across many fields, from athletes to musicians to physicians to chess masters, rely on Deliberate Practice to achieve and maintain expert performance ([Ericsson & Pool, 2016](#)). In graduate psychology education, Deliberate Practice focuses on a student’s individual skill threshold, emphasizes interactive rehearsal for skill acquisition and aims for higher levels of sustained effort. Empirical research suggests that Deliberate Practice can significantly improve the effectiveness and efficiency of psychotherapy education and training (e.g., [Goodyear & Rousmaniere, 2017](#); [Rousmaniere, 2016](#); [2018](#)).

Component #1: Academic Coursework

All Sentio University coursework is conducted in a hybrid format which consists of online instruction and Intensive In-Person Residencies. Online academic coursework is comprised of the following components:

- Weekly classes on Zoom where students listen to lectures, engage in group discussion, observe video demonstrations, and perform Deliberate Practice skill rehearsal. In semesters two through five, students will use their client session videos and outcome data from the Sentio Counseling Center in class to receive feedback and enhance clinical training.
- Homework, which includes reading textbooks and peer-reviewed literature, scholarly writing assignments, and Deliberate Practice.

All classes in the program are 12 weeks long, except Practicum classes. California law requires students to attend practicum class while they are seeing clients. Thus, Practicum classes are 17 weeks long, so students will not have an interruption in their work with clients throughout

semesters two to five. Sentio University does not offer electives. All courses are required to be completed in the designated course sequence.

Semester	Course	Credits
Fall	MFT541: Assessment and Diagnosis	3
	MFT542: Ethical and Legal Issues	3
	MFT543: Substance Use and Addiction	3
	MFT551: Theories & Models I	3
Spring	MFT544: Case Concept. & Treatment Planning	3
	MFT545: Trauma & Crisis Intervention	3
	MFT552: Theories & Models II	3
	MFT591: Practicum I	3
Summer	MFT553: Theories & Models III	3
	MFT554: Theories & Models IV	3
	MFT546: Human & Family Development	3
	MFT592: Practicum II	3
Fall	MFT555: Theories & Models V	3
	MFT556: Theories & Models VI	3
	MFT561: Person of the Therapist	3
	MFT593: Practicum III	3
Spring	MFT652: Psychopharmacology	3
	MFT563: Supervision & Consultation	3
	MFT564: Therapist Career Development	3
	MFT594: Practicum IV	3
Total Credits:		60

“Deliberate Practice is hard and painful, but it makes us better, so it is worth it!” – student at the Sentio Counseling Center

Component #2: Intensive In-Person Residencies

Intensive In-Person Residencies are immersive, five-day learning experiences designed to accelerate clinical skill development through concentrated Deliberate Practice and academic study. Residencies include supervised rehearsal of major therapy models, including cognitive-behavioral therapy (TEAM-CBT), motivational interviewing, dialectical behavioral therapy, schema therapy, psychodynamic psychotherapy, multicultural therapy, emotion-focused therapy, and systemic therapies. Residencies also include a focus on challenging clinical scenarios, lectures on special topics, student presentations, peer discussion, development of the “person of the therapist,” and individual advising. The first residency of each academic year includes an Orientation for new students and has an emphasis on preparing students to see clients in the second semester. Residencies foster community and cohesiveness at Sentio

University and provide opportunities to meet students from all cohorts in person. Residencies also feature guest lectures by a select group of prominent mental health experts and offer valuable networking opportunities for career advancement.

Sentio University hosts three Intensive In-Person Residencies per year, at the beginning of each semester (see the Academic Calendar for specific dates). Residencies take place within two hours of Los Angeles. Lunch is provided by the University. Students are responsible for travel, housing, meals (except lunch), and all other expenses.

Component #3: Supervised Clinical Experience

Sentio University students engage in supervised clinical training at the [Sentio Counseling Center \(SCC\)](#), a 100% online non-profit center that provides accessible, low-fee counseling to diverse California residents. Sentio offers a structured and progressive training program that starts students with seeing just a few clients and gradually ramps up to seeing a full caseload. In total, students complete at least 500 hours of direct clinical contact hours, at least 100 of which involve working with couples. Supervised clinical experience includes:

1. Treatment of individuals and couples, including trauma and abuse, dysfunctions, healthy functioning, health promotion, illness prevention, and working with families.
2. Applied use of theory and psychotherapeutic techniques, assessment, diagnosis, and prognosis.
3. Professional writing, including documentation of services, treatment plans, and progress notes.
4. Connecting clients with resources that deliver the quality of services and support needed in the community.

Training at the SCC includes:

1. Weekly supervision in individual, triadic, and group formats.
2. All client sessions are videotaped, which permits supervisors to provide precise clinical feedback.
3. All supervision sessions are videotaped so students can go back and study them if they wish.
4. Clinical outcome data is collected throughout treatment. This data is used to inform supervision and help students get a “big picture” video of their clinical progress.

Students attend practicum classes throughout their entire time at the SCC, in which they receive ongoing, video-based clinical feedback and support in conjunction with all direct client contact hours.

Component #4: Clinical Research Project

Students complete their Clinical Research Project (CRP) in their final semester. The CRP is a scholarly endeavor for which students are provided research methods to create an original empirical work at a quality level suitable for peer-reviewed publication. Students are assigned a Faculty Research Advisor and are guided by the Sentio University academic research standards.

Students are given a specific research topic and methodology to use in completing their project. The information studied is based on the student’s individual outcome data at Sentio Counseling Center. The CRP provides students with first-hand experience transforming outcome data into

meaningful information to share with future employers and gain insights into individualized clinical performance and strengths.

Component #5: Career Development

Students take MFT564: Therapist Career Development in their last semester. This class helps students get a head-start in the continued pursuit of licensure as a marriage and family therapist following graduation from Sentio University. The class includes career strategy and networking, resume design, practicing job interviews, planning for the associateship and licensure application process, preparation for licensure exams, and guidance for starting a private practice and applying for employment at agencies. After students graduate, they have access to a team of Sentio University Admissions and Career Advisors for support and assistance with career-related matters.

Part IV. Admissions

Admissions Policy

Sentio University starts one new cohort each year, in the Fall semester. Cohorts are limited to a maximum size of sixteen students to maximize mentorship and individual clinical feedback. Applications are accepted on a rolling basis and admissions is kept open until the cohort is full. Applicants for Sentio University's Master of Arts in Marriage and Family Therapy degree are welcome to begin the application process on the University's website at any time. All templates, prompts, forms, and instructions for application are provided on the website.

Prospective students must submit the following admissions documentation:

- Official transcript for a completed bachelor's degree or appropriate equivalent:
 - A bachelor's degree granted in the United States must be from an accredited academic institution whose accrediting body is approved by the U.S. Department of Education.
 - An official transcript must be provided from the academic institution or the academic institution's record holder directly to Sentio University by mail or email.
 - Equivalency must be documented by an independent third-party that is a member of the [National Association of Credential Evaluation Service](#).
- A current curriculum vitae or resume
- Two letters of recommendation, one of which is from someone who can speak to why the applicant would be a good therapist (e.g. employer, supervisor, mentor, peer) and one of which is from someone who can speak to the applicant's ability to practice and develop specific skills (e.g. coach, professor, employer, peer). A third letter of recommendation is optional.
- Two 300-500-word application essays, one of which is a personal statement and one of which is a reaction essay to an article about psychotherapy
- An optional Deliberate Practice assignment which consists of recording and uploading three one-minute videos of the applicant participating in a Deliberate Practice exercise. This exercise is an example of what Sentio University course instruction and homework will include. Detailed instructions for completing these videos are provided, and applicants are welcome to do as many takes as desired prior to choosing which videos to submit.

Following a review of the admissions documentation, selected applicants are contacted to schedule an admission interview. This interview gives applicants an opportunity to describe their interest in marriage and family therapy and Sentio University. Admissions interviews are videotaped for review by the admissions committee.

The admissions committee reviews applications on a rolling basis. Applicants are welcome to contact an Admissions and Career Advisor at any time to check the status of their application.

If an applicant is accepted, an acceptance letter will be delivered by email to inform the prospective student that they have 30 days to confirm enrollment by submitting a \$200 non-refundable registration fee and signing the Enrollment Agreement. If an applicant is denied acceptance, a letter of non-admission is delivered by email to inform the applicant that they

have not been offered admission and provides information for next steps if the applicant wants to reapply in the future. If an applicant is waitlisted, a letter is delivered by email to outline the waitlist process and timeline.

English Language Proficiency Requirements

All Sentio University classes are held in English. Prospective students whose native language is not English and who have not earned a degree from an appropriately accredited institution where English is the principal language of instruction must demonstrate graduate-level proficiency in English through one of the following for admission:

- A minimum total score of 60 on the paper-delivered Test of English as a Foreign Language (TOEFL PBT), or 71 on the Internet Based Test (iBT);
- 6.5 on the International English Language Test (IELTS);
- 50 on the Pearson Test of English Academic Score Report;
- 100 on the Duolingo English Test;
- 55 on the 4-skill Michigan English Test (MET), or 650/LP on the Michigan Examination for the Certificate of Competency in English (ECCE), or 650/LP on the Michigan Examination for the Certificate of Proficiency in English (ECPE);
- A minimum score on the College Board Accuplacer ESL Exam Series as follows:
 - ESL Language Use: Score of 85
 - ESL Listening: Score of 80
 - ESL Reading: Score of 85
 - ESL Sentence Meaning: Score of 90
 - ESL Writeplacer: Score of 4
 - Comprehensive Score for all exams of 350;
- A minimum grade of Pre-1 on the Eiken English Proficiency Exam;
- A minimum B-2 English proficiency level identified within the Common European Framework of Reference (CEFR) standards and assessed through various ESOL examinations, including the University of Cambridge; or
- A transcript indicating completion of at least 30 semester credit hours with an average grade of “C” or higher at an institution accredited by an agency recognized by the United States Secretary of Education and/or the Council for Higher Education Accreditation (CHEA), or accepted foreign equivalent that is listed in the International Catalog of Universities where the language of instruction was English. A “B” or higher is required for master’s degree, first professional degree, or professional doctoral degree.

Technology Requirements

The computer equipment listed below is in accordance with the anticipated technology demands of the Sentio University Marriage and Family Therapy program. These are minimum requirements.

