

The TAMFT Marriage and Family

NEWS



Tennessee Division of the American Association for Marriage and Family Therapy

July 2010

BOARD OF DIRECTORS

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president@tnamft.org

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2011 Annual Conference Chair

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From The President

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

Summer time and the living is easy...
and the weather's not the only thing that is hot, hot hot!

The news is very good for MFTs looking for employment opportunities – over 1.8 million people are currently receiving treatment from a marriage and family therapist, and that number is expected to continue to grow as demand for MFT services increases. The U.S. Department of Labor Bureau of Labor Statistics Occupational Outlook Handbook, 2010-2011 Edition, projects that employment of marriage and family therapists will increase 14 percent between 2008 and 2018, which is faster than the average for all occupations, in part because of an increased recognition of the field.

The military has long held a preference for MFTs as mental health service providers, and Health Net currently is seeking MFTs as independent contractors to serve as Military and Family Life Consultants (MFLCs) in providing support and coaching to active duty service members and their families. MFLCs fill rotational assignments of 45+ days duration; there are also opportunities for “on demand” assignments, which are 1-3 days in length (on weekends), and for assignments in school settings that are up to 90 days in length.

The TAMFT Board of Directors is continuing its efforts to provide our members not only with enhanced employment opportunities, but with meaningful ways to participate in accomplishing division priorities. We invite you to investigate the current opportunities available through TAMFT for professional growth, leadership development, and service to the division.

Regional networking activities are led by Regional Representatives Melissa Canterbury in West Tennessee, Susan Lahey in Middle Tennessee, and Cindy Gamble in East Tennessee. Leadership development opportunities such as committee membership, mentoring relationships, and standing for election as a TAMFT Board member are ongoing. Please talk with any of the members of the TAMFT Board of Directors or any committee chair and let us know what roles in our association interest you, and how we can help you prepare for them.

Keith Fussell, who is chairing the 2011 Elections Committee, is currently in the process of preparing a slate of candidates for our 2011 elections. This fall, we will vote for a President-Elect, Secretary, Middle Tennessee Representative to the TAMFT Board of Directors, Student/Associate Member Representative to the TAMFT Board of Directors,

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and a West Tennessee Representative to the TAMFT Elections Committee. Those of you who are interested in submitting a nomination or learning more about running for one of TAMFT's elected positions, please contact Keith at Keithbfussell@gmail.com.

Please save the date for the 2011 TAMFT Annual Conference, which will be held March 4-5, 2011. Our 2011 Conference Committee Co-Chairs, Dianne Bradley and Linda Miller, certainly set a high bar with this year's conference, and appear poised to outdo themselves with next year's. If you'd like to serve as a member of the conference committee or as a student volunteer, contact Dianne at 615-509-7374 or at leadlady@bellsouth.net.

With passage of the national health care reform bill, it is vital that MFTs actively promote their profession and advocate for enhanced opportunities to serve those who need our services. Robbie Hutchins, chair of the Legislative Committee, and her dynamic committee members have created an ambitious strategic plan to create additional opportunities for MFTs to expand their scope of influence and enhance MFT visibility in the public eye through legislation and advocacy. The committee successfully achieved TAMFT's top legislative priorities in 2008 and 2009, and, assisted by our able lobbyist, Todd Bouldin, are in hot pursuit of success in realizing key 2010 legislative priorities. If you'd like to assist the Legislative Committee in achieving its mission this year, contact Robbie at robbie@signethousellc.com.

The Ethics Education Committee, chaired by Judith Roney, is working hard to ensure that our members have easy and affordable access to continuing education in ethics that meets MFT licensure requirements. If there is a particular topic in ethics that you would like to have addressed in these training events, please let Judith know. She can be contacted at judithroney@blomand.net.

A major emphasis of AAMFT's Spring Leadership Conference was on "Starting a Conversation," reflecting their high priority on utilization of social media to facilitate communication and connection. Several divisions have created discussion groups in the All Members Divisional forum of the AAMFT Community site to facilitate member to member interactions. Making it possible to engage all voices in dialogue results in a richer and more productive conversation, and provides an enormous opportunity for collaboration in responding to challenges and opportunities.

Over the next few weeks, TAMFT will undergo a transition in our website, offering more features and opportunities for networking to our members. Grady Williams, who has served as TAMFT's webmaster for more than a decade and been the driving force in our entry into the information age, will be passing the baton to our new association management firm, Central Office Management Solutions. Please take time to express your appreciation and gratitude to Grady for his substantial contributions to our association as webmaster par excellence!

