

The TAMFT Marriage and Family

NEWS



Tennessee Division of the American Association for Marriage and Family Therapy

April 2010

From the President...

By Linda Oxford

Spring has sprung – and the energy is pulsing everywhere! Our TAMFT annual conference in Nashville on February 26-27 was a spectacular event that members and sponsors are still buzzing about. Scott Miller's cutting edge work to identify the factors that make exceptional therapists exceptionally effective and his user-friendly tools for incorporating direct client feedback into each therapy session challenged us to explore what we are doing that really works in therapy. What better way to learn how clients truly view our work with them than to seek their assistance in shaping our therapy sessions to better meet their needs?

I was delighted to have the honor at our annual conference of recognizing the very deserving

recipients of TAMFT's 2010 Awards: Ashley Dumas for her Dedicated Service to the Division; "You Have the Power", an organization that reaches out to victims of physical and sexual assault founded by Tennessee First Lady Andrea Conte, for its Distinguished Service to Families; State Rep. Henry Fincher as Legislator of the Year for his continuing support of our association's legislative efforts, and Brenda Dew for her Lifetime Achievement as a therapist, educator, supervisor, author, humanitarian and leader. Prime sponsors of our vendorship legislation were honored as guests at our Awards Luncheon, including Rep. Jason Mumpower(R), Senator Brian Kelsey(R), Senator Reginald Tate, Rep. Harry Brooks(R), Senator Charlotte Burks(D), and Senator Ketron(R).

A new event this year designed to highlight student contributions to the association and the profession was the Student Poster Competition. The top ten entries were displayed at the conference and the top three recognized with award ribbons. In addition, several sponsors contributed prizes for this competition: the first place winner received \$500 from Rosecrance, and the top three entries each received a netbook donated by Bridges to Recovery and Dave Ramsey's Financial Peace University kits and course. Winners of the 2010 TAMFT Student Poster Competition are: 1st Place - Alex Furches, 2nd Place - Rachel Henry, and 3rd Place - Janet Velazquez.

Both new and familiar faces began terms on the Board and in committees in January. Mike Runcie, who served as our Interim Treasurer in 2009, was elected to the role of Treasurer and began that term of office in January 2010. John Kennedy will be serving with Mike on the TAMFT Finance Committee. If you are interested in serving as a member of the TAMFT Finance Committee, a standing committee that works closely with the division Treasurer, please contact Mike at 615-781-3000 or at mruncie@agapenashville.org.

Cindy Gamble joined the TAMFT Board of Directors as our new East Tennessee Representative to the Board, Keith Fussell is our new Elections Committee Chairman, and Catherine Robbins is the new East Tennessee Representative to the Elections Committee. Amy Frew, who currently serves as the Student/Associate Member Representative to the

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From the Conference Chair...

By Dianne Bradley

The 2010 TAMFT Conference, "What Really Works" was a major success. Scott Miller, PhD not only shared the results of 40 years of outcome research, but entertained attendees as well. The online survey of the conference experience indicated that Scott was by far the most popular speaker who has presented at TAMFT conferences. He kept us laughing all day while sharing his passion for helping us all to be excellent in our profession.



Scott Miller, PhD

Three students took away wonderful prizes for their entries in the Student Poster Competition. Alex Furches won first place, winning \$500, provided by Rosecrance Treatment Centers, a laptop computer from Bridge to Recovery, and Dave Ramsey's Financial Peace Course Kit. Rachel Henry was awarded second place and Janet Velazquez took third place. Each received a laptop computer and a Dave Ramsey Course Kit.



Alex Furches, 1st Place

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Rachel Henry, 2nd Place



Janet Velazquez, 3rd Place

We had the opportunity to meet great sponsors of the conference, some of which participated in the Networking Lunch, in which students and job seekers had the opportunity to present themselves for consideration of practicum placement, jobs, or supervisees. This was our greatest support by sponsors to date. The Town Hall Meeting presented attendees with updated information on our association, both on a local level and a national level.



The Legislative Committee educated us on how to be effective in legislation, updated us on exciting state news and inspired us to be involved in moving our profession forward and forefront.



Todd Bouldin, TAMFT's Lobbyist

Workshops covered eating disorders, ethics, use of metaphors in family therapy, canine therapy, use of humor in therapy, how to get licensed in Tennessee, and Screamfree Parenting. Our Awards Luncheon was attended by all, and special guests such as First Lady, Andre Conte.