Minimum Hardware Specifications:

- Intel Core 4 or AMD GHz processor
- 8 GB of RAM
- 1 GB hard drive
- Graphics card and monitor capable of 1024x768 display
- Stereo sound card, speakers and/or headset, microphone

- A Webcam

Operating Systems:

- Windows 10 (or later version) or MAC OS X 13 (or later version)

Productivity Tools:

- Microsoft Office 2020 (or later version)
- Adobe Acrobat
- VLC Media Player

Internet Access:

- Fast and reliable internet access
- Sentio University email account

Supported Internet Browsers:

- Google Chrome
- Mozilla Firefox
- Apple Safari

Software:

- Sentio uses Populi as its online learning platform for academic classwork.
- Zoom is used for class meetings. Zoom is HIPAA-compliant.

Transferring Credits to Sentio University

Sentio University does not evaluate nor accept transfer credit, experiential learning, challenge examinations, or achievement tests. Due to the unique nature of the University's approach to marriage and family therapy studies, students who transfer credit would miss the Deliberate Practice emphasis that is central to the achievement of program outcomes. Additionally, due to the full-time cohort-based model, transfer credit would negatively impact student schedules and opportunity for student-to-student collaboration.

Transferring Credits from Sentio University

NOTICE CONCERNING THE TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT SENTIO UNIVERSITY

The transferability of credits earned at Sentio University is at the complete discretion of the institution to which a student may seek to transfer. Acceptance of the degree earned in the Master of Arts in Marriage and Family Therapy program is also at the complete discretion of the institution to which a student may seek to transfer. If the credits or degree earned at this institution are not accepted at the institution to which a student seeks to transfer, the student may be required to repeat some or all coursework at that institution. For this reason, prospective students should make certain that attendance at this institution will meet the student's educational goals. This may include contacting an institution to which a student may seek to transfer after attending Sentio University to determine if credits or the degree will transfer.

Part V. Timeline of Tasks for MFT Program

The following outlines a timeline of the tasks required for Sentio University. Students will have regular meetings with their Academic Advisor to help with this process. However, students are ultimately responsible for completing each task on time. Failing to complete tasks on time may interfere with or cause delays in progress throughout the program.

Upon Acceptance to Sentio University

- Submit Enrollment Agreement and deposit.
- Enroll in courses for Fall Semester.
- Read the Sentio University Student Catalog.

First Academic Year

Fall Semester

- Attend Fall Intensive In-Person Residency & take Fall semester classes
- Due Nov 25th: Register for Spring semester courses

Spring Semester

- For Sentio University:
 - Attend Spring Intensive In-Person Residency & take Spring semester classes
 - Due Mar 24th: Register for Summer semester courses
- For the Sentio Counseling Center:
 - Starting in January, start seeing individual adult clients.
 - Due at the end of every month: Track Practicum Hours on Tevera and/or BBS form

Summer Semester

- For Sentio University:
 - Attend Summer Intensive In-Person Residency & take Summer semester classes
 - Due Aug 4th: Register for Fall semester courses
- For the Sentio Counseling Center:
 - Continue seeing individual adult clients at the Sentio Counseling Center and start seeing couples clients. Gradually ramp-up to seeing a full caseload.
 - Due at the end of every month: Track Practicum Hours on Tevera and/or BBS form

Second Academic Year

Fall Semester

- For Sentio University:
 - Attend Fall Intensive In-Person Residency & take Fall semester classes
 - Due Nov 24th: Register for Spring semester courses
- For the Sentio Counseling Center:
 - Continue seeing clients at the Sentio Counseling Center. Maintain a full caseload.
 - Due at the end of every month: Track Practicum Hours on Tevera and/or BBS form

Spring Semester

- For Sentio University:
 - Attend Spring Intensive In-Person Residency & take Spring semester classes
 - Due April 1st: Submit completed Clinical Research Project
- For the Sentio Counseling Center:
 - Continue seeing clients at the Sentio Counseling Center. Maintain a full caseload.
 - Due at the end of every month: Track Practicum Hours on Tevera and/or BBS form

Graduation

- Sentio University graduation celebration – Congratulations! Family, friends, and colleagues invited.
- Submit BBS Program Certification form to the Director of Clinical Training.
- Apply for MFT Intern Number from BBS within 90 days of degree posting.

Course Descriptions

Students at Sentio University take a pre-determined course sequence as a cohort. Sentio University does not offer electives. The University incorporates Deliberate Practice into every course and places an emphasis on providing culturally attuned services to diverse, marginalized, and/or underserved communities. All courses have homework that includes writing assignments and Deliberate Practice skill rehearsal.

MFT541: Assessment and Diagnosis in Marriage and Family Therapy

Credits: 3 Semester Credits

This course teaches psychopathology and major theories, methods, and principles of psychological assessment for marriage and family therapy as applied in common treatment settings including clinics, hospitals, and schools. Topics include ethical and legal issues regarding assessment and diagnosis, psychometrics, reliability, validity, data normalization, and score interpretation. Students learn how to make accurate and culturally informed diagnoses using the Diagnostic and Statistical Manual.

MFT542: Ethical and Legal Issues in Marriage and Family Therapy

Credits: 3 Semester Credits

This course covers the laws, regulations, rules, and prominent issues regarding ethical practice and legal responsibilities in marriage and family therapy, such as informed consent, privacy, confidentiality, boundaries, dual relationships, therapist liability, and mandated reporting. Students learn about practical models for ethical decision-making and guidelines for working with the legal system.

MFT543: Substance Use and Addiction

Credits: 3 Semester Credits

This course explores the literature on major models, theories, and principles of assessment and treatment for substance abuse and addiction, with an emphasis on motivational interviewing (MI). Topics include addictions research, risk and protective factors, neurobiology of addiction, codependency, co-occurring disorders, theoretical support for MI, the four processes of MI, and integrating MI into treatment for substance use and addiction.

MFT544: Case Conceptualization and Treatment Planning in Marriage and Family Therapy
Credits: 3 Semester Credits

This course teaches the major methods and theories of case conceptualization, treatment planning, and documentation in marriage and family therapy. Based on systemically based principles and models of treatment, the class explores case conceptualizations representing a broad range of diverse client populations. Students use these cases to practice treatment planning, documentation, mock collaborations, legal issues, and reimbursement practices.

MFT545: Trauma and Crisis Intervention

Credits: 3 Semester Credits

This course reviews the history, research, and theory of trauma and crisis assessment, intervention, and treatment. Major models of trauma treatment are covered, with an emphasis on practical applications in marriage and family therapy in the context of human development processes. This class includes instruction about resilience, including the personal and community qualities that enable persons to cope with adversity, trauma, tragedy, threats, or other stresses. Techniques for therapist self-care and self-regulation are taught, along with research on burnout and secondary traumatization.

MFT546: Human and Family Development Across the Lifespan

Credits: 3 Semester Credits

This course teaches the biological, cognitive, emotional, sexual, and spiritual development of people throughout the lifespan. Theories of normative human development are explored in the context of Eurocentrism and cultural differences. Students learn therapeutic interventions appropriate for a wide range of presenting clinical problems that occur across all stages of life.

MFT551 - 556: Theories and Models of Therapy Course Series

Credits: 3 Semester Credits

This series of courses teaches major theories and models of therapy, including Common Factors, Emotion Focused Therapy, Cognitive-Behavioral Therapy, Motivational Interviewing, Systemic Therapies, Schema Therapy, Multicultural Therapy, and Emotion Focused Therapy for Couples. These courses have a strong emphasis on practical skill development and clinical feedback. In every course, students will practice exercises from the “[Essentials of Deliberate Practice](#)” series of Deliberate Practice training books, authored by Sentio University staff and published by the American Psychological Association.



“Essentials of Deliberate Practice”

 **AMERICAN PSYCHOLOGICAL ASSOCIATION**

MFT561: Person of the Therapist

Credits: 3 Semester Credits

This course guides students through their personal development as a therapist. Topics include the rationale for developing the person of the therapist; the inner skills of psychotherapy; methods for psychological/emotional self-awareness, self-assessment, and growth; and common challenges in this area. An emphasis is placed on student self-agency and protecting students boundaries.

MFT562: Psychopharmacology

Credits: 3 Semester Credits

This course focuses on psychopharmacology as related to the practice of marriage and family therapy. Students learn about the most commonly prescribed psychopharmacological interventions, and how medications function in managing mental illness. The course frames psychopharmacology in a systemic context, and students practice clinical skills related to supporting medication compliance, medical advocacy, and psychoeducation.

MFT563: Supervision and Consultation

Credits: 3 Semester Credits

This course focuses on the practice of supervision and consultation in marriage and family therapy. The goal of this course is to prepare students with the skills and attitude necessary to engage in lifelong professional learning. Students will learn the major models of supervision and consultation; common challenges in the practice of supervision and consultation; and methods to enhance learner motivation and prevent burnout.

MFT564: Therapist Career Development

Credits: 3 Semester Credits

This course prepares students to start their careers in the field of marriage and family therapy, gain employment, and pursue career-long professional development, including preparation for the California Law and Ethics Exam and LMFT Clinical Exam. Topics include practice management, networking, guidance for starting a private practice and applying for employment at agencies, professional collaborations, research participation, career strategy, resume design, ethics, and legal issues.

MFT591 - 594: Practicum I – Practicum IV

Credits: 3 Semester Credits each

Students attend the practicum course sequence throughout their entire time working with clients at the SCC, in which they receive ongoing, video-based clinical feedback and support in conjunction with all direct client contact hours. *California law requires students to attend practicum class while they are seeing clients. Thus, Practicum classes are 17-20 weeks long, so students will not have an interruption in their work with clients throughout semesters two to five.* In practicum classes students learn about and practice the applied use of theory and psychotherapeutic techniques; assessment, diagnosis, and prognosis; treatment of individuals and premarital, couple, family, and child relationships, including trauma and abuse, dysfunctions, healthy functioning, health promotion, illness prevention, and working with families; professional writing, including documentation of services, treatment plans, and progress notes; how to connect people with resources that deliver the quality of services and support needed in the community; develop their professional identity through didactic

instruction and “person of the therapist” work; use Deliberate Practice to develop and refine clinical competencies; practice clinical case conceptualization and diagnosis, and legal/ethical issues. The classes feature guest visits and presentations from various consumers and family members of consumers of mental health services so students can gain an enhanced understanding of their experience of mental illness, treatment, and recovery. Students are expected to demonstrate personal characteristics and professional conduct necessary for helpful, ethical counseling.

Program Student Learning Outcomes

The Sentio University Marriage and Family Therapy program is designed for graduate students who demonstrate the awareness and abilities necessary for impactful work as mental health professionals. This is achieved through a focus on five Student Learning Outcomes. These Outcomes are used as guiding principles in the creation of University policies, coursework, and methods of academic support.