AAMFT continues an in-depth review of its structure and mission as we contemplate our future as an association. In May, the association sent a survey to members requesting feedback on the proposal to open clinical membership to include practitioners not exclusively limited to those who are licensed as MFTs. Please add your voice to these ongoing conversations about what shape, function and nature should characterize our association as we move forward in the process of strategic planning. At no other time in our history has the opportunity to reinvent ourselves and/or reaffirm our identity been so available to all our members- don't let yourself be left out of these critical conversations!

There's an old joke about the Chinese curse – "May you live in interesting times." We are indeed living and practicing our chosen profession in some very interesting times. Together, we have met and mastered some daunting challenges and managed to achieve major goals against all odds. As we celebrate our successes, seize our opportunities and confront our difficulties, let's join our hands, unite our hearts and raise our voices. We must unite as a strong professional community in order to continue our success as individuals and as an association. As we have demonstrated time and time again, together we can achieve almost anything!

Linda Oxford. LCSW, LMFT, President

JOB OPENING!

Job Title: Licensed or Pre-Licensed Therapist
Company: Alpha Point Christian Family Counseling
Contact: Abbe G. DeLong, LMFT
Address: 98 Mayfield Dr. Ste. C, Smyrna, TN 37167
Phone: (615) 962-1502
Education Required: Master's Degree

Job Description: Our agency is a Christian-focused private practice comprised of one f/t LMFT, on p/t LMFT/LPC supervisor and one student intern. We offer a practice where you can either work as an independent agent or join our team and build your own clientele with a referral source available to you. On-site supervision is available if you are working toward licensure. A specialty or desire to work with children or teens is a plus; however, any clinical focus is welcome! Please call or e-mail Abbe at abbede73@att.net for more information.

QUESTIONS?

If you have any questions, please do not hesitate to contact the TAMFT Central Office.

TAMFT Central Office
Ann Ninness, Executive Director

PO Box 24167
Indianapolis, IN 46224
PH: (317) 484-2630 Fax: (317) 481-1825
ann@centraloffice1.com

TAMFT East Tennessee Opportunities

By Cynthia H. Gamble, LMFT

As members of a very special profession, I believe it is very important for us to not only work as a lone entity to help families but for us to work together in groups to support and collaborate with each other. This is one of the purposes for our Network Luncheons scheduled for each of the three divisions in the State of Tennessee.

On July 16, 2010, the East Tennessee Network Luncheon was held at Sequoyah Hills Presbyterian Church with a presentation by Linda High, BA, JD on "Ethics & You," offering TAMFT members and non-members a time to come together to continue expanding our Ethics knowledge and understanding as well as a time to meet and engage other members working in our field.

Our next scheduled Network Luncheon Event is for September 10, 2010 at Richmond Graduate University in Chattanooga, TN and will also be focused on "Ethics & You," presented and facilitated by Linda High, BA, JD. This event is open to everyone in the Marital and Family Profession and will be from 11:30am through 3:00pm. If you would like to attend please contact me by email at cindy@helping-heart.com to register you and I will be able to offer you a Certificate of Attendance for 3 hours for attending.

Future Network Luncheons are going to be planned for every two months and depending on the turn out for the one in Knoxville and the one in Chattanooga, there will be consideration given to setting up a Network Luncheon for Johnson City, TN.

Changes to the DSM for Family Therapists

By Richard Gillespie, LMFT and M.Div

The American Psychiatric Association is in the middle of major revisions of the Diagnostic-Statistical Manual or DSM as it is known for short. We had previously written our members calling for your input on some of these revisions. The American Psychiatric Association had invited comments from "family counselors", other mental health professionals, and the public. I and others had taken part in this on various diagnoses. The period for public comment is now closed as the committees review the public input.

The proposed changes will be put into field trials for the next several years and reviewed again for validity before the final publishing of the new Diagnostic-Statistical Manual 5 for May 2013. The committee is considering the strengths and weaknesses of the current DSM IV-TR and new research.

