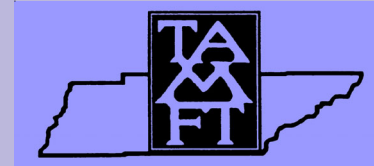


# The TAMFT Marriage and Family NEWS

Winter 2006-2007



Tennessee Division of the American Association for Marriage and Family Therapy

## From the President . . .

By: Randall W. Phillips, Ph. D., LMFT

### *My Honor...My Pleasure,*

Thank you for the absolute privilege of being President of the Tennessee Association for Marriage and Family Therapy. Two years as President Elect and two years as President of TAMFT with varied responsibilities and opportunities has been an honor.

TAMFT is in very good hands and in good shape as we elect new officers. I want to thank all who have agreed to be nominated and stand for election. The candidates are deserving of our participation in the election, so I hope you voted when you received your ballot.

Our current board and committee leadership are doing an

excellent job of attending to the business of our association. Nationally and on the state level we are attending to legislation, rule making and rule changes that can impact our profession and the welfare of Tennesseans. Each TAMFT board meeting concludes with *assignments* that reflect your board's intention to work beyond and between meetings.

Our numerous assigned tasks over the past two years have produced and are producing the following:

- Execution of components of the Strategic Plan (Mini-conference in Knoxville)
- Improved publication of the newsletter

- Enhanced exposure of TAMFT and modest increase in membership

- Obtained Congressional support for Medicare parity/inclusion

- Currently seeking inclusion as mental health providers in Tennessee public schools

- Launched eCampus.com on TAMFT's website

- Increased collaboration and visibility with AAMFT

- Solicited corporate and agency sponsorship of mini-conference and the Annual Conference

- Board approval to advance discussion with TAMFT Past Presidents to discuss creating the TAMFT Foundation

- Meetings held with Tennessee Department of Children Services to discuss utilization of

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### Interview with Richard C. Schwartz, Ph.D., L.M.F.T..

Catherine C. Robbins, LMFT

Dr. Richard C. Schwartz is the developer of the Internal Family Systems Model of Psychotherapy and the plenary speaker for TAMFT's 2007 Annual Conference. I attended a training led by Dr. Schwartz in Asheville, NC. November

3-5, 2006. He consented to be interviewed for our newsletter.

### Why did you become a family therapist?

I didn't really feel like I was good enough to become a physician like my father, but my father instilled an idea of service to others in myself and all of my brothers. I did realize I was good at connecting with people. One summer my father got me a job on the psychiatric unit of

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### In This Issue:

- ◆ Interview with Dr. Schwartz
- ◆ News & Noteworthy
- ◆ Regional Greetings
- ◆ Bio of Dr. Schwartz
- ◆ Update from Conference Chair
- ◆ TAMFT Luncheons

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## West Tennessee

By: Terry Browning, Ph. D.

I hope everyone has had a blessed Christmas season and is preparing for the trip to our upcoming annual conference. In West Tennessee, we are continuing presentations at our monthly brown bag luncheon at Harding University Graduate School of Religion.

On October 2 Dr. Bill Flatt presented information on the timely topic, "Liability in Psychotherapy: Practicing Defensively" to a group at the Graduate School. Dr. Flatt drew from and integrated information from several sources. While the workshop included a wealth of information, I will try to draw on some of the major points here.

### Setting up our practice:

As we set up our practice, we should be clear in advertising not promising specific results. We should have a professional relationship developed with an attorney as well as a working relationship with a psychiatrist. An ongoing consultation peer group can be a valuable resource to share new information and accountability. We should stay aware of current standards of practice including medical issues related to the areas we treat. We should be aware of the three types of complaints: Ethical complaints, civil law malpractice

suits, and state licensing board accusations. If an issue arises (e.g., subpoena) contact your attorney immediately. Keep updated on our ethical guidelines from our organizations such as AAMFT and pertinent laws such as Tarasoff, Ewing, and HIPAA.

### Diagnosis and treatment:

We should be able to explain what we are doing and demonstrate that it was planned and well thought out. State the methods and systems you use (e.g., solution focused, Cognitive-Behavioral). We should develop a client-therapist agreement form with an informed consent statement. Our treatment plan and diagnoses should be congruent. Be cautious about taking clients with needs in areas you do not feel qualified. If you do you are responsible. Refer when needed with clients who are not improving. When referring follow up to see if the client began with the other professional. Always document well, yet watch language so you do not use loaded terms, and just report facts. Write your notes soon after the session in a legible form while thoughts are still fresh.