Upon completion of the Master of Arts in Marriage and Family Therapist, students will be able to:

Program Learning Outcome #1: Examine clinical cases to determine appropriate psychotherapy treatment approaches.

Program Learning Outcome #2: Assess individual work as a psychotherapist to self-identify baseline skill levels and areas for clinical growth.

Program Learning Outcome #3: Evaluate clinical outcome data from psychotherapy treatment.

Program Learning Outcome #4: Analyze ethical and legal challenges that commonly arise in the field of marriage and family therapy.

Program Learning Outcome #5: Synthesize clinical models and theories as applied to the practice of psychotherapy.

Part VI. Tuition, Fees, and Payment Options

Cost of Program: Tuition and Fees

A Note about Financial Accessibility

Due to the intensive and rigorous nature of the Sentio MFT program, students should be prepared to dedicate a substantial amount of time and energy to their clinical training and should not be employed full-time while attending Sentio University. Additionally, while Sentio goes through the multi-year process of achieving accreditation, students cannot receive federal loans to pay for tuition, and there are [limits](#) on where Sentio students can get licensed as a therapist. While scholarships are available, we recognize that these factors may limit the accessibility of Sentio enrollment for some students.

To promote the accessibility of Sentio training methods, all the training materials produced at the [Sentio Innovative Lab](#) are released in an “open source” format. Students who do not have the financial resources to attend Sentio University may request that their graduate program adopt Sentio training materials, free of charge. Sample free Sentio training materials are available [here](#), [here](#), and [here](#). Sentio staff are available to provide training to facilitate this process. Please contact admin@sentio.org for more information.

The tuition and fee structure for Sentio University’s 60 semester credit hour Master of Arts in Marriage and Family Therapy is as follows:

Registration Fee (Non-Refundable)	Student Tuition Recovery Fund Fee* (Non-Refundable)	Total Tuition (60 credits x \$1,120)	Total Charges Per Semester (12 credits x \$1,120)	Additional Fees, payable to third parties **	Total Cost ***
\$200	\$0	\$67,200	\$13,440	Estimated textbook cost for the program: \$1,000.00	\$ 68,400

*STRF: Non-Refundable – As of April 2024, the fee is \$0.00 for every \$1,000.00 rounded to the nearest \$1,000.00 of institutional charges. This amount is subject to change by BPPE with prior notice.

**This is an estimate. Textbooks are purchased by students from third-party vendors of their choice.

***Tuition covers the cost of educational services, instructional materials, admission costs, technology access, proctoring, and library services. Students are responsible for their own travel and housing costs when attending residencies in California.

Costs for optional services, defined as services which are not required to matriculate through the program but are available upon request, are as follows:

- Transcript Fee: Two provided at no cost, then \$10.00 each.
- Diploma Fee: One provided at no cost, then \$30.00 each.
- Return Payment Fee: \$25.00 for each occurrence.

Additional Fees, payable to third parties:

- Estimated textbook cost for the program: \$1,000.00
- Board of Behavioral Sciences Application for Associate Marriage and Family Therapist Registration: \$75.00

Students who do not live near the location of the in-person residencies, which are held within two hours of Los Angeles, will have to pay for travel and housing for the Residencies. Cost to be estimated by student based on mode of transportation and selection of housing. The travel website www.airbnb.com estimates that housing within two hours of Los Angeles can cost an average of \$75/night to \$150/night.

Scholarships

We understand the cost of higher education can be a barrier for many. At Sentio, we are doing our best to remove that barrier for our students. Sentio University offers two scholarship opportunities for our Marriage and Family Therapy students: the K. Anders Ericsson Memorial Scholarship (merit based) and the Jeremy Safran Scholarship (need based). Sentio University has a limited amount of funds each year for both scholarships. Scholarships are awarded at the same time as admission decisions (when an applicant is notified about their admissions offer, they will also be notified about a scholarship offer.)

K. Anders Ericsson Memorial Scholarship (Merit-Based)

Sentio University offers the K. Anders Ericsson Memorial Scholarship, dedicated to honoring Ericsson's legacy and providing support for students in the Marriage and Family Therapy Program. This merit-based scholarship recognizes outstanding academic performance, relevant experience, and notable accomplishments within the field of mental health.

Jeremy Safran Scholarship (Need-Based)

Sentio University offers a need-based scholarship for our Marriage and Family Therapy students, dedicated to honoring Safran's legacy and providing support for students in the Marriage and Family Therapy Program. The scholarships are allocated based on the level of demonstrated financial need.

Scholarship decisions are made by the Sentio University Scholarship Committee. Institutional scholarships are provided by the Sentio University Scholarship Fund and do not have to be repaid. In keeping with the University's focus on preparing students for success in the field of marriage and family therapy, the Scholarship Fund has been created to enable students to receive needed support in their journey to graduation.

Scholarship funds are applied to Fall, Spring, and Summer semesters on a per-course basis and are renewable each academic year. Scholarships are contingent on maintaining satisfactory

academic progress in accordance with the University's Satisfactory Academic Progress Policy. Any student who is placed on Academic Probation or Academic Suspension is no longer eligible to receive an institutional scholarship for which they had previously qualified.

Tuition Payment Options

Students are expected to pay for each semester in full prior to the beginning of the semester. The payment amount will depend on the number of courses offered in the semester and any financial assistance received by the student. Students who wish to make monthly payments instead of on a per-semester basis may do so upon completion and approval of the Request for Monthly Payments Form, which can be requested from admin@sentio.org.

Payment can be made via debit card, credit card, or bank transfer.

Students must submit payment within five business days after the start of the new payment period. A \$35 late fee will be added to all overdue payments. There are no additional financing fees or interest charges. Students who maintain a balance from a previous payment period will not be allowed to begin a new semester until the balance is paid.

Cancellation, Withdrawal, and Refund Policy

Student's right to cancel

- You have the right to cancel your agreement for a program of instruction, without any penalty or obligations, through attendance at the first-term or the seventh calendar day after enrollment, whichever is later. After the end of the cancellation period, you also have the right to stop school at any time and receive a pro rata refund if you have completed 60 percent or less of the scheduled days in the current semester through the last day of attendance.
- Cancellation may occur when the student provides a written notice of withdrawal via email to admin@sentio.org.
- The email notice of withdrawal is effective based on the day timestamped on the email.
- The written notice of withdrawal need not take any particular form and however expressed; it is effective if it shows that the student longer wishes to be bound by the Enrollment Agreement.
- If the Enrollment Agreement is canceled (e.g. the student withdraws during the cancellation period), the University will refund the student any money paid, less a registration fee of \$200.00 within 45 days after the notice of cancellation is received.

Withdrawal from the program

You may withdraw from the University at any time after the cancellation period (described above) and receive a pro rata refund if you have completed 60 percent or less of the scheduled days in the current semester, through the last day of attendance. Semesters are offered in varying lengths to accommodate practicum class scheduling requirements. Refer to the Academic Calendar for current term length.

Refund Calculation Example: If a student withdraws from a 3-semester credit hour course (total price \$3,360) on day 14 of a 13-week semester (14/91 days = 15%), the institution retains \$504.00 (15% of the enrollment period x \$3,360) and the student is refunded \$2,856 (85% of the

enrollment period x \$3,360). For refund calculation purposes, the number of days attended is rounded to the nearest whole number ($14/91 = 15.38\%$, rounded to 15%).

Withdrawal may occur when the student provides a written notice of withdrawal via email to admin@sentio.org. Any refund due will be paid within 45 days of withdrawal. If the student has completed more than 60% of the current semester for which the student was charged, the tuition is considered earned and the student will receive no refund.

For the purpose of determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution of the student's withdrawal or as of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the policies and procedures of the institution; absences in excess of the maximum set forth by the institution; and/or failure to meet financial obligations to the University.

For the purpose of determining the amount of the refund due to non-attendance, the date of the student's withdrawal shall be deemed the last date of recorded attendance. If any portion of the tuition was paid from the proceeds of a loan or third party, the refund shall be sent to the lender, third party or, if appropriate, to the state or federal agency that guaranteed or reinsured the loan. If the student has received federal student financial aid funds, the student is entitled to a refund of monies not paid from federal student financial aid program funds.

Loan

If a student receives a loan to pay for the educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund and if the student receives federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal financial aid funds.

Student Tuition Recovery Fund

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program. It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 North Market Blvd., Suite 225, Sacramento, CA 95834, (916) 574-8900 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of noncollecting may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Part VII: Evaluation of Student Progress

Sentio University evaluates students throughout the academic year along two domains:

1) Academic Coursework

Students are evaluated through class participation, writing assignments, presentations, Deliberate Practice, exams, and other methods. See course Syllabi for evaluations methods for each course. Students are required to earn a cumulative grade point average of at least 3.00 ("B") to graduate. Students who fail a course are withdrawn from the program.

2) Supervised Clinical Experience

Students must successfully pass the Practicum and Internship Training Requirements, which includes performing at least 500 hours of Supervised Clinical Experience, receiving passing evaluations from their supervisors, and other requirements (see Supervised Clinical Experience section.) Students may not proceed in the Sentio University program until they have met required benchmarks for Supervised Clinical Experience.

To graduate, students must successfully pass the following consecutive milestones:

Milestone	Requirements to Pass	Methods of Evaluation	Consequences if not successfully passed
Application to enroll in Sentio University	See the Admissions Policy.	Transcript, interview, letters of recommendation, and other methods.	Applicants who are not accepted are welcome to re-apply the following year.
Year 1: Academic coursework	Students must obtain a “B” or higher grade in every class to pass their first year of coursework.	Class participation, writing assignments, presentations, Deliberate Practice, exams, and other methods. See course Syllabi for evaluations methods for each course.	Because most classes are only offered in-sequence, students will have to wait a year until the class is offered again.
Year 1: Practicum	Students must successfully pass the Practicum Training Requirements (see Supervised Clinical Training section.)	Supervised Clinical Training is evaluated along multiple criteria, including supervisor evaluations.	Students may not proceed until they have successfully performed the required hours of Supervised Clinical Experience.
Year 2: Academic Coursework	Students must obtain a “B” or higher grade in every class to pass their second year of coursework.	See course Syllabi for evaluations methods for each course.	Students will have to repeat any courses they did not pass.
Year 2: Practicum	Students must successfully pass the Practicum Training Requirements (see Supervised Clinical Training section.)	Supervised Clinical Training is evaluated along multiple criteria, including supervisor evaluations.	Students may not proceed until they have successfully performed the required hours of Supervised Clinical Experience.

