

The TAMFT Marriage and Family

NEWS



Tennessee Division of the American Association for Marriage and Family Therapy

December 2013

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From The President

Dear TAMFT Members,

This year has flown by. I hope you are all preparing for a wonderful holiday season. I sincerely wish the best and least stressful holidays for you all. Please keep in mind that the TAMFT Annual Conference is right around the corner. Everything is already on our webpage so you can register and have that one thing completed. The 2014 TAMFT

Annual Conference will be held on February 21 and 22, 2014 at the Marriott in Cool Springs. Our keynote speaker will be Dr. David Schnarch. You will not want to miss this one. We are excited to note that David Tiner, LMFT has graciously agreed to be our 2014 Conference Chair. We are happy to have him aboard and look forward to working with him.

Don't forget the addition to our 2014 Annual Conference is Roundtable Discussions. You will be able to choose the topic and person leading the topic discussion. It just may be a difficult choice so plan ahead. Also, our Board member, John Kennedy will present a session on electronics, technology, ethics and therapy. This is a really hot topic and one that we all need information about.

Our monthly luncheons continue in all three areas of our state so check out the dates in this newsletter. Plan on attending and supporting TAMFT in your local area as well as network and earn one Contact Hour.

For all of our AAMFT Approved Supervisors, we will have the Approved Supervisor Training Course to renew your status as Approved Supervisor offered on the Thursday prior to the 2014 TAMFT Annual Conference. If you are an approved supervisor, you need this training every five years. So check your dates to be sure and sign up if this is your year for renewal. After the first of the year, AAMFT will be offering all of the Approved Supervisor Trainings while they



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

are re-organized. The plan is to at some point have the trainings on line.

I want to offer our greatest appreciation to Richard Gillespie and Robbie Hutchens who have been hard at work as Co-Chairs of our Legislative Committee.

We have 3 positions up for election for the 2014 calendar year.

- West TN Elections Commission position
- Middle TN Representative to the Board – currently John Kennedy is in that role, he was voted in by the board to assume the role of Ashley Dumas who resigned. We anticipate that John will be a candidate for this position but would welcome anyone else who would like to run. This is a 3-year term. This candidate needs to be from Middle Tennessee.
- Secretary – The position is a 3 year term. The candidate can be from any area of Tennessee.

We revised the bylaws a couple of years ago and the ballot can be sent and collected by email ballot. All of these positions are to begin January 1st.

I would like to invite any member of the Tennessee division to run for one of these offices and get involved with our organization. If you are interested in running for a Board position, please email Sharon Barkmeier at XMI – sbarkmeier@xmi-amc.com for more information. We would very much like to have some new members run for office so please consider it.

We continue to have needs for committee members, especially Membership Committee Members. Please consider serving on this committee. It is a vital committee for our growth in Tennessee. This is your organization and we sincerely hope that you will consider serving on some of our committees. We need members to volunteer for the following committees: Networking Development, Marketing and Membership.

I would like to thank XMI and especially thank Sharon Barkmeier for such a wonderful job with our organization. Sharon is hard at work on our 2014 Annual Conference which will be here before you know it. It is a pleasure to work with her. Please feel free to contact her with any needs that come up.

Thanks everyone for being a part of TAMFT. We wish you and your loved ones all Happy Holidays. We look forward to seeing you in February at our conference.

The Annual Conference Approaches!

It is less than 90 days until our Annual Conference which features one of the most dynamic and cutting-edge sex therapists in the country – Dr. David Schnarch as our plenary speaker. Please make your plans to join us on February 21st and 22nd at the Cool Springs Marriott for this important event. Registration is up and running at www.tnamft.org and reservations at the Marriott can also be made from a link on our website.

For those of you who may not have encountered the work of Dr. Schnarch, he incorporates the theoretical framework of Murray Bowen and applies that to sex therapy. In addition, in recent years, he has incorporated the latest in brain research into his therapy. Please join us for a powerful and meaningful time of growth in your therapeutic practice.

Saturday will afford the opportunity to attend any one of a number of roundtable discussions. Please see our website www.tnamft.org for a list and descriptors. Also, our Annual Town Hall Meeting will be held at the conference - this is a good opportunity to connect with other practitioners from across the state – to share ideas and renew relationships. Please make your plans to join us and Save The Date!

May you and all you hold dear have a wonderful Holiday Season.

Barney Self, Ed.D, LMFT
President-elect

Get the latest on ethical use of technology in your practice...

The pace of technological innovation is far outrunning any guidelines in how to use technology in our therapy practices in effective and ethical ways. Cell phones, email, Twitter, Facebook, texting, video, and a host of other communication tools offer to make therapy more accessible, convenient, and cost-effective for clients; however, the risks must be carefully considered before therapists incorporate them into practice with clients. Our 2014 TAMFT Conference session, *Ethical Use of Technology by Therapists*, offers attendees an opportunity to learn the benefits and risks of using these technological tools in practice. We will learn how to evaluate the risks and benefits for our professional work, how to implement best practices, and how to minimize risks to clients' confidential information in this two-hour ethics workshop.