### Respecting boundaries and confidentiality:

Dr. Flatt talked about how we should be cautious in dual relationships. We should not be an advocate for clients in court. We

should not release raw data such as testing data to clients. We should refer clients to third parties if additional assessment and certification (e.g., disability) is needed.

We should be aware of high-risk areas and take precautions (e.g., suicide,)

Be cautious in releasing information: Make sure your use of office equipment (computers, fax, cell-phones) protects confidentiality. Keep records locked safely. Have a plan for maintenance of records and shred records that are ready to be restored (generally after 10 years). Do not release others reports from other professionals without permission. Help others in your office including staff to be familiar with policies. Discussions such as this help us all as we strive to improve our practice.

On November 6, Dr. Terry Browning presented information regarding working with children in schools. We will discuss this presentation next time. The West Tennessee group took a break in December for the Holidays and will resume the luncheons in the New Year.

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## From the President

(Continued from page 1)

LMFT's in the delivery of the Multi Response System.

Current and new officers will need your support to continue each of the very special efforts presently before the board. I am extremely hopeful for TAMFT! In January 2007 we will welcome Dr. Bill Balch as TAMFT's new President. Bill has

faithfully served TAMFT and AAMFT with distinction, and we are fortunate to have his wisdom and experience in the service of our association. Please take time to express to Bill your pledge to him and TAMFT.

I am grateful to so many who have been extremely supportive. Jeanne Williams and Catherine Robbins have done so much to facilitate my efforts. My colleagues on the board and TAMFT's Past

Presidents have been a rich resource for me and I am indebted to each for their generous support. When we gather for The Annual Conference, I look forward to greeting you in my new role as Past President.

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## Middle Tennessee

By: John A. Brownlee, M.A.

We have all used the expression, "Where has the time gone." Of course we know that time always moves at the same speed, it is just that we are moving at a faster pace and consistently taking on more. By the time you read this we will be very close to our annual conference, which is the highlight of our association's activities. Ashley, Megan and others have been busy for months making preparations for another great conference. We want to encourage you to mark February 23-24, 2007, as your top priority to attend the conference. The TAMFT conference is a great time to be intellectually challenged, greet

colleagues, meet new members and acquire some continuing education credits. Our speaker this year will be Dr. Richard C. Schwartz who will speak on "Internal Family Systems Therapy." We of Middle Tennessee want to give a special warm welcome to our colleagues from the east and west. Please come and let us have the opportunity to get to know you as we learn and advance our profession together.

Recently, at our Middle Tennessee bi-monthly meeting, we had the pleasure of hearing Dr. Stuart Bonnington, Professor in the Psychology department at Austin Peay State University speak on the topic "Reflections of a Licensing Board President", in which he addressed the challenges of establishing and maintaining state

certification standards. He is the President of the Tennessee Board of Professional Counselors, and has served on the Licensing Board since 1997. Dr. Bonnington is in the last year of his two term appointment on the state certification committee. He has been excellent in assisting many of us in understanding the requirements so we could achieve our state licensure. We all owe him a debt of gratitude for being an excellent representative of TAMFT on the state committee.

Dr. Cates continues to plan great bi-monthly meetings for our Middle Tennessee TAMFT meetings. The next meeting will be January 26, 2007. We encourage all our associates to attend and bring a therapist friend who is not a member of TAMFT. ■

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## Biographical Information of Richard C. Schwartz, Ph.D., L.M.F.T.

Richard Schwartz took an unexpected left turn fifteen years into his career as a family therapy clinician, historian, and educator. At a time in the early 1980's when the importance of the family system was making waves in the field of psychology, Dr. Schwartz rediscovered the rich and overlooked aspects of the psyche and gave it a grounding in systems thinking that had long been missing.

This was radical thinking, even for the trailblazers of family therapy. They had fought long and hard for the field to recognize the importance of external relationships and were against returning to any kind of intrapsychic focus. Despite his training in and allegiance to family systems, Dr. Schwartz trusted that there was no need to ignore any level of human experience and that systems thinking could apply to all levels. In the course of applying some family therapy concepts and



techniques to clients' inner process, he found a way to illuminate and transform the psyche as had never been done before.