In addition to these domains, Sentio University has other requirements for graduation, including:

- a) A Clinical Research Project: in their 2nd year, students complete a Research Project.
- b) Other professional and career development tasks, such as resume development, career planning, networking, and other activities designed to help students get a running start in building a successful career in MFT.

“No Surprises” Evaluation Policy

Sentio University feels strongly that clear and continual performance feedback is an essential element of effective training. Faculty and administrators will provide clear and continual feedback to students throughout each semester, with the goal of students always being clear about the quality of their performance and any problems or issues that need to be addressed. This feedback will be provided through formal written methods (e.g., grades) and informal verbal methods (e.g., Deliberate Practice coaching.) Sentio University has a “no surprises” evaluation policy which states that students should never be surprised by the evaluations they receive at the end of a semester. If a student is surprised it means that there was a lack of communication or miscommunication between the student and their faculty/supervisor, which must be addressed. If this happens, students should immediately contact their Academic Advisor and the Program Director.

End-of-Semester Student Evaluations

Sentio University performs a comprehensive Student Evaluation at the conclusion of every semester. The student’s Academic Advisor and the Program Director conduct this evaluation and include information from the student’s performance in academic classes, clinical supervisors, and other sources. Students are evaluated along the following domains:

1. Clinical skill development
2. Academic performance
3. Professional development

Professional Identity Development

An important part of Sentio University training is helping students develop professional attitudes, communication skills, and identity. These characteristics can take time to develop and are part of the Student Evaluations. Specifically, students are evaluated on the following, as demonstrated in classes, practicum/internship, and elsewhere:

- Good professional judgment
- Taking responsibility
- Ethical decision making
- Effective communication with peers, faculty, supervisors, clients, and the general public
- Openness to feedback and supervision
- Appropriate boundaries regarding both personal and professional matters
- Self-compassion and patience with oneself
- Kindness and compassion to others

Course Evaluations by Students

Sentio University students complete the Course Evaluation Form for each class they take. This form must be submitted by the last day of the class and is required to receive credit for the class. The form asks students to provide their assessment of the class and faculty along multiple

dimensions. Students are requested to take evaluations very seriously, as they are a critical resource for faculty to improve the quality of their classes and their teaching skills. Sentio University uses student evaluations when considering faculty hiring, retention, promotion, and merit-based awards. Student evaluations include space for anonymous and signed remarks.

Grading

Sentio University is committed to high academic standards that reflect real-world demands for clinical effectiveness. Academic performance is evaluated using letter grades with a corresponding grade point average. Students are required to earn a cumulative grade point average of at least 3.00 to graduate. Grade distributions are not based on a predetermined curve. Students' work is evaluated against a standard of performance required and expected of successful professionals taking graduate-level programs.

Grade #	Letter
4.00	A
3.66	A-
3.33	B+
3.00	B
2.66	B-
2.33	C+
2.00	C
Less than 2.00	F

W (Withdrawal) = The course was attempted but not completed. A 'W' impacts course completion rate and does not impact grade point average.

X (Drop) = The student withdrew from the course within the first three weeks (Fall and Spring semesters) or within the first two weeks (Summer semester). An 'X' does not impact course completion rate or grade point average.

I (Incomplete) = If a student is granted a course extension, an 'I' grade is assigned for the duration of the extension period. 'I' grades are considered attempted but not completed credit and they do not hold a grade point average value. When the extension period is complete, all received assignments are graded and the student is awarded a letter grade.

Sentio University uses a lockstep model in which all students are expected to pass all classes and matriculate through the program with their cohort following the same class sequence. Students who withdraw or are dismissed for absence receive a 'W'. Students may request a one-year leave of absence to return to the program with the next cohort to resume their progress in the predetermined course sequence. Requests for part-time enrollment, unique class scheduling, or exceptions to the leave of absence policy may be considered in extraordinary circumstances.

Students who are unable to complete their academic course requirements before the end of the academic term for reasons beyond their control may request a course extension under the terms of the Course Extension Policy. Students who fail a course are withdrawn from the program. Sentio University provides the support necessary to ensure that all students who have the ability and determination necessary to matriculate through the program do not fail any course. This includes regular check-ins and extra support for students who demonstrate a risk of

failure. Students at risk of failure due to reasons beyond their control are encouraged to apply for assignment extensions and course extensions as needed. Students who fail a previously failed course are subject to academic dismissal from the program.

Appealing Grades

Faculty provide feedback throughout a semester, so students should not be surprised by the grade they receive at the end of a class. If a student has a concern about their grade or performance, they should immediately discuss it with the class faculty. Students may appeal grades based on the following criteria:

- Faculty errors
- Documented emergency, illness, death in family, and severe economic hardship

Grade appeals may not be made on other criteria such as student errors; poor time management by the student; lack of time, energy, or focus to accomplish homework; or technology-related issues.

The procedure to appeal grades is as follows:

1. The student should first talk with the faculty and attempt to come to an agreement.
2. If talking with the faculty does not resolve the issue, the student should notify the Program Director of their wish to appeal their grade within two weeks (14 calendar days) of when the grade was posted.
3. The Program Director will meet with the faculty member and student to discuss the issue. After discussing with all parties, the Program Director makes a decision about the grade, and that decision is final.

Writing Standards

High-quality writing skills will help students succeed in their MFT careers. Likewise, Sentio University is a scholarly community that contributes to the peer-reviewed research literature in MFT. For both these reasons, faculty will give special attention to the quality of students' writing. Students who lack sufficient writing skills may be assigned to receive help from the Writing Lab or a tutor. Students should use the American Psychological Association Style for all papers and projects.

Graduation Requirements

A student will be eligible for graduation when all required credits are earned, all required residencies attended and all financial obligations have been paid or other financial arrangements have been requested and approved in writing by the University.

1. Students are required to earn a cumulative grade point average of at least a 3.0.
2. Students are required to complete 60 semester credits
3. Students are required to accumulate 500 hours of supervised clinical experience at the Sentio Counseling Center (SCC). Of these hours, 100 must be relational.
4. Students are required to complete a Clinical Research Project.

Part VIII. Academic Policies

Late Assignment Policy

Assignments must be submitted prior to the class for which they are due. For example, if a term paper is due for a class that occurs at 9am PST on 11/4/2024, it must be submitted prior to that time on that date. Students will receive zero credit / points for assignments that are submitted late or not submitted.

Assignment Extension Policy

Assignment extensions are granted on a case-by-case basis based on relevant circumstances. Applicable faculty members make decisions regarding assignment extensions. If required due to the complexity of the circumstances, the Academic Advisor and academic leadership team may be consulted as well.

Attendance Policy

Students must be on time for class and may not leave class early. If students miss more than 10 minutes of class, they will not receive credits for class meetings. Students must have their video turned on at all times during the class meeting.

Grading Timeframe

Sentio University provides a response to submitted materials, other than the Clinical Research Project, within 30 calendar days of receipt. Responses to Clinical Research Projects are made within 60 calendar days.

Course Extension Policy

If a student is unable to complete their academic course requirements before the end of the academic term for reasons beyond their control, they may request a course extension. Acceptable reasons for request include lengthy incapacitating illness, judicial obligations, a death in the immediate family, or other emergencies deemed appropriate by the faculty. Students may be asked to supply documentation of the referenced circumstances. No more than one-third of the coursework may be left to complete. An extension based on incomplete academic course requirements must be requested and approved before the last day of classes.

Course extensions are determined by the relevant faculty member(s), Academic Advisor, and academic leadership team. If a course extension is granted, an extension period is set, and the student is assigned an Incomplete grade. Incomplete grades are considered attempted but not completed credit and they do not hold a grade point average value. Students will be provided with information on how to complete the class as dictated by the relevant circumstances, and Sentio University faculty and staff will support the student in their efforts to continue progressing through the program with their cohort. At the conclusion of the extension period, a final letter grade is assigned based on the assessments submitted at that time. Students who receive a passing grade at the conclusion of the course extension begin the next semester on schedule. Students who receive a failing grade at the conclusion of the course extension are not able to take classes in the next semester and are placed on academic suspension until they can retake the failed class with the next cohort.

Satisfactory Academic Progress Policy

Sentio University requires students to maintain Satisfactory Academic Progress (SAP) according to the following criteria:

- Maintain a cumulative Grade Point Average (GPA) of at least a 3.0 (e.g. a “B” average).
- Maintain a minimum course completion rate of at least 67%.

Course completion rate is calculated by dividing the number of semester credit hours earned by the number attempted. Credit is considered earned when a student earns a final grade of C or better. Courses where a student earns a final grade of F, W, or I are considered attempted but not completed. The following is an example of how the course completion rate is calculated:

- A student who enrolls in ten 3-unit courses in an academic year completes eight courses, fails (F) one course, and is granted an Incomplete (I) in one course. The student completed 24 units of the 30 units attempted which yields a course completion pace of 80% ($24 / 30 = .80$)

Students’ SAP is reviewed at the conclusion of each semester by the Academic Advisors. All students are informed of their current academic progress and standing in the program, and the Academic Advisors inform the Program Director of any students requiring academic discipline. If a student fails to maintain SAP when evaluated at the conclusion of any given semester, they are subject to academic disciplinary measures including academic warning, probation, and ultimately dismissal from Sentio University.

Academic Warning: Students are subject to Academic Warning during the first semester when they no longer maintain SAP. Monthly meetings with an Academic Advisor are required during this semester.

Academic Probation: Following an Academic Warning semester, students who are unable to regain SAP are subject to Academic Probation during their next semester. Weekly meetings with an Academic Advisor and monthly meetings with faculty are required during this semester.

Academic Suspension: Students are required to pass all attempted courses to continue their education in the next semester. If a student fails a course, the student is placed on Academic Suspension until they can retake the failed class with the next cohort.

Academic Dismissal: If students are unable to regain SAP during their Academic Probation semester, they are dismissed from Sentio University.

The following is an example of how a student may progress through the academic disciplinary measures related to Satisfactory Academic Progress:

- First semester: The student finishes the semester with a 2.5 GPA, resulting in an Academic Warning.
- Second semester: The student raises their cumulative GPA to 2.8 but remains under the 3.0 threshold for SAP. This results in Academic Probation, which requires the student to

raise their cumulative GPA to a 3.0 by the end of the third semester in order to avoid Academic Dismissal.

- Third semester: The student is unable to raise their cumulative GPA to a 3.0 and is dismissed from the program.

