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Megan Coral
MS, LMFT

Megan Coral MS, LMFT, is a Northern Chapter member and currently serves as Secretary/Treasurer of the Chapter Board. We are pleased to present a short intro to Megan here. Thanks for joining the team, Megan!

My first introduction to therapy occurred when I was given the opportunity to observe group therapy at a bereavement center as part of a thanatology class (thanatology is the scientific study of death and the practices associated with it, including the study of the needs of the terminally ill and their families.) I declared psychology as a major in my first year of college and was unsure what career path to take after graduation. The director of the center was a LMFT and I found her approach to bereavement, which included treating individual members and the family unit together, fascinating. Prior to meeting her, I was unaware of marriage and family therapy as a career option. After the first observation, I signed on as a volunteer facilitator for one of the groups. I worked with young children and recognized the value of the input of the other family members. I saw how integral family involvement was to successful treatment, a lesson which steered me toward a marriage and family therapy degree.

I pursued a Masters degree in MFT after obtaining my undergrad degree. Learning about family therapy theories totally expanded my worldview; rather than focusing on the differences, I saw the similarities among the theories with the ultimate goal of helping families change. I started to think about the context and reciprocal influences in all interpersonal interactions among people and within families.

Over the years, I have worked in settings which reinforce the need for--and role of--family therapy to foster change. I have always felt strongly about illustrating and educating individuals and families about the pull of the family system in response to change. The impact that current and previous generations have on change and that process is monumental. Families have the power to promote, stall and even derail change in the individual member and within the system. Practicing marriage and family therapy keeps that point in the forefront of my thoughts.

Getting licensed as an LMFT was one of the most exciting and rewarding experiences of my life. I learned so much in graduate school and even more about family dynamics in session. Joining the NJAMFT Northern Chapter Board as both Secretary and Treasurer has helped me connect to my profession and recognize the importance of advocacy for the field. I thoroughly enjoy the work that I do with individuals and with families: exploring problems, identifying solutions, and creating the steps toward change while always keeping in mind the context of the family system.