

We Have a New Logo!



In order to more accurately represent our Division, the Board has developed a new logo which is proudly displayed on this Newsletter. With the state silhouette in the background we are clearly set apart from Texas with whom we previously shared the TAMFT designation. I hope you find the logo appealing, more representative and useful.

Happy Holidays to you all!

Barney Self, President-Elect TNAMFT

---

## 2014 DECEMBER NEWSLETTER

---



### FROM THE PRESIDENT

**Linda A. Hazel, Ph.D., LMFT, CAS,  
EMDR-2, CSAT**

Dear TNAMFT Members:

It is hard to believe that Christmas is almost here. The leaves have changed colors and look so beautiful. Fall is my favorite time of year. This will be my last newsletter article as President and lots of information to disperse. I have thoroughly enjoyed serving as President of the Tennessee Division of the Board of Directors. I will still be around and for the next year will serve as Past-President to the Board.

Barney Self and I attended the AAMFT Annual Conference. The conference was well received although there were limited people there from Tennessee. The workshops were good and the Keynote Speakers were great. I would especially applaud Keynote Speaker Patrick Kennedy. He was very supportive to our profession and very open and honest about his story.

Please read Barney's article closely and be sure to vote when the AAMFT ballot comes out regarding restructuring. For more information about you can contact Barney. His information is in the article. I

would suggest and encourage all of you to go to AAMFT website and read all the information about this restructuring – what brings it about and how it will affect us all.

This is changing times for our profession and our organization. I have been a member for over twenty years and seen the other changes we have experienced. I know that this organization has been instrumental in helping not only Tennessee but all of the other states as well have Marriage and Family Therapy licenses. It has pushed our profession ahead and brought us nose to nose with other mental health licenses. And now for us to continue to thrive, we must have more change. I believe change is good and certainly a big part of any growth for our profession and work. I sincerely hope that we all continue to work together to move our organization forward as well as our profession. Thank you all for being so dedicated to helping individuals, couples and families move forward in this changing world.

The 2015 TNAMFT Annual Conference will be held on February 20 and 21, 2015 at the Marriott in Cool Springs. Our keynote speaker will be Dr. Michael Yapko. He will present on What Families – and People Who Work with Them – Can Do to Treat and Even Prevent Depression. We are still in need of some help from our TNAMFT members so if you want to help with the conference, please let us know.

Our monthly luncheons continue in all three areas of our state so check out the dates in this newsletter. Plan on attending and supporting TNAMFT in your local area as well as network with other colleagues and earn one Contact Hour. This is also a place and time for our members to network with each other and build ongoing professional relationships.

It is also time for us to have another election. Ballots were emailed to members last week. We have five positions that will be on the ballot. I want to bring your attention to one added position. While in Milwaukee, Barney and I met with Roger Smith and Walter Hill and found out that we can add this position to our Board. It is especially important to have this position as we continue to develop and add new leaders to our state organization. The Pre-Clinical Members and Students are our future. We want to give them a place to not only be a part of our Board but learn about our organization move into leadership roles. You will be receiving the ballots for the following five positions along with the platform statements of the people running. You can vote on-line.

\* President-Elect – This is a two year term as President-Elect, two year term as President and one year term as Past President. This candidate can be from any area of Tennessee.

\* West TN Representative to the Board – This is a 3-year term. The candidate needs to be from West TN.

\* Middle TN Elections Committee – This is a 3-year term. This candidate needs to be from Middle Tennessee.

\* Pre-Clinical Representative – This position is a 2 year term. The candidate needs to be a Pre-Clinical member from any area in Tennessee.

\* Student Representative – The position is a 2 year term. The candidate can be from any area of Tennessee as student in an MFT Program.

We still have positions on our committees available. If you have any questions or need information please do not hesitate to email Sharon Barkmeier at XMI – [sbarkmeier@xmi-amc.com](mailto:sbarkmeier@xmi-amc.com) (mailto:[sbarkmeier@xmi-amc.com](mailto:sbarkmeier@xmi-amc.com)) for more information. As stated earlier, this is an exciting time for AAMFT and getting involved in our State Division is a wonderful way to keep informed and be of service to our Association.