Students who complete the program in accordance with the predetermined class schedule can expect to graduate in approximately 20 months. All students must complete the program within three-and-a-half years, except in the event of unusual and extraordinary circumstances as referenced in the Leave of Absence Policy.

Students may miss a maximum of two class meetings per course. Students should note that they are still responsible for assignments given during missed classes, and that missed classes will significantly negatively impact their grade. If a student misses more than two class meetings they will be automatically withdrawn from the class, as per the Withdrawal Policy. Exceptions may be made due to emergencies, illness, etc., at the discretion of the course faculty or the Program Director. 100% of practicum hours must be completed. Make-up hours must be completed if absent from scheduled hours.

Academic Dismissal Policy

The purpose of this policy is to inform students of their academic responsibilities and expected academic conduct. Reasons for dismissal include but are not limited to, failing to satisfy Academic Warning or Academic Probation requirements, failing any course for the second time, or determination of an academic dishonesty offense such as plagiarism.

The penalties for conviction of the first offense of academic dishonesty will be imposed by the instructor responsible for assigning the final grade for the course. The penalty will be determined by the severity of the offense:

1. Formal warning;
2. Grade of "F" for the assignment;
3. Grade of "F" for the course; or
4. Academic suspension for one year

Conviction of a second academic dishonesty offense will result in expulsion from the University. Students under consideration for dismissal will be notified via email of the time, date, and location where they may present information to the decision-making body. The student will be notified of the decision and, if dismissed, of their right to appeal the decision to the President. If this option is taken, the President will review the decision and the resultant decision is final.

Leave of Absence Policy

Leave of absence is not provided. If a student must leave the program, the student will be withdrawn from the program and a refund calculation completed in accordance with the Refund Policy. A student that is withdrawn from the program can apply to re-enter the program by following the Admissions policy and procedure published at the time re-entry is requested.

Part IX: Program Requirements and Resources

Student Code of Conduct

1. Introduction and Purpose

All members of the University community are responsible for sustaining the high ethical standards of the institution and of its broader community. The University values integrity, diversity, respect, freedom of inquiry and expression, trust, honesty, and fairness and strives to integrate these values into its education, research, and business practices.

In that spirit, the Student Code of Conduct provides commitment to upholding the ethical, professional, and legal standards Sentio uses as the basis for its daily and long-term decisions and actions. All must be aware of and comply with the relevant policies, standards, laws, and regulations that guide Sentio's work. Each individual holds accountability for their actions and, members of the University community, are collectively accountable for upholding these standards of behavior and for compliance with all applicable laws, regulations, and policies.

The content of the Code supplements the University Catalog and relevant publications. The Code assists students with successful ethical decision-making and life at the University. The Code is not exhaustive and is subject to change, at any time, as deemed appropriate by the University at its sole discretion. Changes to the Code may be implemented without notice and obligation—unless announced otherwise upon the implementation of such changes.

2. Jurisdiction of the Code of Conduct

The Code applies to all University students and community members. Violations of the code may include conduct occurring on campus or off-campus, including online and electronic communication or other conduct, when the University determines it has a substantial interest in the conduct. The University has a substantial interest in conduct when it:

- Occurs in the context of an academic program, practicum, or other University-related event
- Constitutes a violation of local, state, or federal law, including repeat violations of any local state, or federal law
- Significantly threatens the rights or property of those protected by this Code
- Is harmful to the educational mission of the University
-

Notwithstanding any other provisions of the Code, the University reserves the right to take any action, which in its judgment, is necessary and appropriate to protect the safety and well-being of the University community.

3. Respect for Others

Sentio University is an institution dedicated to the pursuit of achievement and facilitation of an environment that fosters this goal. Central to that institutional commitment is the principle of treating each University community member fairly and with respect and embracing diversity and inclusion.

The University prohibits discrimination and harassment and provides equal opportunities for all community members and applicants regardless of their race, color, religious creed, national origin, ancestry, physical or mental disability, medical condition, marital status, sex, age, sexual

orientation, gender identity, veteran status or any other characteristic protected by law. Upon violation of this standard, the University will take prompt action to cease the offending conduct, prevent its recurrence, and discipline those responsible. Further information on this topic can be found in the Sentio University Non-Discrimination Policy.

4. Standards of Integrity and Quality

Sentio University recognizes that it must earn and maintain a reputation for integrity that includes but is not limited to, compliance with laws and regulations and its contractual obligations. Even the appearance of misconduct or impropriety can be damaging to the University. Sentio University must strive at all times to maintain the highest standards of integrity and quality.

There are times when Sentio University's activities and other conduct of its University community members are not governed by specific laws or regulations. In these instances, rules of fairness, honesty, and respect for the rights of others will govern conduct at all times.

In addition, each individual is required to conduct University activity with the utmost honesty, accuracy, and fairness. Each situation needs to be examined in accordance with this standard. No unethical practice can be tolerated, even if such practice is "customary" outside of Sentio University or even if some of the goals it serves are worthy. Expediency should never compromise integrity.

5. Academic Integrity and Plagiarism

Sentio University considers it a serious violation of academic integrity to – intentionally or unintentionally – present the thoughts or ideas of another as your own. The key to academic integrity originates in the writer's choices on how to divide their voice from the voices of others. Plagiarism includes but is not limited to the following:

- Copying entire documents and presenting them as your own
- Cutting and pasting from the work of others without properly citing the source
- Stringing together quotes and/or ideas of others without connecting their work to your own original work
- Asserting ideas without acknowledging their sources or reproducing verbatim work written by others without properly citing your sources
- Accidental appropriation of the work of others due to a lack of understanding of documentation conventions
- Purchasing work from others and submitting it as your own

To monitor for potential plagiarism, the University may submit student assignments through the institution's third-party text-matching service. Faculty may submit additional coursework to the text-matching service as needed or instructed by the Chief Academic Officer or Program Director.

Sentio University's response to academic integrity violations may range from requiring a student to re-write a paper to academic dismissal from the program.

6. Netiquette

Netiquette, or network etiquette, refers to the guidelines and recommended practices for online communications. In a nutshell, it is the etiquette for the Internet and should be used in all areas of communication in class.

To ensure peers and instructors receive communications as intended, keep the following netiquette rules in mind:

- Apply the same ethical standards as you would for in-person communication. Expectations for standards of behavior are no different in an online course. This includes following all copyright laws and University policies.
- Communication acceptable in one platform (texting) may not be appropriate in an online course. Pay attention to how other learners in the course communicate and follow their cues.
- Do not participate in bullying. It is okay to disagree with someone, but keep it respectful and avoid personal insults.
- When writing online, remember that real humans who deserve respect read submitted work. Without the benefit of facial cues and other physical indications, readers may not interpret the written word as intended. Before sending any communication, consider its appropriateness if communicated face-to-face.
- Communication should be relevant and concise. Peers and instructors need to be able to read written work within a reasonable amount of time. Avoid attaching large files or images which might take time to download. In addition, do not expect immediate responses. Follow the guidelines outlined in the syllabus for response time and feedback.

7. Reporting Suspected Violations

Adherence to this Code also requires that any suspected violations of applicable standards, policies, laws, or regulations be brought to the attention of the appropriate cognizant office. Raising such concerns is a service to the University and does not jeopardize the University community member's position, enrollment, or employment.

a. Reporting to Management

Members of the University community should report suspected violations of applicable laws, regulations, or this Code and University policies and procedures. This reporting should normally be made initially through standard channels, beginning with the immediate supervisor, instructor, or advisor. If for any reason it is not appropriate to report suspected violations to the immediate supervisor (e.g., the suspected violation is by the supervisor), or the employee is uncomfortable doing so, individuals may go to a higher level of management.

b. Other Reporting

If for any reason it is not appropriate to report suspected violations through management channels within the University, or the community member is uncomfortable doing so, individuals may go to:

- Office of the President
- The Board of Directors
- The Compliance and Ethics Helpline at compliance@sentio.org

Sentio treats every concern seriously and reviews it in the appropriate manner.

c. Confidentiality

Concerns reported are confidential to the extent that the requested remedy or investigation will allow.

d. Cooperation

All members of the University community are expected to cooperate fully in the investigation of potential violations of University policy and applicable rules, laws, or regulations.

e. Non-Retaliation

Sentio University policy prohibits retaliation against an individual who in good faith reports or provides information about concerns or suspected violations. Retaliation is an adverse action taken because an individual has made a report or has participated in an investigation. An adverse action is any action that materially affects that individual's standing or terms and conditions of employment. False accusations made with the intent of harming or retaliating against another person may subject the accuser to disciplinary action.

f. Consequences of Violation

Confirmed violations will result in appropriate disciplinary action up to and including termination of employment or other relationships with the University. In some circumstances, civil or criminal charges and penalties may apply.

Academic Resources and Student Support

Sentio University provides the level of support necessary for all students to achieve academic and clinical success. The following includes a non-exhaustive alphabetized list of student services offered by the University:

Academic Advising

All students are assigned an Academic Advisor upon enrollment into the Sentio University Marriage and Family Therapy program. Academic advising may be initiated at any time by student or Sentio University personnel when a need is identified. Students may request academic advising by contacting their faculty member or the Program Director.

Career Services

The program prepares graduates to successfully register as a Marriage and Family Therapist Associate with the California Board of Behavioral Sciences (<https://www.bbs.ca.gov/>). Sentio University provides career development training within the program. In addition, Sentio University assists each graduate with obtaining an association position after program completion. Each graduate will be supported with resume and interview skills. Sentio University does not promise or guarantee employment or level of income or wage rate to any Student or Graduate.

Library Services

Sentio University provides students with online resources through our consortium membership and subscriptions with the Library & Information Resources Network (LIRN). Students can access our LIRN database content 24/7 through the LIRN website at <http://www.lirn.net>. Students

receive orientation and training on accessing the LIRN database during their New Student Orientation at the beginning of their first semester. The LIRN database contains millions of peer-reviewed and full-text journal, magazine, and newspaper articles, e-books, podcasts, audio, and video resources from ProQuest, Gale Cengage, partial EBSCO coverage, eLibrary, GreenFile, and other resources relevant to graduate psychology education. Sentio University also subscribes to LIRN's Consortium Librarian Services. For research assistance and training, students and faculty may contact the LIRN Librarian at librarian@lirn.net. LIRN Consortium Librarians have degrees in Library and Information Studies from accredited master's programs and experience working with students and faculty in a variety of subject areas. Students can contact the LIRN Consortium Librarian for any level of research assistance. Depending on the request, the librarian may follow up with an email, phone conversation and/or screen-share.