Since its discovery and refinement, the Internal Family Systems<sup>SM</sup> model of psychotherapy has helped clinicians from all areas of mental and social health, and their clients, understand and unburden the blocks to our most precious human resource: the Self. This intuitive method helps people separate their extreme beliefs and emotions so as to release a healing state called the Self that we all contain. In that compassionate and wise Self-state,

people are able to transform their inner relationships with extreme parts of them and their outer relationships with people around them. They find that they know how to heal themselves and to relate harmoniously. In addition, the Internal Family Systems Model offers an approach to harmonizing larger human systems like polarized communities, corporations, and countries.

After earning his Ph.D. in Marriage and Family Therapy from Purdue University, Dr. Schwartz began a long association with the Institute for Juvenile Research at the University of Illinois at Chicago, and more recently at The Family Institute at Northwestern University, attaining the status of Associate Professor in both institutions. He is Fellow of the American Association for Marriage and Family Therapy, author of the books, *Internal Family Systems Therapy* and *Introduction to the Internal Family Systems Model*, and co-author of *Family Therapy: Concepts and Methods*, the most widely-read family therapy textbook. He has co-authored the books, *The Mosaic Mind: Empowering the Tormented*

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## East Tennessee

By: Ron Schumann, M.A.

### Greetings from East Tennessee

"We need more opportunities for networking!" This is statement recited often by many practitioners in the mental health field, but not always followed-up with planning and participation. Good News! The 2007 TAMFT Annual Conference is just around the corner! On February 23-24, 2007, we will gather at the Scarritt-Bennett Center in Nashville, Tennessee to hear from the developer of Internal Family Systems, Richard Schwartz, Ph.D. and to network with fellow practitioners.

Dr. Schwartz has presented IFS material at more than 100 workshops and conducts training programs in every region of the

United States, as well as in Canada and Europe. He has dedicated more than 25 years of service to troubled families and individuals and remains interested in working with eating disorders, trauma, and abuse victims, as well as perpetrators of violence. He is a Fellow of the American Association for Marriage and Family Therapy and has published over fifty articles on a variety of psychotherapy-related topics. Dr. Schwartz is the author/co-author of many books including Family Therapy: Concepts and Methods, the most widely-read family therapy textbook.

Internal Family Systems (IFS) Therapy<sup>SM</sup> is at the forefront of a movement in psychotherapy toward a more collaborative approach that relies on clients' intuitive wisdom. As a theory, the Internal Family Systems Model offers a clear, non-pathological, and empowering

understanding of human problems and philosophy of practice. IFS practices are designed to release the compassion, curiosity, and creativity that lie beneath the protective parts of clients so as to bring open-hearted healing to themselves and their relationships with family members. It is a simple yet sophisticated integration of intrapsychic and family theory and technique, and of psychology and spirituality, that has helped clinicians from all areas of mental and social health, and their clients, understand and unburden the blocks to the most precious human resource: the Self.

I am excited about the possibilities of our 2007 Conference. I'm excited, not just to hear from Dr. Schwartz, but to hear from one another and to continue networking. I look forward to seeing you in February!

## Biographical

(Continued from page 3)

*Selves of Child Abuse Survivors and Metaframeworks: Transcending the Models of Family Therapy*. He has written more than forty articles on various psychotherapy-related topics and is on the editorial board of four professional journals. As a teacher, Dr. Schwartz is known for his warmth, sensitivity, and clarity,

and has sought to embody the principles of the IFS Model and the spirit of Self leadership.

The IFS movement continues to grow at a rapid pace, well beyond its Midwestern origins. Dr. Schwartz has presented IFS material at more than 100 workshops and conducts year-long training programs in every region of the United States, as well as in Canada and Europe. He has dedicated more than 25 years of service to troubled families and

individuals and remains interested in working with eating disorders, trauma, and abuse victims, as well as perpetrators of violence.

As developer of Internal Family Systems Therapy<sup>SM</sup>, Dr. Schwartz incorporated The Center for Self Leadership in Oak Park, Illinois in August 2000, where the Internal Family Systems Model will be further developed to address issues of violence, racism, abuse, and other forms of oppression.

## Letter from Conference Chair

Ashley C. Dumas, L.M.F.T

The Annual Conference of the Tennessee Association for Marriage and Family Therapy is coming soon! I hope you will mark February 23-24, 2006 on your calendar and make plans to join us at the Scarritt-Bennett Center in Nashville.

The conference is certainly a highlight of the year for our Association. The Conference Committee is working hard to plan

a conference that provides both learning opportunities to enhance clinical knowledge, as well as opportunities to share information and network with peers.

Due to the positive response received year after year, we will once again include the Awards Luncheon on Friday and the two rounds of workshops on Friday morning. In addition, we are pleased to let you know we will provide two separate opportunities for you to obtain ethics hours during the Friday morning workshops.