The first area to mention is that several new disorders have been proposed by sources outside the American Psychiatric Association. It is not clear if these will be approved or not. They include Developmental Trauma Disorder, which would be a new disorder for children in looking at how early traumas effect normal development. Another one is Internet Addiction, which we know is a growing problem in our country. Complicated Grief Disorder is another new one that MFT's could well see in terms of grief/loss issues that come into our offices. Seasonal Affective Disorder is proposed to have its own diagnosis rather than be a subset of Major Depression. A large one that MFT's often see in divorce/custody cases would be the proposed Parental Alienation Disorder, where one parent has worked to destroy the child's relationship with the other parent.

In the area of working with children and teenagers, several new disorders have been proposed. One would be Posttraumatic Stress Disorder for Pre-School Children for those less than 6 years old. Another is Temper Dysregulation Disorder where there would be 3 or more temper tantrums a week that are inconsistent with developmental age are grossly out of proportion to the situation, and include verbal rages and/or physical aggression.

In looking at mood disorders, there are several new dimensions being considered for clinicians to assess. They include an anxiety dimension, suicide assessment, and possible substance abuse element.

"Those interested in learning more about the new proposed revisions in the Diagnostic-Statistical Manual should go to www.apadsm5.org."

Are Marital and Family Therapists Needed?

By Cynthia H. Gamble, LMFT

How lucky are we as professionals in the Marital and Family Therapy arena to be available with the knowledge and tools to facilitate individuals, couples and families toward lives of health and wellbeing during this extremely stressful time in our country's history. Families learn from their family of origins how to be a family and when stress pushes upon them we can help them build something new for their families.

The military and some of the insurance providers now understand the value of what we as professional provide and are seeking us out as well as Insurance Providers once they have authorized services for one of their members are also encourage Family sessions as well. With the most recent legislature signed by the Governor of Tennessee, TAMFT has been able to position Marital and Family Therapy to be recognized as other helping professions and is still working towards other legislative agendas to continue our recognition.

The need for our services continues to grow as shown in a recent report on suicides for 2010 that was brought to my attention by a colleague recently. The Tennessee Suicide Prevention Network announced the publication of their "State of Suicide in Tennessee 2010", a report on suicide trends and prevention efforts in Tennessee. The full report is available for free download on the TSPN website at www.tspn.org/sost.htm. Along with a great deal of information, this report contains interesting statistics on mid-life suicides for those of you working with adults. Marital and Family Therapist, in my opinion, are in a unique position to be able to assess risk of suicide, connect with other services for the client at risk, help the family heal together, and available to facilitate families grieving the loss of a family member to suicide.

"This document is intended to provide state legislators, mental health professionals, and the general public with information on the problem of suicide in our state and what is being done to prevent it. Suicide trends over the past several years are discussed, including a 34.2% percent drop in the youth (ages 10-19) suicide rate but rising rates through adulthood and midlife. The current trends are also broken down by race and gender and by individual counties. Attention is also given to the nature of non-fatal versus fatal attempts and common suicide methods."

"The document also includes a summary of common suicide risk factors and an account of TSPN's suicide

prevention projects over the past five years. Special mention is given to last year's highly successful Suicide Prevention Awareness and Educational Events project, in which eleven different events across Tennessee demonstrated not only TSPN's statewide reach but also public support for the Network and its suicide prevention mission. The report concludes with a listing of suicide numbers and rates for all 95 Tennessee counties for the years 2003 to 2008."

Mark your calendars now for the 2010 AAMFT Annual Conference:

*"Marriage: Relational and
Societal Perspectives"*

in Atlanta, GA.

The AAMFT Annual Conference will take place from September 23-26, 2010 and focus on an exciting examination of the topic of marriage. The conference will explore not only the clinical side of the work we do regarding marriage, but also consider beliefs and opinions about marriage and its social context.



Have you ever wondered what you would do with your files if you passed away today, became disabled, or wanted to retire without having to continue to store and manage your records? We have.

If you would be interested in an organization led by an LMFT addressing these scenarios, please contact us at FileMaintenance4U@yahoo.com.

TAMFT Financial Report

By Michael A. Runcie

Looking at a person's checkbook will often indicate their financial priorities in life. It is no different when you look at the finances of our organization. You will see in the TAMFT checkbook that our annual conference was a huge success both in revenue collected and increased attendance. The Conference Committee did an amazing job in securing significant additional sponsorship and with the fees collected from registrations resulted in revenue unlike what we have seen in recent history. This increased income more than covered our conference expenses and opened the door for us to hire a lobbyist.