Writing Lab

Sentio University provides support with written assignments upon request. A student or faculty member can initiate a request for one or more meetings to assist with ideas, review to determine if the student meets assignment requirements, and recommend any areas of improvement.

Orientation (New Student Orientation)

The New Student Orientation takes place in person during the Fall residency of each year. Orientation is a mandatory event at the start of the Marriage and Family Therapy program that fosters community and cohesiveness within each new Sentio University cohort. Students have the opportunity to meet with faculty, staff, and students from other cohorts, and information about University expectations, policies, and processes is disseminated. Orientation is structured to provide each new student with everything they need to know in order to successfully begin their journey at Sentio University and in the field of marriage and family therapy.

Confidentiality and Privacy Policy

Sentio University community members receive and generate various types of confidential, regulated, proprietary, and private information on behalf of the University. All members of the University must comply with all applicable rules, laws, and regulations (whether federal, state, local, or foreign), contractual obligations, and University policies pertaining to the use, protection, and disclosure of this information. When disaffiliating from Sentio University, University community members must return all sensitive University data unless an exception has been granted.

Under the provisions of the Family Education Rights and Privacy Act of 1974 (FERPA), eligible students are afforded certain rights pertaining to University records and personally identifiable information on file with Sentio University. An eligible student is defined as any person currently enrolled or previously enrolled in Sentio University programs. Sentio University treats all student information, both personal academic, as strictly confidential. Sentio only releases student information after obtaining appropriate permission from the student. Sentio takes the following measures to maintain and protect the confidentiality of student records:

- Students are issued a unique student identification number upon enrollment. This ID number acts as a verification of student identity when the student communicates with the University in any way.

- Students may be asked to verify name, program, date of birth, address, telephone number, and/or last four numbers of the social security number, etc. when communicating with the institution.
- Students must provide the University with written authorization for information to be released to any third party.
- Students are provided and maintain a unique username for login to the University learning management system and create their own unique password.
- To protect the privacy of students' and graduates' records and to remain in compliance with the FERPA, no additional information will be provided unless a release statement, signed by the student or graduate, is provided with the request for information.

Non-Academic Dismissal Policy

This policy informs students of their responsibilities and expected conduct when interacting with other students, faculty, or staff of Sentio University in non-academic situations or activities. Non-academic suspension or dismissal can stem from non-compliance with the Code of Conduct, absenteeism, poor behavior, drug or theft-related problems, or any other violation of University policies. A violation of these policies may result in disciplinary action that ranges from temporary suspension or permanent dismissal depending on the circumstances of the particular case.

Students under consideration for dismissal will be notified via email of the time, date, and location where they may be heard by and present information to the decision-making body. The student will be notified of the decision and, if dismissed, of their right to appeal the decision to the President. If this option is taken, the President will review the decision and the resultant decision is final.

Non-Discrimination Policy

Sentio University ("University") does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, the appointment to and termination from its Board of Directors, hiring and firing of staff or contractors, selection of volunteers, selection of vendors, and provision of services.

The University admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.

The University is an equal-opportunity employer. The University shall not discriminate and will not discriminate in employment, recruitment, Board membership, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, or any other discriminatory reason.

Disability Accommodation Policy

This policy describes the roles of individuals at Sentio University in ensuring that students with disabilities receive appropriate accommodations in their instructional activities, as mandated by Federal and State law and by University policy.

The fundamental principles of nondiscrimination and accommodation in academic programs were set forth in Section 504 of the federal Rehabilitation Act of 1973; the Americans with Disabilities Act of 1990, Title II; and their implementing regulations at 34 C.F.R. Part 104 and 28 C.F.R. Part 35 respectively.

These laws establish that students with disabilities may not, on the basis of their disabilities, be excluded from participation in, be denied the benefits of, or otherwise be subjected to discrimination under any University program or activity. Further, the University must make sure that its academic requirements do not discriminate or have the effect of discriminating against persons with disabilities. Academic requirements that are justifiably essential to a student's program of instruction are not considered discriminatory. Academic accommodations to which a student may be entitled include changes in the length of time allowed to complete program requirements, substitution of specific courses required for the completion of degree requirements, and adaptation of the manner in which specific courses or examinations are conducted.

At Sentio University, the primary functions of the Accommodations Coordinator include:

- Advising the University about policies and procedures related to the provision of academic accommodations for students with disabilities,
- Recommending steps to be taken by the University related to the provision of accommodations for instructors with disabilities,
- Developing mechanisms for increasing the understanding of the faculty with respect to disabilities and their accommodation in an academic setting, and
- Assisting the University in resolving any disagreements with faculty that might arise concerning particular accommodations in an academic setting.

The Accommodations Coordinator is the senior administrative officer responsible for the University's policies affecting persons with disabilities. The Accommodations Coordinator ensures that these policies are both educationally sound and responsive to the needs of students with disabilities.

If there is a disagreement by faculty over the appropriateness of a particular academic accommodation, the Accommodations Coordinator in consultation with the President makes a final determination in the matter.

The Sentio University Accommodation Request Process is as follows:

Students who wish to be considered for accommodation should self-disclose their disability to the Accommodations Coordinator by submitting an Accommodation Request Form, with recent documentation (not more than three years old) of such from a licensed Medical Professional. The Form and related documentation must be submitted to the Accommodations Coordinator via mail or email at admin@sentio.org. The request will be reviewed, and students will be

notified of the institution's decision within 14 business days of receipt. If approved, accommodations will be designed to assist students in successfully completing coursework. These accommodations will then be implemented in students' coursework and/or communicated to faculty members in a timely manner.

Students who wish to file a complaint regarding disability accommodations must be able to establish that the student appropriately requested, in a timely matter, the desired accommodation. The student should refer to the institution's Complaint/Grievance Policy for filing complaints regarding disability accommodations or any other concerns.

Complaint/Grievance Policy

A student may seek recourse from any University nonacademic program or employment-related dispute, alleged discrimination on the basis of race, national origin, color, sex, disability, or age, including alleged violation of Title VI of the Civil Rights Act of 1964, Title IX of the Educational Amendments Acts of 1972, Section 504 of the Rehabilitation Act of 1973, or other state or federal legislation through the following procedures:

1. The student should seek informal resolution with the relevant parties concerned before initiating a written complaint.
2. If the complaint is not satisfactorily resolved, the student may submit a written grievance via email to the President of the University at trousmaniere@sentio.org. If preferred, the student can submit the grievance to the Compliance and Ethics Helpline at grievances@sentio.org. Grievances must include the demographic information regarding the complainant, the clear facts of the case, the disposition or resolution achieved thus far, and the requested resolution by the complainant. Additional information or clarification may be requested before a hearing is scheduled.
3. A hearing with the Grievance Committee will be held within thirty working days from the filing of the written grievance. The Grievance Committee is comprised of the President, a Board Member, and a faculty member. The decision made as a result of this hearing and the documentation provided is final.

Each stated time frame will follow the process. More time may be necessary in the event of a lengthy investigation, hearing, illness, or other unforeseen circumstances. All grievances with all papers, recommendations, and decisions are appropriately documented and retained. To maintain privacy and confidentiality, Sentio University administrative hearings do not involve or include legal counselor representation.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet website, <https://bbs.ca.gov/>

Student Identity Verification

Sentio University requires students to submit a photocopy of a government-issued ID card during the admissions process. Admissions and Career Advisors will compare the ID provided with the person during the admissions interview and with the transcripts received. If a student is accepted into the program and signs the Enrollment Agreement, the student is required to create an account in the Student Portal that includes a username and password. This unique

login information is linked to each student's name, email, and IP address. Student information is collected to ensure that the admitted student who participates in and completes coursework and assessments is the same student who is awarded credit.

Faculty confirms each student's identity against the ID cards on file during initial interactions. This process continues until the faculty can reasonably identify each student by appearance. All classes as well as some assessments are completed live either online or in-person during semester intensives. Additional Deliberate Practice coursework and assessments are recorded on video and submitted to faculty. For all other coursework and assessments, students are required to access and submit assignments through the Student Portal using their unique username and password.

Change of Contact Information

Contact information for each individual student is securely kept in their Student Portal. Students may change their contact information at any time by editing the relevant details in the Student Portal.

Student ID

Students are issued a unique student identification number upon enrollment. This ID number acts as a verification of student identity when the student communicates with the University in any way.

Housing

Sentio University does not assume responsibility for student housing, does not have dormitory facilities under its control, nor offers student housing assistance. According to rentals.com for Los Angeles, CA, rental properties start at approximately \$1,200.00 per month.

Graduation Ceremony

Graduation takes place in person annually as part of the Spring residency. Graduates are invited to attend the graduation ceremony to celebrate the achievement of earning their Master of Arts in Marriage and Family Therapy. The ceremony is attended by all students, faculty, and staff present at the Spring residency, and graduates are welcome to invite friends, family, and colleagues to join in the celebration. Graduation ceremonies take place in California, with the specific location and date to be determined each year. Ceremonies are livestreamed on the Sentio University website and viewers have the option of participating online.

Part X: Program Faculty and Organizational Structure

Faculty

Sentio University faculty are professionals with master's and doctoral degrees who have been trained in systemic theory and the effective application of mental health methods. As part of their onboarding process, all Sentio University faculty complete specialized training in integrating Deliberate Practice and outcome data into graduate coursework. All faculty teaching Practicum and Internship classes are AAMFT Approved Supervisors or Supervisor Candidates. The faculty is comprised of diverse individuals from a wide range of cultural and professional backgrounds. While Sentio University is relatively small (annual cohorts of a maximum sixteen students), all faculty are part-time (adjuncts). As the University grows and achieves

accreditation, and access to Title IV federal student loans, some faculty will be hired on a full-time basis. Sentio University faculty are encouraged to participate in research, scholarship, service, and teaching activities that enable the program to achieve its goals and outcomes.

Sentio University's Mission

Sentio University offers hybrid, scholarly, and multiculturally-attuned therapy programs featuring innovative Deliberate Practice training that prepares graduates for impactful careers in marriage and family therapy and professional lifelong learning.