I would like to once again thank XMI and especially thank Sharon Barkmeier for such a wonderful job with our organization. Sharon continues to work on our 2015 Annual Conference to assure all the little details are covered. It is a pleasure to work with her. Please feel free to contact her with any needs that come up.

I hope everyone is getting ready for the holidays as they are fast upon us. I wish the best Holiday Season and New Year to you all. Thanks for being a member of TNAMFT. Enjoy!

---

**Upcoming AAMFT By-laws Vote**  
**Barney Self, Ed.D, LMFT**  
**President-Elect**

As a child this was a magical time of year. Thanksgiving, Hanukkah and Christmas were just over the time horizon. One of the elements that added to the excitement was the Sears Christmas Catalog. Within its pages were a treasure trove of toys, decorations, clothing, tools and even foods. I remember pouring over that volume until the pages were tattered as I marked my wished-for favorites. My grandson has no idea that Sears ever existed, that they produced a catalog or that people would ever use such a device to order anything. He, instead, has an Amazon wish list and the whole world of retail before him as he looks for suggestions for Christmas. If we remain unchanged in our structure as AAMFT the fear is that we become as irrelevant as the Sears Catalog – a footnote in the annals of Family Therapy.

Tracy Todd, the Executive Director of AAMFT presented the AAMFT Board's directive to place before the members a by-laws change. That change would separate the current divisions (states and Canada) and the national organization from being mandated together in the dues structure and give the individual the option to join the division or other special interest group(s) of their choice. Special interest groups would be of two types: affinity groups such as Medical Family Therapy, LGBT, Military Family Therapy, EFT, EMDR, etc. and the current State Divisions. State Divisions would thereby have the option to become Special Interest Groups (SIGs) if they are approved as viable by AAMFT via application. There is also the option to join several or none of the special interest groups. Consequently, the current divisions will have several options. Those options would be as follows:

1. Remain connected to AAMFT and to form a special interest group that would court members from their current roles and from the MFT's and other disciplines that might see the value of such a connection. In this framework a baseline of 200 general members and 10 leadership members would need to petition AAMFT for formation of the Tennessee Division Special Interest Group. The members,

upon paying their annual dues, would select the Tennessee Division as a special interest group with a separate fee. (those amounts have yet to be determined but could be less than we pay now) Those fees would be transmitted to us as are the mandatory fees of the present set up. We would still be connected to AAMFT but would have an impetus for value-added benefits to both draw and maintain membership.

2. Withdraw from AAMFT and form our own organization. This would look very similar to CAMFT in California. Autonomy would come at a price, however. First, there would be legal fees associated with the formation of the entity. Potential reformation of the structure of the organization with the connected financial uncertainties would need to be addressed. There would be the freedom to be a member of TNAMFT and not be a member of AAMFT. However, a number of benefits would be lost if a person made that choice. Costs of formation and those of the ongoing entity would likely determine the fee associated with membership.

3. Join with other nearby states to form an amalgamated division e.g. Kentucky/Tennessee; Tennessee/Alabama; or other possible combinations. This form would have its own complications of organization, finances and difficulties of communication and service delivery. For some smaller divisions, however, this may make total sense.

Cease to exist as an entity known as TNAMFT. This option I find unconscionable. The Tennessee Division for Marriage and Family Therapy has been a place of refuge, training, camaraderie, and service since its inception. To lose that option would have a substantial impact on our ability as marriage and family therapists and upon our ability to advocate for the profession within Tennessee.

The goal is to keep the national organization positioned to grow and expand and to make each division vibrant and striving for excellence. By making Divisional Membership optional, each division or other special interest group will have to provide enough value for the potential member to justify the cost. If that is accomplished, the group will be moving, fluid, attuned to the needs and changing needs of the members and thereby be relevant.

I would encourage you to consider voting for the By-laws change. Even though that will likely mean a lot more effort and investment on my part and on the part of others, I see this as the best choice for both AAMFT and TNAMFT. There are obvious down sides to each option. However, when you look at the demographics and the choices being made by other organizations, this choice rises to the top as the most functional and effective for the long run. When given the option to vote, please do so. If you have questions about this information please contact me at 615-557-8696. I do not claim perfect knowledge but will gladly share with inquirers what I understand about these options.