In addition to the workshops, we are very pleased to have Richard Schwartz as our keynote speaker. Dr. Schwartz is well known as the developer of Internal Family Systems Therapy and will speak on this topic. You can read more about Richard in another section of this newsletter.

Be on the lookout for more information and registration materials. We look forward to seeing you in February!

## Interview

(Continued from page 1)

the hospital where he worked. During that time, I began to notice that the patients (adolescents) would get better when they were on the unit but then when I came back the next summer they were back again and worse. No effort seemed to be made to address the environment of these kids. I got kind of close to a girl on the unit and one day her family was there and it was very intense and the psychoanalytically trained psychologist didn't really address the family dynamic. The girl killed herself the next morning. The experience sparked my interest in systems interactions. I got a Master's Degree in Community Mental Health. While I was there at that program at Northern Illinois, I learned about a guy who was teaching in another department who was a family therapist, named Earl Goodman. I apprenticed under him while I was there. I worked as a family therapist in Chicago and then went on to Purdue to get a Ph.D. in Marital and Family Therapy. After completing that program, I began working at the Institute for Juvenile Research.

### **How did you come to develop the Internal Family Systems Model?**

Well, I was deeply immersed in the "external-only" orientation of family therapy of that time, primarily structural family therapy, but then in the early '80s, I started an outcome study with Mary Jo Barrett. We wanted to prove that a structural- strategic model of family therapy treatment would significantly reduce symptoms of bingeing and purging in patients. We worked with about 30 families. We had good success and in most cases our patients' symptoms decreased, but they did not stop which bothered my "successful outcome study" part. Finally out of

frustration, I began to ask some of my clients about their experience before episodes of bingeing and vomiting. As I listened, I realized they were describing inner "parts" of themselves that seemed to carry on intense conversations or arguments in their mind. Because this was new territory for me, I spent a lot of those first sessions simply asking questions about these "voices" and their conversations. The more I explored the conversations these internal parts seemed to have with each other and with my clients, the more their descriptions felt familiar to me as a family therapist- as if I were interviewing one family member about the rest of the family.

### **When you first began to teach the model, what kind of reaction to you get from the family therapy community?**

It wasn't positive. I was considered one of the up and coming stars of the family therapy movement and for me to present a model that incorporated internal relationships was considered by some to be a betrayal of the movement. Most leaders in the field weren't very receptive, they said it was too complicated or criticized in some other way. Some people from other disciplines threatened to bring ethics charges against me for practicing outside my scope of knowledge. If I give myself credit for anything, it is that I listened to my clients and that I stuck with it.

### **I have seen you work with clients on demonstration tapes and with people in trainings and you are truly a master therapist. What do you think makes you so good?**

One reason is that I've been doing it for, I think it might be 28 years now, twenty hours a week, you get good at something, you do it that much. If I were to think about my parts, in this realm, I do have a kind of gift, and I have some kind of

supreme confidence, I don't know where I got it, and I have always had it so I can convey that to people. It's like a confidence that we're gonna figure it out, I may not know what to do with it here and there, but it's going to be okay. And also, I had come to me some clients that were some really great teachers. I have been forced by them and by other relationships to do an awful lot of work on myself to be able to hold Self-energy with them.

### **When you first started teaching the model, did you think it would take off in the way that it has?**

It seems that the model crosses disciplines. In IFS trainings, you will find professionals from a wide variety of specialty areas from trauma to children to eating disorders to couples to addictions.

I was hoping, I saw the vision of what it could be pretty early on, but at the same time there were parts of me that thought "Well, who is going to listen to me? I'm just this little kid." It's always been that way- it still is that way. My vision of it is much broader than where it is now. Ultimately, I feel it could have a big impact culturally and even international relations, larger system levels. I don't know that I could ever get there because of the limitations of my own packaging, my brain and how inarticulate I am in a lot of ways. I think there are other people who can interact at these other levels in ways that I can't- that if they got the bug and took it there, they could do a lot more with it than I can. I have always said that, and then the other person hasn't come along. I've had to do it and have found out that I really could do it. So every step has been the "who is going to listen to me". I've had to constantly work with those parts.