Goals, Outcomes, and Purposes

Sentio University aspires to be an innovative leader for positive transformation within the field of psychotherapy and the global community. These aspirations are reflected in the following **institutional goals, outcomes, and purposes**:

1. Contribute to a paradigm shift in the field of psychotherapy by using emerging research on Deliberate Practice to demonstrate how outcomes can be improved for all stakeholders in the field of mental healthcare.
2. Improve the way therapists are taught by using outcome data to demonstrate the success of Sentio University and making all curricula open source.
3. Improve the way therapy is provided by promoting integration of practices demonstrated to best contribute to clinical effectiveness, such as Deliberate Practice and routine outcome monitoring.
4. Change the way consumers of therapy view the field by empowering clients to provide feedback and normalizing the importance of collaborative services.
5. Change the decades-long trend of psychotherapists on average not improving with experience.
6. Promote credible psychotherapy process and outcome research to improve the quality of services provided within the field of mental healthcare.
7. Improve the lives of community members and their families through delivery of psychotherapy services by Sentio University students and graduates.
8. Contribute to improved global wellness through ongoing innovation within the field of psychotherapy.

The institutional outcomes listed above are achieved through impactful instruction, training, and student support. This is reflected in the following **institutional goals and objectives**:

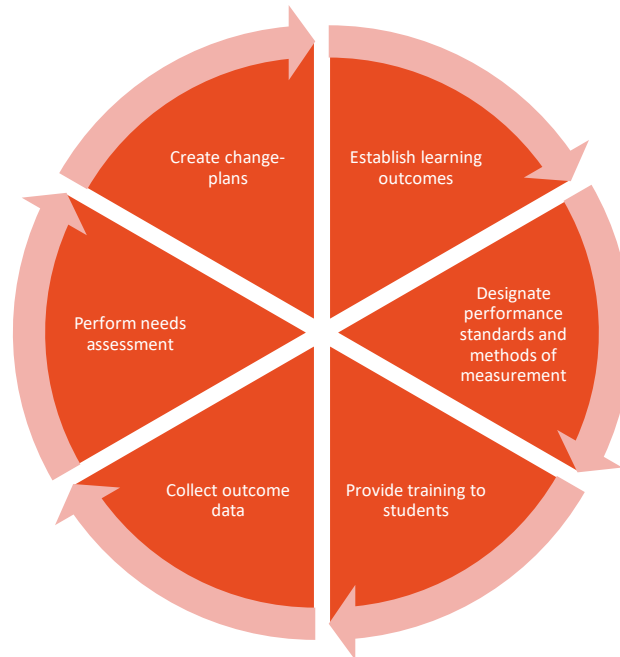
1. Provide training in empirically-validated psychotherapy theories, models, and methods that are appropriate for assessment, diagnosis, and treatment.
2. Offer programs that provide effective therapy to culturally diverse individuals, couples, and families to promote equity in mental healthcare.
3. Train students to incorporate outcome data in their professional development for ongoing accurate assessment of baseline skill levels.
4. Train students to incorporate Deliberate Practice for targeted skill-building to promote continued improvement of therapeutic ability over the course of their professional careers.
5. Train students to enhance the profession through clinical research.

6. Support the personal and professional fulfillment of students by helping them identify areas of interest and cultivate growth within those niches.
7. Move the field of psychotherapy forward by demonstrating how to graduate students who collectively achieve above-average client outcomes.

Program Assessment

Sentio University has a strategic continuous improvement plan that uses a cyclical assessment process. The assessment process involves six steps that are repeated every two years:

1. Establish learning outcomes
2. Designate performance standards and methods of measurement
3. Provide training to students
4. Collect outcome data
5. Perform needs assessment based on data analysis and performance standards
6. Create change-plans based on needs assessment and data analysis



Program assessment follows a systemic framework, using the following data:

1. Student academic achievement is measured via each course's 3-5 Learning Outcomes, which are based on the program-level SUMFT Student Learning Outcomes.
2. Student performance in the Supervised Clinical Experience is assessed via written evaluations performed by site supervisors and Sentio University supervisors twice per semester (mid-semester and end-of-semester.)
3. Student Progress Reports are informed via faculty observation, student self-assessments, and other assessment methods such as end-of-course surveys, student surveys, practicum/internship surveys, resource sufficiency assessments, and student persistence data.

Program evaluation is done at two levels:

1. An Annual Program Assessment is performed each year and updated quarterly. This assessment includes Student Learning Outcomes, student accomplishment and retention data, resource & facility assessments, and other measures.
2. A Three-Year Program Review is performed every three years. This is a comprehensive review of the quality and outcomes of the entire Sentio University Program which includes both internal and external review.

Annual Program Assessments and Three-Year Program Reviews are provided to all stakeholders and communities of interest, including students, faculty, administrators, as well as state bureaus, boards, and agencies. Sentio University creates action plans, based on the strategic plan, to improve the curriculum, educational outcomes, and the effectiveness of the program. Action plans are based on outcome data and faculty feedback. Administration updates the status of action plans quarterly and review them with communities of interest on an annual basis. Feedback is solicited from communities of interest, and that feedback is used to create action plans for modification, development, and improvement of the program.

BPPE Disclosures

Statement required by the California Bureau for Private Postsecondary Education:

“Notice to Prospective Degree Program Students

This institution is provisionally licensed by the Bureau for Private Postsecondary Education to offer degree programs. To continue to offer this degree program, this institution must meet the following requirements:

- Become institutionally accredited by an accrediting agency recognized by the United States Department of Education, with the scope of the accreditation covering at least one degree program.
- Achieve accreditation candidacy or pre-accreditation, as defined in regulations, by 7/25/2025, and full accreditation by 7/25/2028.

If this institution stops pursuing accreditation, it must:

- Stop all enrollment in its degree programs, and
- Provide a teach-out to finish the educational program or provide a refund.

An institution that fails to comply with accreditation requirements by the required dates shall have its approval to offer degree programs automatically suspended.”

The California Bureau for Private Postsecondary Education can be reached at <https://www.bppe.ca.gov/>

(CEC §94913 and 5, CCR §74117)

HOURS OF OPERATION

The business hours of Sentio University, including office staff and faculty availability, are 9:00 a.m. to 5:00 p.m. Pacific Standard Time or Pacific Daylight Time.

LEGAL CONTROL

Sentio University is a non-profit organization incorporated in the State of California. It is overseen by its Board of Directors.

WEBSITE

The Sentio University website is www.sentio.org

DATES

This Catalog was published on October 16th 2024, and covers the period from 07/24/2024 to 06/30/2025.

STATE OF CALIFORNIA CONSUMER INFORMATION

Sentio University does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 North Market Blvd., Suite 225, Sacramento, CA 95834, www.bppe.ca.gov, toll-free telephone number (888) 370-7589 or by fax (916) 263-1897.

Sentio encourages prospective students to review this catalog prior to signing an enrollment agreement. Prospective students are also encouraged to review the School Performance Fact Sheet, which Sentio provides to prospective students prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet website, www.bppe.ca.gov.

Sentio University is not accredited by an agency recognized by the United States Department of Education (USDE) and students are not eligible for federal financial aid programs. A degree program that is unaccredited or a degree from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.

Sentio University does not participate in any federal or state financial aid programs.

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370-7589, option #5, or by visiting osar.bppe.ca.gov.

CATALOG CHANGES

Information about Sentio University is published in this catalog, which contains a description of policies, procedures, and other information about the University. Sentio University reserves the right to change any provision of the catalog at any time. Notice of changes will be communicated in a revised catalog, an addendum or supplement to the catalog, or other written format with an effective date. Students are expected to read and be familiar with the information contained in the catalog, in any revisions, supplements, and addenda to the catalog, and with all University policies. By enrolling in Sentio University, the student agrees to abide by the terms stated in the catalog and all University policies.

RECORDKEEPING; CUSTODIAN OF RECORDS (5 C.C.R. Section 71310)

Sentio University maintains electronic records of the name, address, e-mail address, and telephone number of each student enrolled in an educational program. Sentio University maintains, for each student granted a degree permanent records of all of the following:

- The degree granted and the date on which it was granted.
- The courses and credits on which the degree was based.
- The grade earned by the student in each of those courses.

In addition, Sentio University maintains data, for a period of not less than five years, at its principal place of business located in Los Angeles, CA, all of the following information:

- The educational programs offered by the institution and the curriculum for each.
- The names and addresses of the members of the institution's faculty and records of the educational qualifications of each member of the faculty.

Any other records required to be maintained by this chapter, including, but not limited to, records maintained pursuant to Article 16 which includes completion, placement, and licensure rates as reported on Sentio University's School Performance Fact Sheet, as applicable, and annual reports as submitted to the Bureau.

Sentio University maintains student transcripts permanently. Information on transcripts includes the following:

- Courses or educational programs that were completed, or were attempted but not completed, and the dates of completion or withdrawal;
- The final grades or evaluations given to the student;
- Credit for courses earned at other institutions;
- Credit based on experiential learning;
- Degree awarded the student; and
- The name, address, email address, and telephone number of the institution.

STUDENT RECORDS

Each student has one file that contains admission documents, student progress records, finances, and transcript. All records are maintained electronically in Populi. Sentio University maintains all student records for a minimum of five years after the student's last enrollment or graduation. The University maintains student transcripts permanently. All records remain the property of Sentio University and are not made available for release to third parties without the documented consent of the student.

APPROVALS

Sentio University is a private institution approved to operate by the California Bureau for Private Postsecondary Education. Approval to operate means the institution complies with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Sentio University is approved by the California Board of Behavioral Sciences (BBS), pursuant to California Business and Professions Code (BPC) §4980.36, to offer training to individuals seeking to become a Licensed Marriage and Family Therapist in the State of California.

ABILITY-TO-BENEFIT

Sentio University does not admit ability-to-benefit students.

ARTICULATION AGREEMENTS

Sentio University has not entered into any transfer or articulation agreements with any other college or university.

Cumulative Final Exam: None

Graduation Document: Diploma - Master of Arts

Standard Occupational Codes / Potential Employment Titles:

21-1013.00 - Marriage and Family Therapists

Sample of reported job titles: Clinical Therapist, Counselor, Family Therapist, Human Relations Counselor, Licensed Marriage and Family Therapist (LMFT), Marriage and Family Counselor, Marriage and Family Therapist (MFT), Outpatient Therapist

LICENSURE - CALIFORNIA BOARD OF BEHAVIORAL SCIENCES

Every state has a government licensing board that governs and regulates the practice of marriage and family therapy in that state. In California, this is the Board of Behavioral Sciences (BBS). Each licensure board has its own rules and requirements for licensure. Thus, people who meet the qualifications for licensure in one state may not meet the qualifications for licensure in another state. It is very important for applicants to understand the requirements for licensure when picking a MFT training program. **The Sentio University program is designed to meet the requirements for MFT licensure in California, but does not meet the requirements for licensure in many other states. For example, some states require that applicants graduate from a COAMFTE-accredited graduate program (which Sentio University is not). Thus, Sentio University will only accept students who plan to obtain licensure in California.** As part of the admissions process, applicants will discuss this topic with their Admissions Advisor, and sign a Licensure Information Letter which describes the MFT licensure process, information about requirements for obtaining licensure in California, and limitations of the Sentio University degree regarding obtaining licensure in states other than California.