Thank you all for attending the conference and helping to make it a great success. Thank you to the Conference Committee and volunteers who worked hard so that all could enjoy attending. And thank you all for completing the online evaluation of the conference. Results have prompted us to invite Scott Miller to return and take his presentation to the next level, with more applied learning. Additionally, we are moving the conference to the Marriott, airport as we have already outgrown our 2010 venue! So, watch for updates on the website for 2011 conference information and early registration opportunities.

Board, will serve as the Board-appointed member of the Elections Committee.

On behalf of the Board, I want to again extend thanks to those whose service on the TAMFT Board and committees ended at the end of 2009 – Ron Schumann, the East Tennessee Representative to the Board, and Celia Ferguson, who chaired the 2009 Elections Committee.

The Board is delighted to welcome back Dianne Bradley and Linda Miller as co-chairs of the 2011 TAMFT Conference Committee, Judith Roney as Chair of the Ethics Education Committee, and Robbie Hutchins as Chair of the Legislative Committee. Randy Phillips has chaired the Awards Committee for the past three years, and will serve in that role again this year. The TAMFT Board of Directors is made up of talented and dedicated leaders, but we could not fulfill the mission of our association without the able assistance of our committee chairs and members.

Thanks to all of you who provided the Board with feedback at the annual conference regarding your willingness to serve as candidates for TAMFT positions to be elected this fall: President-Elect, Secretary, Middle Tennessee Representative to the TAMFT Board of Directors, Student/Associate Representative to the Board, and West Tennessee Representative on the Elections Committee, all of which will begin their terms in January 2011. If you are interested in serving in any of these roles, or wish to nominate someone for one of these elected positions, please contact Keith Fussell, the chair of the TAMFT Elections Committee at kfussell@sycamoreview.org.

Richard Gillespie and I just returned from DC and the AAMFT Spring Leadership Conference, where the focus was on social networking media and how we can best utilize it to serve the mission of our division and the needs of its members. You'll be hearing more about that as the year unfolds as we work to upgrade our website, develop a Facebook fan page, and begin tweeting on Twitter! While in DC, Richard and I also met with the health and education legislative assistants of Senators Lamar Alexander and Bob Corker and Representatives Bart Gordon and Steve Cohen to advocate for the federal policy priorities of AAMFT: inclusion of MFTs as approved service providers in Medicare and ESEA (Elementary and Secondary Education Act – formerly known popularly as “No Child Left Behind”) legislation. Richard and I offer our personal thanks to our able lobbyist, Todd Bouldin, and to all of you who have supported the legislative advocacy efforts of the national association and of our state division. Your voice is critical to the success of both AAMFT and TAMFT in positioning MFTs to serve in an increasing number of arenas.

Good Times at Conference





From the Student Associate Member Representative

By Amy Frew

Hi Student / Associate Members! First of all, let me say how proud I was of those of you who participated in the Student Poster Competition at our recent conference in February. Having graduated from Trevecca, there was an extra dose of pride for the winners (all from TNU).

For those of you who attended the conference, I hope that you left with valuable information and felt encouraged in the career path you are pursuing. I know that many of you are looking for ways to participate more in this field; specifically to build your reputation and increase your involvement in MFT related experiences. I want to talk with you! There are many opportunities for you to be a part of this organization - that don't require licensure status!

I want you to feel connected to TAMFT, and part of that will occur with you choosing to be involved. If you are interested in being a part of communication, planning and connecting...I would love to connect with you to share opportunities.

I also want to encourage you to check our website to connect to recent updates about MFT's in Tennessee. Whether reading about legislative updates or changes that have occurred at the licensing level, the tnamft.org website is a great resource. For those of you who I connected with at the conference, I enjoyed getting to talk! And for everyone else...I encourage you to put next year's conference on your calendar now. Enjoy your Spring!



TAMFT Financial Report

By Michael A. Runcie

At the recent TAMFT conference, Mike Runcie, Treasurer, reported to the membership that TAMFT closed 2009 in good financial standing. The total income for 2009 was \$40,200 and total expense was \$39,569 for a NET gain of \$631.00. Our revenue comes from conference fees, sponsorship fees and AAMFT dues.

This year during our conference a new fund-raising campaign was initiated to raise funds for our lobbying efforts. The TAMFT Board approved spending \$10,000 (\$5,000 in 2009 and \$5,000 in 2010) to support our legislation efforts in adding LMFT's to the mental health provider vendor statute, otherwise known as a "scope of service" statute. Our hope was that Licensed Marital and Family Therapists would be recognized providers that are eligible to receive third party reimbursement for lawful services provided within the scope of the LMFT license.