---



2015 TNAMFT Supervision Meet-and-Greet  
at the Annual Conference

What do I do now?!? Do I apply for a Temporary License? What sort of clients are in my “scope of practice”? Who will help me see a straight path through licensure??? So begins the journey for recent graduates on their way to becoming licensed clinical professionals. Supervision is the place where such questions are responsibly and professionally answered, and the MFT tradition is the “gold standard” of supervision. Yet, even though the MFT tradition represents the highest quality in clinical supervision, it can at times be a challenge for graduates and AAMFT Approved Supervisors to locate one another. Such a dilemma begs a thoughtful response.

So it is, like the discovery of the Reese’s Peanut Butter Cup, at the 2015 TNAMFT Annual Conference we are bringing two great things together - AAMFT Supervisors and all those interested in finding an AAMFT Approved Supervisor – at the 2015 Supervision Meet-and-Greet. Following the Keynote address on Friday evening, February 20th from 5:00 - 6:00 pm, both AAMFT Approved Supervisors (+ Supervisors-in-Training) and all those interested in locating a supervisor are invited to gather for a time of (casual) professional networking where coffee and light hors d’oeuvres will be served. The opportunity to meet and engage with supervisors, connect with peers and fellow supervisees, and discuss all things related to MFT supervision and licensure will be made available. Make a note to join your future supervisor(s) and colleagues at this year’s 2015 TNAMFT Conference (<http://www.tnamft.org/ohana/website/?p=95002393>) , where we’ll be bringing two great groups that go great together!

Brandon Arbuckle  
TNAMFT Approved Supervisor

---

## Regional Representative Reports



### WEST TENNESSEE

We've had a busy fall in Memphis and the west TN region. During our Memphis continuing education brown-bag lunches we've discussed The Controlled Drinking Model for Alcoholism Treatment, had a roundtable discussion on Effective Treatments for Depression and took a look at the Basics of Sex Therapy. We will take off in December.

Then on January 5<sup>th</sup>, 2015 we will be back to our usual first Monday schedule. On that day we're going on the road to Foundations Recovery's office at 1083 West Rex Rd. Memphis, TN 38119 which is right off I-240 and Poplar. Foundations will be treating us to lunch that day. We will hear a presentation from their clinical director Krystan Anderson, LPC-MHSP. We are taking RSVPs for the January 5<sup>th</sup> meeting so we can give Foundations a count for the food. Our usual meeting time is 11:45 to 1:00.

On Monday, February 2<sup>nd</sup> we will be back at Harding School of Theology at 1000 Cherry Road in Memphis. We will hear from Britt Palmer, LMFT on Equine Assisted Psychotherapy. Should be a very interesting presentation! Time is 11:45 to 1:00. Bring your lunch and any colleagues and students. One hour of CEU will be available.

Keith Fussell  
West TN Representative

---

### MIDDLE TENNESSEE

In Middle TN, we're brainstorming programming and networking opportunities for our members beginning in 2015. We are so lucky to have various trainings each month through a wide array of professional groups. With this in mind, my hope is to consult with our members to determine the best way to foster networking and mentorship within our area.

Our January meeting will feature Stephen James of Sage Hill Counseling. I hope you'll join us and plan to stay a few minutes after to discuss any creative ideas you might have for monthly meetings moving forward. Please feel free to contact me by email with any concerns, questions, or ideas you might have.

I hope you have a restful and peaceful holiday season.

Sara Hopkins, LMFT, Ph.D.  
Middle TN Representative

## EAST TENNESSEE

We have been happy with the luncheons for our East Tennessee division of TNAMFT. We meet in Knoxville on April 25, 2014 at Sequoyah Hill Presbyterian Church with Dr. Michael Stanfield, DMin, LMFT presenting on Jungian approaches to religion in counseling. On June 20, 2014 we had Hannah Pollard, MA present in the Tri-Cities on DEC-R model of sex therapy. And on August 22, 2014 we had Marnie Ferree from Bethesda Workshops in Nashville present in Knoxville on addressing sexual addiction.