Through the use of live demonstration, video clips, and an interactive collaborative learning model, attendees will learn the specific requirements of the HIPAA Security Rule and how this rule compares to the Privacy Rule. They will learn how to assess their personal and corporate risk of Security Rule non-compliance and how to create or revise practices, policies, and procedures for the ethical use of technology within their practices. I hope you will not miss this hands-on workshop. You can earn two hours of ethics CEUs for learning how to safely and ethically incorporate everyday technology into your mental health practice. See you at the conference!

Dr. John Kennedy, LMFT

Student Presentation Competition

Technology seems to be the buzzword in our lives. It is changing everything, and technology has been changing the way we share information with one another for some time now. This year, we are excited to incorporate multimedia technology into our student presentation competition. In the past, we have asked students to prepare poster sessions to compete for prizes; however, this year, we are inviting students to submit electronic presentations using PowerPoint, Prezi, and other electronic multimedia tools.

Last year, we gave away three Kindle Readers, so be sure to submit your presentation, share your scholarship with your colleagues, and show off your technology presentation skills at the conference. The presentation must focus on a topic relating to marriage and family therapy, and students from all counseling-related programs are encouraged to participate. The entry deadline is midnight Sunday, February 9, 2014, and entry requirements, specific guidelines, and details for the presentation competition are included in this newsletter. If you have any questions, please contact Dr. John Kennedy at JKennedy@Trevecca.edu.

Session for Students at the 2014 TAMFT Conference

Students attending the 2014 Conference are encouraged to come to a special session regarding the path to licensure for MFTs in Tennessee. The session on Saturday, February 21, 2014 from 2:30 – 3:30 pm will give students a chance to learn specific details on fees and costs involved, supervision requirements, and how to complete the application process. Recently licensed professionals are encouraged to come share their experiences with students as well. Our student representative, Anna Claire-Bowen, will share her insight and knowledge, and Dr. John Kennedy will facilitate the session. Plenty of time for questions is allotted, so come prepared to meet your peers, network with potential supervisors, and equip yourself for a successful launch as a new marriage and family therapist.

Middle TN Representative Report

The next TAMFT middle Tennessee area meeting will be:

DATE: Friday, December 6th
TIME: 11:00 a.m. – 1:00 p.m.
PLACE: Ezell Center 301
Lipscomb University
One University Park Drive
Nashville, TN 37204-3951

Dr. Tracy Hall will lead our discussion on “Basic Relationship Needs”

Tracy Hall, Ph.D., began work with AGAPE in January 2012. He received his Master’s Degree in Marriage & Family Therapy from Harding University and completed his doctorate in Marriage and Family Therapy from the University of Akron. Tracy has experience working with adolescents and dealing with parenting issues. His passion is working with couples and dealing with relational, marital and pre-marital issues. He has also had training in Play Therapy and Post-Adoption work. Previously, Tracy did In-Home Family Therapy gaining valuable insight into how families work outside of the office setting.

Lunch will be served for \$8.00, beginning at about 11:15. It will be catered by Lenny’s Sub Shop. The discussion will begin at 11:50 and will conclude no later than 1:00.

Please call 615.966.5213 or e-mail urszula.collier@lipscomb.edu to let us know if you will be attending, and whether you plan to eat, so we can plan accordingly. (Please, if you sign up to eat, be sure to come, or call if your plans change, or send \$8 to help cover expenses).

Directions: The campus is located between Granny White Pike and Belmont Boulevard, south of Woodmont Boulevard and north of Harding Place/Battery Lane. Our location for this meeting is in the Ezell Center, Room 301. It is best reached from Belmont Boulevard, and it is located near the tall bell tower. There will be parking spots reserved in the West Garage marked “TAMFT”. Detailed directions and a campus map are available here:

<http://www.lipscomb.edu/about/Maps-Directions>

We hope you can join us, and bring a friend!

Dave Morgan

East TN Representative Report

The next TAMFT east Tennessee area meeting will be:

DATE: Friday, December 13th
TIME: 11:30 a.m. – 1:30 p.m.
PLACE: Sequoyah Hill Presbyterian Church
3700 Keowee Avenue
Knoxville, TN 37919
<http://www.sequoyahchurch.org>

The Use of Metaphor:
Thoughts for Counseling and Supervision

About the Presentation: The use of metaphor as a way to communicate both simple and complex ideas has been around since recorded time. In the context of therapy, many of the pioneers in the field of family therapy developed approaches and techniques that heavily relied upon metaphor. The lecture will look at how metaphor can be more widely and effectively used in different therapy settings.