During the conference members pledged \$860 with \$660 already collected. As you can see we are in need of additional pledges to recoup funds already paid for the lobbying efforts. One of our members stated that if every TAMFT member donated \$35 we would completely fund the effort. If you have not yet pledged please contact Mike Runcie at (615) 781-3000 at your earliest convenience.

President Elect Report

By Richard Gillespie, M.Div.

Linda Oxford, TAMFT President, and Richard Gillespie, TAMFT President-elect, attended the Spring Leadership Conference of AAMFT on March 18-21st. This involved leadership training and consultation with other division leaders to get new ideas for programs and how business can be handled. We also visited Capitol Hill lobbying for the inclusion of licensed marriage and family therapists in Medicare. Unfortunately, the healthcare reform bill passed this year did not include LMFT's as approved mental health providers for Medicare even though the first bill passed by the House had. We continue our efforts to be included in Medicare through our own efforts as a division and at the national level. We also lobbied our legislators for inclusion in the Elementary and Secondary Education Act(formerly known as No Child Left Behind) to be mental health providers for the schools under this law. Congress will be taking this up later this year. In this regard, we visited with Rep. Steve Cohen, Senator Bob Corker's staff, Senator Lamar Alexander's staff, and the staff of Rep. Bart Gordon Richard Gillespie, President-elect, TAMFT

Legislative Report

By Robbie Hutchens

Our vendorship bill has passed both Houses of the Tennessee legislature unanimously and is now on Governor Bredesen's desk waiting for his signature. This statute amends the current statute, TCA 56-7-2401, and secures eligibility for reimbursement from insurance companies for licensed marriage and family therapists and licensed professional counselors. The law will go into effect immediately upon signing.

The vendorship bill touted support of the insurance industry and was voted out of House Industrial Impact Subcommittee as well as the Senate Commerce Committee with unanimous support. In addition the bill passed both the House and Senate unopposed. State Mental Health Department officials advised our committee that similar bills would take three to four years to accomplish.

Richard Gillespie, 2009 Legislative Committee Chairperson, launched the lobbying efforts of TAMFT officially in the early fall of 2009 through the selection process of a lobbyist. Todd Bouldin was chosen by recommendation of the legislative committee and approval of the TAMFT Board. Mr. Bouldin held key contacts in the Bredesen administration that allowed key queries to take place early in the process that would guide the committee to make the proper preparations for our lobbying efforts. Robbie Hutchens, 2009 Co-Chairperson, worked alongside Mr. Bouldin during the fall months pull together salient research and data for information packets to be distributed to select legislators and state department officials for fiscal review and to acquire sponsorship. In early January, 2010, State Representative Jason Mumpower stepped forward to sponsor the bill in the House, while State Senator Bill Ketron championed it in the Senate. Co-sponsorships were acquired throughout the following three months leading up to the bill being referred to the Industrial Impact Subcommittee.

Dr. Brad Bull, Mike Runcie, Phil Barkley, Robbie Hutchens, and Richard Gillespie were present to give testimony at various junctures as the bill moved through the state's legislative proceedings. In addition, Phil Barkley accompanied lobbyist Todd Bouldin to key meetings with representatives from the insurance industry. Mary Nell Bryan, lobbyist for the Tennessee Counselors' Association, also represented the TAMFT at final meetings in March and joined forces with TAMFT at the subcommittee level to add LPCs to the statute.

It is important to applaud the responsiveness of the TAMFT membership. A host of members contacted state representatives and senators to ask for support of the vendorship bill. In addition, fellow members have pledged \$860.00 to the legislative support fund, which will be used to further the profession in Tennessee.

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CURRENT RESEARCH

Dr. Brad Bull is currently addressing several questions that have arisen from the State Regulatory Board related to mandatory reporting of colleagues' ethical violations. Dr. Bull has consulted Linda High, former legal counsel at AAMFT, who is in the process of gathering information about other states' laws. Dr. Bull has assigned a graduate assistant to gather and summarize information. Findings will be reported at the next regulatory board meeting in June of 2010.