It is important to note that licensure laws, regulations, and rules are modified frequently. Sentio University endeavors to stay current on changes that apply to California licensure and will send email updates to currently enrolled Sentio University students regarding changes. However, Sentio University does not track changes to licensure laws, regulations, or rules in other states. While the Sentio University program is designed to help students meet the requirements

for licensure in California, many requirements go beyond the scope of Sentio University, including:

- Passing a criminal background check
- Passing a Law and Ethics Exam and Clinical Exam
- Payment of licensure fees
- Other requirements that are frequently changed

Thus, successful completion of the Sentio University program does not guarantee that students will meet the requirements for licensure in California or other states. Students are ultimately responsible for knowing the licensure rules and requirements for the state(s) where they want to obtain licensure and work.

The requirements for California MFT licensure, as of September 1, 2023, from <https://bbs.ca.gov/applicants/lmft.html>:

- Obtain a Qualifying Master's Degree
 - [Electronic Transcripts](#)

Education Requirements - Effective August 1, 2012

Applies to:

- Applicants for licensure or registration who began graduate study on or after August 1, 2012.
- Applicants who began graduate study before August 1, 2012, and who graduated from a degree program that meets the requirements stipulated in Business and Professions Code [§4980.36](#); **OR**
- Applicants who began graduate study before August 1, 2012, and did not complete that study on or before December 31, 2018

Refer to Business and Professions Code [§4980.36](#) for details.

Education Requirements - Ineffective August 1, 2012

Applies to:

- Applicants Beginning Graduate Study Before August 1, 2012, and Complete Graduate Study Before December 31, 2018

Refer to Business and Professions Code [§4980.37](#) for details.

- Register as an AMFT
 - Applicants cannot accrue post degree supervised experience without registering with the Board, except under the 90-day rule.
 - [Apply \(In-State Degree\)](#)
 - [Apply \(Out-of-State Degree\)](#)
 - [Subsequent AMFT Registration](#) (For existing registrants, after the 5th renewal)
 - [90-Day Rule FAQ](#)
- Live Scan
 - Live Scan available only in California
 - Results submitted to DOJ and FBI electronically
 - [Live Scan Instructions](#)
 - [Live Scan Request Form](#)
 - [Additional information](#)
- Criminal Background Check
 - Evaluation of the applicant's criminal history is part of the application process
 - [Criminal Background FAQ – AB2138 – Updated 12/17/2020](#)

- Take and Pass the California Law and Ethics Exam
Exam must be TAKEN annually to renew AMFT Registration; PASSED to receive a Subsequent AMFT Registration
 - [Request Initial Examination](#)
 - [Request Re-Exam](#)
 - [Law and Ethics Examination Candidate Handbook](#)
- Accrue Supervised Experience
 - All post-degree hours in California must be gained while registered, except under the 90-day rule
 - 3,000 total supervised hours, over 104 weeks (minimum)
 - Hours must be submitted with the Application for Licensure
 - See also:
 - [Answers to Most Frequently Asked Questions Relating to MFT Trainees and AMFTs](#)
 - [MFT Trainee and AMFT Supervisor Qualifications](#)
 - [A Guide to Supervision for AMFTs and Trainees](#)
- Take and Pass the LMFT Clinical Exam
Applicants must complete all the above requirements before approval of clinical exam eligibility.
 - [Application for Licensure \(IN-STATE\)](#) | [Application for Licensure \(OUT-OF-STATE\)](#)
 - [Clinical Exam Candidate Handbook](#)
 - [Schedule Exam with Pearson Vue](#)
- Obtain official LMFT license
 - Applicants must request license after passing Clinical Exam
 - [Request Initial License](#)

<https://bbs.ca.gov/applicants/lmft.html>

A list of licensing boards in other states is available at the AAMFT website: https://www.aamft.org/Directories/MFT_Licensing_Boards.aspx

Registration

Once a student has graduated from the program the student is eligible to register as an “Associate” Marriage and Family Therapist with the California Board of Behavioral Sciences (BBS). When the graduate completes the Registration application, Sentio University will provide an official transcript and Degree Completion Form.

Impact of Criminal Convictions on Registration/Licensure

Sentio University’s program prepares students for employment in a career that requires registration/licensure by a California State agency. Individuals who have a prior criminal conviction, may not be eligible for registration/licensure, may have to apply for a special waiver, or r application may be denied. Under California law, Sentio University cannot ask prospective students if they have disqualifying criminal convictions. Sentio University urges any student with a criminal conviction to contact the State registration/licensure agency prior to enrollment to determine whether they are eligible and if any special process must be followed.

Acknowledgment

I understand that Sentio University cannot ask me if I have a criminal conviction. I also understand that if I have a criminal conviction, I should carefully consider the impact that may have on my ability to obtain a registration/licensure in my chosen field. I understand that I

should contact the registration/licensure agency in my field of study to obtain more information about my eligibility. I understand that if I cannot obtain a registration/licensure, I will not be able to work in my chosen field of study. Sentio University has not promised me that I will obtain a registration/licensure upon graduation from this program.

Part XI Appendices

Appendix A - 2024-2025 Academic Calendar

2024-2025 Academic Calendar

Fall 09/23/2024- 12/20/2024

07/22/2024	Fall Registration Opens
07/29/2024	Fall Registration Deadline
07/30/2024	Fall Registration (late fees apply)
08/30/2024	Fall Tuition (due in full)
09/02/2024	<i>Labor Day (Closed)</i>
09/23-09/27/2024	Fall In-Residence
09/30/2024	Fall (12 week courses begin)
09/30-10/04/2024	Add/Drop Period
11/11/2024	<i>Veterans Day (Closed)</i>
11/18/2024	Spring Registration Opens
11/25/2024	Spring Registration Deadline
11/26/2024	Spring Registration (late fees apply)
11/28- 11/29/2024	<i>Thanksgiving Day (Closed)</i>
12/13/2024	Spring Tuition (due in full)
12/16-12/20/2024	Finals Week
12/25/2024	<i>Christmas Day (Closed)</i>
01/01/2025	<i>New Years Day (Closed)</i>

No class from 12/21/2024-1/05/2025, Practicum course starts 01/06/2025

Spring 01/06/2025- 05/02/2025

01/06-5/02/2025	Spring Practicum Class (17 weeks)
01/13-01/17/2025	Spring In-Residence
01/20/2025	<i>Martin Luther King Day (Closed)</i>
01/20/2025	Spring (12 week courses begin)
01/20-01/24/2025	Add/Drop Period
02/17/2025	<i>Presidents' Day (Closed)</i>
03/17/2025	Summer Registration Opens
03/24/2025	Summer Registration Deadline
03/25/2025	Summer Registration (late fees apply)
04/07-04/11/2025	Finals Week
04/14/2025	Summer Tuition (due in full)

Break from 12 week courses 04/11-05/18/2025, Practicum course continues until 05/02/2025

Summer 05/05/2025- 09/12/2025

05/05-09/12/2025	Summer Practicum Class (19 weeks)
05/05-05/09/2025	Summer In-Residence
05/12/2025	Summer (12 week courses begin)
05/12-05/16/2025	Add/Drop Period
05/26/2025	<i>Memorial Day (Closed)</i>
06/19/2025	<i>Juneteenth (Closed)</i>
07/04/2025	<i>Independence Day (Closed)</i>

07/21/2025	Fall Registration Opens
07/28-08/01/2025	Finals week
07/28/2025	Fall Registration Deadline
07/29/2025	Fall Registration (late fees apply)

Break from 12 week courses 08/01-09/22/2025, Practicum course continues until 09/12/2025

Appendix B – Sentio Video Recording Policy

#1. Purpose

- Purpose: Video recordings are made routinely by Sentio faculty, staff, and administration to ensure and advance the quality and effectiveness of academic courses, counseling services, supervision, and professional development.
- Objective of this Policy: This Policy is developed to ensure that video recording on the Sentio University campus and during university-related activities is conducted transparently, responsibly, and with respect for the privacy and rights of all individuals involved, fostering a safe and productive educational environment.
- Applicability: This policy applies to all students, faculty, staff, and visitors of Sentio University.

#2. Use of Recordings

- Scope of Use: Recordings are used to advance student learning, faculty professional development, professional training, evaluation, conduct research, and to develop new models of education, training, supervision, and mental health service delivery.
- Prohibited Uses: Recordings may not be used for any other purpose without explicit permission from the University President.

#3. Disclosure

- Disclosure: Video recording will be disclosed in all circumstances in which they occur. Video recording may never be done in a manner that is secretive or covert.

#4. Legal Compliance

- Privacy Laws: All recordings must comply with federal and state laws regarding privacy and data protection, including FERPA and state-specific privacy statutes.
- HIPAA: All recordings that include protected health information (PHI) from counseling clients must comply with rules and regulations as defined in the Health Insurance Portability and Accountability Act (HIPAA).

#5. Recording Methods and Equipment

- Authorized Equipment: Only university-approved recording devices may be used. Personal recording devices must be approved by the President.
- Prohibited Methods: Secretive or covert recording devices are strictly prohibited.

#6. Data Storage and Security

- Storage Locations: All recordings will be stored on secure servers with access restricted to authorized personnel.
- Data Protection: Industry best practices will be implemented to protect recordings from unauthorized access, including encryption and secure authentication protocols that comply with FERPA/HIPAA rules and regulations.
- Retention Policy: Videos are only retained for as long as needed for the appropriate scope of use. The software recording platform is set to automatically delete videos on a routine basis, which is typically two weeks after the videos are recorded. Students, faculty, and staff who wish to save videos beyond the automatic delete period must

obtain explicit permission from the University President. Videos may be saved for longer periods of time only if necessary for the appropriate scope of use.

#7. Violations and Consequences

- Policy Violations: Non-compliance with this policy will be handled according to the university's disciplinary procedures.
- Consequences: Consequences may include disciplinary action, up to and including suspension or termination.

#8. Contact Information

- Contact Details: Questions regarding this policy should be directed to the University President, who can be contacted at admin@sentio.edu.