The dilemma for me is that I do feel that it is [a] truly amazing [model]- that it could truly transform

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## News and Noteworthy

### eCampus.com!!!

**A new service for you and your friends means instant financial support for TAMFT.**

**Need a book? Want to list your text for the class you are teaching? Then find it...list it...and buy it on eCampus.com. Buy it from eCampus.com found on TAMFT's website and 10% of the purchase price will be paid to TAMFT. You can invite friends, relatives, and colleagues to visit and shop the website. Shop now and TAMFT will benefit instantly. Go to the website now and find the book or item you are looking for!**

In light of Dick Schwartz being the keynote speaker at this year's conference in February, I'd like to express how amazing my journey of learning about Internal Family Systems (IFS) has been. I was

introduced to IFS at the Reformed Theological Seminary's Marriage and Family Therapy Masters program in Jackson, MS back in 2002. At the time I was recovering from some extreme challenges and wounds from my marriage. The IFS Level 1 training was offered and my healing journey began. The most impacting piece of the training was learning a psychological model that included my faith. IFS doesn't just make room for integrating faith, it's built on a holistic (spirit, mind, body) foundation. I was interested in learning about IFS to put another tool in my belt to be able to help clients. Little did I know that the IFS model is so thorough that in learning how to help my clients, I couldn't avoid learning how to help myself.

As I began to learn about the different parts of me and why those different parts of me were there, I began to be able to offer myself the grace I was created to. As I began to accept and really understand my striving & perfectionism, and see these personality traits as extreme protective parts of me, I was able to have grace toward others who had protective parts in extreme roles. In other words, as I experienced grace toward different parts of me, the

channel was cleared out to extend grace & compassion toward others.

Since that first training, I've assisted with other level 1 trainings and am currently in the level 2 training. The model is taught experientially, so as I've been learning the model and seeing other people learn the model, it's evident that the Internal Family Systems model is a powerfully clear framework to use for yourself as well as clients.

**Julie Schmidt, NBC, LPC (MS & TN pending)  
615-243-5401**

### Congratulations

TAMFT 2007 New Board of Directors Election Results:

President-Elect:

**Linda Oxford, M.A.R.,  
M.S.S.W.**

East TN Representative:

**Ron Schumann, M.A.**

Student/Assoc.

Representative:

**Elizabeth Lashhower,  
M.M.F.T.**

Elections Committee:

**Celia B. Ferguson, Ph.D.**

### Interview

(Continued from page 5)

society on a deep level and that it has amazing possibilities. At the same time, there is a level of frustration of being able to see the possibilities and yet be so far away from manifesting all of them. I've manifested a lot already, but from where it is to where it could be is still a huge gap. That eats at me and I have to now work with the parts of me that are willing to sacrifice my life to basically try and bridge that gap. I have this kind of missionary part and I have pretty much done that for the last 4 years or so,

sacrificed my life. I just don't have much of a life apart from it. There is a part that thinks that's okay, that this is my calling, that this is what I'm here to do and my own little enjoyment just isn't that important.

**Are you surprised that it is so successful?**

It's both. I'm shocked that anybody did listen to me and I'm very surprised that everybody doesn't get this. I'm working hard to just be okay with the pace of it and not get frustrated and not get too high when things go well.

**Did you get proprietary about it?**

I've had to work a lot with those parts to not getting so attached to getting credit for it. The important thing is that the word gets out. The important thing isn't that I get a lot of money or prestige, the important thing is that this information gets used. So I work to not get attached to getting credit for it.

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## Mark Your Calendars Now for TAMFT Lunches

### **Nashville Networking Lunches**

11:00a.m. – 1:00p.m. (4<sup>nd</sup> Fridays of every other month), The Middle Tennessee network meetings are now being held the fourth Friday of every second month. Record these in your day timer and plan to attend at Lipscomb University. If you are not on the e-mail notification list, send a note to [Cathy.Lincoln@lipscomb.edu](mailto:Cathy.Lincoln@lipscomb.edu) and request to be added.

### **East Tennessee Networking Lunches**

Please contact Ron Schumann, Ball Camp Baptist Church, 2412 Ball Camp-Byington Road, Knoxville, TN 37931 Email at: [ronbcbc@bellsouth.net](mailto:ronbcbc@bellsouth.net) or FAX at 865-693-2110 or phone at 865-693-1641x26 to learn of East Tennessee's Networking Lunch Meetings.

### **Memphis Networking Lunches**

**First Monday**, 11:45-1:00 at Harding University Graduate School of Religion, 1000 Cherry Road, Memphis. Keith Fussell Coordinator, [kfussell@sycamoreview.org](mailto:kfussell@sycamoreview.org). These Brown Bag Lunch and Networking opportunities offer excellent programs and CEUs.