The following questions are being considered in Dr. Bull's efforts:

- (1) Would a "reporter" be liable for civil action by the person reported—especially if the accused is not guilty? (In some states, yes.)
- (2) How might any new law be written to discourage malicious false reporting?
- (3) If reporting were mandated, a hearing would ensue. How would information be obtained from a client, who might be involved? How could that be done without breaching the client's confidentiality?
- (4) How do we strike a balance between the need to prevent ethical violations and the need to protect innocent colleagues from false accusations and clients from breaches of confidentiality?

In the News...

STUDY PROVES MONEY DOESN'T BUY HAPPINESS—BUT THERAPY DOES

When it comes to feeling happy, \$1,300 worth of mental health therapy may be worth more than \$41,000. That's what researchers in England found when they analyzed data on thousands of people regarding mental well-being. Four months of therapy, they discovered, was 32 times more cost-effective than cold, hard cash.

The study, conducted at the University of Warwick and published in the journal *Health Economics, Policy and Law*, found that the increase in happiness from a \$1,329 course of therapy was so significant that it would take a pay raise of more than \$41,542 to achieve an equal boost in well-being.

"Often the importance of money for improving our well-being and bringing greater happiness is vastly over-valued in our societies," said study author Chris Boyce. "The benefits of having good mental health, on the other hand, are often not fully appreciated, and people do not realize the powerful effect that psychological therapy, such as non-directive counseling, can have on improving our well-being."

So instead of playing the lottery or working too hard for that raise, consider mental health counseling if you're feeling less than satisfied with your life. The Mayo Clinic offers these tips for finding the right mental health provider for you:

- Ask your health insurance company for a list of covered providers.
- Seek a referral or recommendation from your family doctor.
- Ask trusted friends, family, or clergy.
- Check phone book listings under such categories as community service numbers, counselors, physicians, psychologists, or social services organizations.
- Search nonprofit, government, or mental health organization websites that provide listings of providers in your area.
- Ask your company's employee assistance program (EAP) for a referral.
- Contact a local or national mental health organization or medical society.

Source: University of Warwick
Mayo Clinic

Marriage and Family Therapist

As one of the 50 best careers of 2010, this should have strong growth over the next decade

By U.S. News Staff

The rundown:

While some counselors focus on the behavior of an individual, marriage and family therapists go a step further, addressing mental-health issues within the context of the family. By counseling couples, families, or individuals, marriage and family therapists can tackle a host of problems: adult schizophrenia, substance abuse, anorexia, and marital conflict. Today, marriage and family therapy is considered a "core" mental-health profession, alongside social work, psychiatric nursing, psychology, and psychiatry. More than 1.8 million people are currently receiving treatment from a marriage and family therapist.

The outlook:

As the field matures, the number of marriage and family therapists has surged. And demand is expected to increase in the future, with employment in this profession rising 14 percent from 2008 to 2018. Fueling part of the growth is a more widespread acceptance of the field, which makes people in need more willing to seek out such counseling.

Upward mobility:

Marriage and family therapists with doctorates are in better position to advance in the field. The advanced degree makes it easier to assume managerial positions or become teachers or researchers.

Activity level:

Marriage and family therapists work in prisons, universities, inpatient facilities, and private practices, as well as other settings. Flexible hours can be important because working families often need to make appointments during the evening or on the weekends. Counseling is often conducted in a private office.

Stress level:

The stress level will vary depending on the specialty and the patients, but it can be quite high.

Education and preparation:

To enter the field, candidates can obtain a master's degree, a doctorate, or complete a postgraduate clinical training program. Two years of supervised clinical work is typically required before a therapist takes a licensing exam.

Money:

Marriage and family therapists' median annual earnings were \$45,000 in 2008. The best-paid 10 percent made more than \$71,000 a year, while the lowest-paid 10 percent earned less than \$28,000 annually.

Jobs in Demand

Marriage and family therapists work with clients to improve close relationships

Outlook: Employment of marriage and family therapists is expected to increase 14 percent over the 2008-18 decade, faster than the average for all occupations

Pay: The 180 marriage and family therapists in the Seattle-Bellevue-Tacoma area earned a median wage of \$46,840 in 2008.

The job: Marriage and family therapists work with individuals, couples, families and groups to modify people's perceptions and behaviors, enhance communication among family members and help prevent family and individual crises. They may also perform research and teach courses in interpersonal relationships. The work environment is typically a private office.

Training/licensing: A master's degree usually is required to be licensed or certified. Those with doctorates can become supervisors, teachers and researchers.

