

## Alexia Colman – Reflection

Reflection on this 18-month experience in the MFT program is such a rewarding experience as I am able to think back to the first class and my little understanding of what being a marriage and family therapist truly means. As I began the application process for graduate programs, I remember feeling like the Marriage and Family Therapy program at ASU was the best fit as the systemic approach echoed my own thought process about how relationships work. The fact that the cohort is a small, hand-picked, group of people from all walks of life, expanded my experience even more so as it became the **livelihood** to push through the challenges academically and in the internship. There are so many programs that might provide quality information in terms of the academics or theory, however, the MFT program offers so much more. The directors of the program, Karissa and Mary, not only *teach* the majority of the coursework, but also *offer support* throughout the year-long internship experience to make sure each student is successful. I feel so fortunate to have been a part of this program as I truly believe the experiences given were of the highest quality, leading to the best feeling: **being prepared**.