Learning objectives:

- Gain an understanding in how metaphor can be used in counseling/supervision
- Learn some of the effective ways to construct helpful metaphor
- Overview of some history of how metaphor has been used in various family therapy traditions

Presenter Bio: David Grantham, EdD is a licensed marital and family therapist and a licensed professional counselor, as well as an AAMFT approved supervisor. Dr. Grantham has been in practice for over 30 years, working with couples, families, and individuals. He has served as adjunct faculty for Reformed Theological Seminary and Johnson University, and was director of the clinical pastor training program at the Southeast Louisiana Psychiatric Hospital in Mandeville, Louisiana. He is currently in practice with Ebenezer Counseling Services in Knoxville, TN.

General Info: The Luncheon will begin @ 11:30am with a “Brown Bag” lunch and will conclude @ 1:30 with the presentation of Certificates for 1.5 hours of Continuing Education. Please RSVP David Hall (email at davidmft@gmail.com) as soon as possible. These luncheons are open to everyone so feel free to forward this email to others.

S. David Hall, PsyD, LMFT, LPC
[The Narrative Institute](#)- Director
[Ebenezer Counseling](#)- Counselor & Psychotherapist
(865) 670-0988

West TN Representative Report

The next TAMFT west Tennessee area Continuing Education Luncheon meeting will be:

DATE: January 6th, 2014
TIME: 11:45 a.m. – 1:00 p.m.
PLACE: Harding School of Theology
1000 Cherry Road
Memphis, TN

Our guest speaker will be Jacqueline Carter, LPC on *Bullying*.

We continue to have 15 to 25 in attendance each month including students from HST and colleagues in other disciplines. We are building the remaining sessions for 2014 and would appreciate both speaker and topic suggestions.

We are accepting nominations of members who would be willing to serve as the West TN member of the Elections Committee. Please let me know if any of you are interested in running for this important position. I am also trying to connect with TAMFT members who are in west TN outside of the Memphis area. Please let me know professional needs and suggestions at Keith@BartlettChristianCounseling.com

Keith Fussell, West Tennessee Representative

Ethics and Client Autonomy

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

To give a functional definition, “client autonomy” refers to the level of independence in beliefs, values, and decision-making a client, or clients, experiences in the counseling setting in relationship to the counselor. The concept of client autonomy is one that has evolved and developed over the course of the history of modern psychotherapy. For most of its history, what we call “psychotherapy” was usually practiced more informally by physicians, religious leaders, and/or the elders in a given community. Though listening and non-directive processing was often a part of this practice, typically more value was placed on the wisdom of the counselor rather than the independence of the patient. In the early 20th century, Sigmund Freud and his followers established psychoanalysis and its early offshoots as the dominant force in the emerging field of professional psychotherapy. Psychoanalysis placed an emphasis on the therapist being a “blank slate” while offering interpretations of unconscious forces instead of advice. As psychotherapeutic practice became more diversified, there remained this idea that a psychotherapist could approach their work from a “value-free” perspective. But beginning with Melanie Klein, and coming to force in postmodern therapies, there has been a shift away from seeing this value-free approach as obtainable or even desirable.

If we operate under the assumption that values are always being communicated in therapy, then the responsibility of the therapist shifts to understanding how those values influence clients. In the therapy setting, unacknowledged values lead to unacknowledged influence, and this influence is important as the therapist has both explicitly and implicitly been given power in the counseling setting. Yet all of the major ethical codes of the psychotherapeutic professions place a high emphasis on the client maintaining the freedom to independently make decisions about the therapeutic process. This is expressed in the AAMFT code of ethics in 1.8, which reinforces the concept that therapists should respect and encourage to make their own decisions.

With all this in mind, here are a few suggested principles for healthy client autonomy in clinical practice. They are self-knowledge, informed consent, and shared values.

In regards to self-knowledge, who you are as a person and who you are as a therapist are inseparable on many levels. Ultimately, the experiences, values, and beliefs that you carry with you as a person will shape the direction of therapy. The more you can understand yourself, the more purposely and ethically you can utilize that in counseling, and the less likely that will impinge on the client’s freedoms.

The informed consent process involves both the written informed consent we employ at the beginning of therapy and an ongoing process of verbal informed consent that involves collaborative discussions with our clients about the plans, directions, and shared values of the therapeutic processes where the client gets to continually decide how they are going to engage in the therapeutic process. This increase in collaboration has been shown to help both decrease presenting symptoms and to better build therapeutic alliance.

And finally regarding shared values, though therapists and clients can disagree on particular issues, a working therapeutic alliance requires that there has to be shared values at the core of the relationship if the therapist is going to avoid impinging on the client’s autonomy. Examples would be things like: the value of family peace, self-knowledge, lower anxiety, even the value of autonomy itself. If there cannot be any shared values, then the therapist will inevitably try to steer the client towards their own value system, even if unintentionally.