Source: U.S. Bureau of Labor Statistics

<http://tinyurl.com/ye3hrat>

Updates from West Tennessee

By Melissa Canterbury

It is an AMAZING time to be a MFT in Tennessee!

- The 2010 conference was a huge success. For those who missed it, Scott Miller kept the audience entranced in his humorous and research based presentation. It is the only day long presentation I remember that the attendees only left during breaks, other than that everyone was focused on Dr. Miller.
- The legislative committee has done amazing work this last year.
- From East to West, in all the regions of Tennessee MFT's and other professionals meet monthly to network during luncheons. One of the world's greatest business minds, Dale Carnegie, once said, "Smart business people understand the value of networking." Networking is a tremendous opportunity to learn of new skills or ideas in our profession or to have a refresher on other topics but most of all to meet with peers who are also some of the pioneers in family therapy in Tennessee. Networking is an opportunity that has unlimited professional advantages. In recent months, in West Tennessee, Dr. Katherine Wilson Blaney, MMFT, Ph.D provided a Sex Therapy Refresher Course. In March we had a panel discussion on Starting and Developing a Private Practice. In April, Sheila Vamplin, LMFT will be speaking on the Scream-Free Approach for Family Therapy. In May, Tania Aides, LCSW is presenting on pain management.

We have had ongoing meetings on the first Monday of the month in West Tennessee through the spring and fall with the Memphis Area Networking and Continuing Education Luncheon of the Tennessee Association of Marriage and Family Therapy. The meetings are held in the Hospitality Room of Harding University Graduate School of Religion from 11:45 to 1:00pm. See you there!



Updates from East Tennessee

By Cynthia H. Gamble, LMFT

Since assuming the role as the TAMFT East Tennessee Representative, I have attempted to contact all members residing and/or working in the East Tennessee area by mail and email. If you have not been contacted by me, please email me cindy@helping-heart.com or by phone 865-250-2693. I have been working toward setting up some Networking Luncheons in the Chattanooga, Knoxville and Johnson City area for this year. I have heard from several TAMFT members willing to assist me in these efforts. I will finalize the plans soon and inform the TAMFT members of when the luncheons are scheduled. I look forward to all of us getting together soon.

Announcements

- We would like to welcome our new TAMFT members: Jennifer E Black, Frank Bunner, Rachel M. Henry, Robert H. Holcomb, Megan E. Kandros, Tammy D. Kurre, Whitney N. Morton, Noelle W. Warner, Wendi Zebell, Maria Graham, Bryan Holmes, Stacy Jagger, Emily Kellogg, and Catherine Lord.

- Congratulations to Linda Hazel on becoming an Approved Supervisor!

- Please mark your calendars for the AAMFT 2010 Annual Conference September 23-26, 2010 in Atlanta, GA at the Atlanta Convention Center.

-Winners of TAMFT 2010 Awards:

Dedicated Service to Division: Ashley Dumas

Distinguished Service to Families: You Have the Power

Legislator of the Year: State Rep. Henry Fincher

Lifetime Achievement: Brenda Dew

Winners of the Student Poster Competition:

1st Place: Alex Furches

2nd Place: Rachel Henry

3rd Place: Janet Velazquez

West Tennessee Luncheon Meetings

First Monday, 11:45-1:00 in the hospitality room at Harding University

Graduate School of Religion, 1000 Cherry Road, Memphis. The hospitality room is located in the W.B. West Building (the education building). This group does not meet in summer and around holidays so check with Keith Fussell before the meetings to confirm. kfussell@sycamoreview.org or 901-372-1874.

Middle Tennessee Luncheon Meetings

Fourth Friday of every other month, 11:00am-1:00pm. TAMFT will certify the meeting for one hour of continuing education. Lipscomb University: Counseling Center, Elam Hall, Lower Level Address: One University Park Dr.

Nashville, TN 37204. The counseling center is located in the basement of Elam Hall. Please email paul.cates@lipscomb.edu or call 615-966-1781 to attend so Lipscomb can plan for the meal.

Knoxville Area Luncheon Meetings

For more information, contact: Cindy Gamble TAMFT East Tennessee Representative: P.O. Box 70436 Knoxville, TN 37918 (865) 250-2693 OR cindy@helping-heart.com, eastTNrep@tnamft.org

Advertisements

Do you have office space available? Do you have a position that needs to be filled? Post your advertisement here!

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 TAMFT'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 TAMFT they will receive a discount of half off.

For more information contact the Administrative Coordinator at admincoord@tnamft.org