We are all so looking forward to the annual conference with Michael Yapko in February and more luncheon in East Tennessee to follow.

S. David Hall, PsyD, LMFT, LPC  
East Tennessee Representative

---

### **Student Representative Report**

I am getting excited for all things conference related for students! The 2015 conference will be a great place to network by meeting potential supervisors, other students, and practicing LMFTs. We will have a mixer for students and supervisors to meet after the keynote speaker on Friday night and a student specific round table on Saturday. Even more exciting is if you help volunteer at the conference for both days, you can get free admission. We will only need a limited number of students for volunteer positions, so get your name in to be a conference volunteer. I look forward to connecting with you all at the conference, but if you have a question now contact me at [annaclairew.lowder@gmail.com](mailto:annaclairew.lowder@gmail.com) (mailto:annaclairew.lowder@gmail.com) !

Don't forget to stay up to date on all the latest news from TAMFT by liking us on Facebook or following us on Twitter!

Anna Claire Lowder  
Student Representative



## POST GRADUATE CERTIFICATE IN HEALTHY SEXUALITY

Develop the knowledge and skills needed to effectively work with individuals and couples who experience sexual issues.

- Six courses
- One year to completion
- Fully online format
- Classes start in January

Contact us today!

Teresa Geuy

[tgeuy@trevecca.edu](mailto:tgeuy@trevecca.edu)

615-248-1351





## Sponsorship/Advertising

Opportunities to advertise in this quarterly newsletter are now available. You can submit training events, job opportunities or other announcements in our newsletter. The advertisements must be consistent with AAMFT's and TNAMFT's mission. The price for advertising in our association newsletter shall be as follows:

Non-Members or Agencies:

1 page \$250.00

½ page \$150.00

¼ page \$100.00

Members of TNAMFT receive a 50% discount.

For more information contact [info@tnamft.org](mailto:info@tnamft.org) (<mailto:info@tnamft.org>)

---

### TNAMFT Board of Directors

President: Linda Hazel, [linda\\_hazel@cumberlandheights.org](mailto:linda_hazel@cumberlandheights.org)

President-Elect: Barney Self, [barney.self@gmail.com](mailto:barney.self@gmail.com)

Secretary: Brandon Arbuckle, [bmarbuckle@gmail.com](mailto:bmarbuckle@gmail.com)

Treasurer: Adam Horn, [ahorn@tnvoices.org](mailto:ahorn@tnvoices.org)

TNAMFT Regional Representatives

West TN Representative: Keith Fussell, [keith@bartlettchristiancounseling.com](mailto:keith@bartlettchristiancounseling.com)

Middle TN Representative: Sara Hopkins, [shopkins@trevecca.edu](mailto:shopkins@trevecca.edu)

East TN Representative: David Hall, [davidmft@gmail.com](mailto:davidmft@gmail.com)

Student Representative: Anna Claire Lowder, [annaclairewlowder@gmail.com](mailto:annaclairewlowder@gmail.com)

Committee Representatives

Elections Committee (WT) - Melissa Canterbury, [canterbury.melissa@hardingacademymemphis.org](mailto:canterbury.melissa@hardingacademymemphis.org)

Elections Committee (MT) - Megan James, [megan.james@ifecarefs.org](mailto:megan.james@ifecarefs.org)

Elections Committee (ET) - Eddie Stone, [estone@leeuniversity.edu](mailto:estone@leeuniversity.edu)

Ethics Chair - Judith Roney, [judithronney@blomand.net](mailto:judithronney@blomand.net)

Legislative Chair - Robbie Hutchens, [rhutchens@mindspring.com](mailto:rhutchens@mindspring.com)

Membership Chair - Shawn Orsagh, [shawnorsagh@gmail.com](mailto:shawnorsagh@gmail.com)

Our mailing address is:

618 Church St., Suite 220, Nashville, TN 37219

Telephone: 615-250-7776 \* Fax: 615-254-7047

[info@tnamft.org](mailto:info@tnamft.org)