My Road to (Temporary) Licensure

By Anna Claire Bowen, Student/Associate Member Representative

Graduate school seemed like such a breeze to me compared to the unstructured chaos that is the licensing process. After graduation in August I took one look at the list of things that I would need to have for even submitting the licensure application and froze. It took a couple months of mustering up the courage to tackle what seemed an endless list of to-dos before I could even send my application in. However, once I got started on the process and made my checklist of what I needed to get done it seemed to help the process go much more smoothly and I even got my temporary license before the end of the year. I was able to get my temporary license in the mail much more quickly and painlessly than I have heard others experience. However, this was just the start of the process. I immediately had to sign up for the licensing exam, one of the original reasons I halted the licensing experience in the first place. At this point I had been studying on and off for this exam for almost a year and I began working on my note cards, listening to the cd's, and reading the "Giant Green Book" with such a gusto that I beat my study schedule that I had set up which gave me a few more weeks to go over the things that I needed to re-review. After a sleepless, anxiety filled night I arrived at the testing site and begin what was supposed to be a four-hour test. I finished much more quickly than I expected and looked at the screen longingly wishing I could know my score at that exact moment. I waited an excruciatingly long six weeks (two more weeks than I was originally told) and received my score. I had passed! Now what? The job hunt continues as I have gone on a few interviews and am continually sending my resume to companies that I think would have some interest in hiring me, let me help their clients, and get hours for my license.

Since this experience, it has become my mission to help others in my same situation, which is why I am so passionate about the Student/Associate Member Representative role that I have taken on. I got lost in a black hole after my graduation date and I desperately want to help others avoid this desperation. I have been actively posting on our Facebook page hoping to get more involvement and questions about what type of resources our members would like to see. You can search for our page under "Tennessee Association for Marriage and Family Therapy" and get more information pertinent to your career like my checklist for temporary license that I used to help me with the process.

Registration Now Open for the 2014 Annual Conference

www.tnamft.org

Want to Sponsor or Exhibit at the annual conference?

Please email info@tnamft.org for more information.

**This is an opportunity for your organization to gain
publicity and recognition.**

Tennessee Association for Marriage and Family Therapy

Annual Conference



STUDENT PRESENTATION COMPETITION

2014 TAMFT Conference, Feb. 21 & 22

Franklin Marriott – 700 Cool Springs Blvd., Franklin, TN 37067

All students are invited to submit an abstract to enter the **2014 Student Presentation Competition**. Presentations meeting the following criteria will be displayed during the entire conference. :

- 1) **The presentation must focus on a topic relating to marriage and family therapy** (e.g., MFT theories, MFT models, effectiveness research, assessment or treatment in MFT, etc...). Students from all counseling-related programs are encouraged to participate. You do not have to be in a MFT program to enter (students in Social Work, Professional Counselor, Pastoral Counselor, Psychology may submit an entry). This is an excellent venue to present your value to potential employers and/or practicum sites.
- 2) **An abstract describing the presentation, along with an electronic version of / or web link to the presentation, must be emailed to jkennedy@trevecca.edu no later than midnight on Sunday, February 9, 2014.** The abstract should provide a succinct overview of the goals, objectives, content, and implications of your presentation using no more than 200 words and must be in APA format. Prezi, PowerPoint, Keynote, Slide Rocket, and other electronic presentation formats are welcome.
- 3) The top three submissions will be selected for presentation at the conference. Winners must be present during the Presentation Viewing Sessions on **Friday & Saturday, Feb. 21 & 22 between 8:00 – 9:00 am**. This is an ideal opportunity for you to meet professionals and answer questions about your entry.
- 4) Presentations will be reviewed by judges who will select first, second, and third place winners. Winning presentations will be acknowledged with ribbons. **Winners will be recognized during the Awards Lunch on Friday.** Prizes include Kindle Readers for the top three presentations.

Students will have the opportunity to network and introduce themselves to potential practicum site representatives, potential employers, and AAMFT approved supervisors. We look forward to receiving your entry and seeing you at the conference. For conference information, see the Association website at: <http://www.tnamft.org>. Please email or call Dr. John F. Kennedy with any questions about the student presentation competition (jkennedy@trevecca.edu 615-248-1362).

THE HOLIDAYS ARE COMING



COUPLES NEED YOUR HELP

www.MarriageFriendlyTherapists.com

Kathleen S. Wenger, MA, "Kay" is CEO and co-founder of the National Registry of Marriage Friendly Therapists, incorporated in 2005. Over the past twenty-three years, Kay has held the position of Manager of Clinical Training and Professional Development while serving on the Adjunct Faculty in the Psychology Program at Pepperdine University's Graduate School of Education and Psychology.

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 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 receive a 50% discount. For more information contact info@tnamft.org

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