As you will read elsewhere in this newsletter, hiring a lobbyist helped our Association maneuver through the legislative process in order for us to pass a parity law. Kudos to our Conference Committee and to every member who not only gave additional support to help the legislative efforts, but to everyone who pays dues to help promote marriage and family therapy in Tennessee.

By the way, it is not too late to send an additional gift to assist our Association with the legislative efforts. One of our members stated at the conference that if every TAMFT member donated \$35 we would completely fund the legislative efforts. If you have not yet pledged please do so at your earliest convenience. See the Financial Report for further details.



TAMFT Balance Sheet As of June 30, 2010

	Total
ASSETS	
Current Assets	
Bank Accounts	
Petty Cash	0.00
TAMFT Checking	2,667.49
TAMFT Money Market	24,301.41
Total Bank Accounts	\$26,968.90
Accounts Receivable	
Accounts Receivable	0.00
Total Accounts Receivable	\$0.00
Other Current Assets	
Credit Card Receivables	870.00
Prepaid Expenses	0.00
Undeposited Funds	0.00
Total Other Current Assets	\$870.00
Total Current Assets	\$27,838.90

TOTAL ASSETS	\$27,838.90
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
Credit Card	632.31
Total Credit Cards	\$632.31
Total Current Liabilities	\$632.31
Total Liabilities	\$632.31
Equity	
Opening Bal Equity	1.15
Opening Bal Equity {4}	39,031.72
Retained Earnings	-10,430.91
Net Income	-1,395.37
Total Equity	\$27,206.59
TOTAL LIABILITIES AND EQUITY	\$27,838.90

From the Conference Committee

By Dianne Bradley, Conference Committee Chair

Hello to all from the Conference Committee. We are excited to announce that our 2011 conference will be an exciting event as Dr. Scott Miller has agreed to return for a new presentation. The feedback from the conference surveys indicated that 99% of those in attendance would return to hear Scott speak again. His information is sensible, yet cutting edge and delivered in a highly entertaining format.



Pictured above, Dr. Scott Miller.

Scott will share with us three specific strategies that separate the great from the good. Participants will also learn a simple method for measuring success rates that can be used to develop a profile of their most and least effective moments in therapy—what works and what doesn't. Not only will attendees get a far more exact idea of their clinical strengths and weaknesses and how to use the findings in to improve their own practice, but they will also come away with concrete tools that will immediately boost clinical abilities and effectiveness.

Since we were 'bursting at the seams' in space at our last conference site, we are excited to announce that the 2011 conference (March 4 – 5) will be held at The Marriott, (Nashville Airport). With a special rate of \$129 per night, the hotel is modern and beautiful, and will provide us with plenty of space. PLEASE BOOK DIRECTLY WITH THE HOTEL for this rate, and mention the TAMFT conference (615) 889-9300.



I am happy to announce that there will be two competitions for students at the conference. One will be for master level students, while the other will be for doctoral level students. These will be poster sessions of research conducted by the entrant. 2010's winners took home some great prizes, including laptops for the top three winners and \$1000 for first-place winner, Alex Furches. Don't miss this opportunity to advance your curriculum vitae and potentially win something. More details will be posted on the website in the months to come.

Also new for our upcoming conference is a reception for first-time attendees and student attendees. This will be an opportunity for new comers to get first-hand information about the conference and TAMFT, and request a mentor for the duration of the conference. If you are new to the organization, we welcome you. If you wish to mentor someone, please let the committee know.

In addition to this new event, we have added a reception for everyone immediately after the keynote presentation on Friday evening, so that we can enjoy meeting one another. This same evening, we will host a networking event for students, interns, and job seekers to meet supervisors, practicum/site directors, and potential employers. So watch for more information to be posted on the website! Registration forms will be posted by August 15.

Alex Furches, 1st place poster session winner.

I look forward to seeing all of you at the conference as we join together to explore more ways of "Achieving Clinical Excellence"!

Dianne Bradley, 2011 TAMFT Conference Chair
615-509-7374



Fall 2010 – TAMFT Elections

This fall we have a major election coming to our association. Four Board positions and one elected committee position will be on the ballot. Also two referendums to our by-laws will be on the ballot. Do you know someone who would be a great addition to the TAMFT Board of Directors? If so, here's your chance to nominate yourself or that other person! The Elections Committee is made up of Zenola Diggs, Middle TN representative, Catherine Robbins, East TN representative, Amy Frew, Student/Associate representative and Keith Fussell, West TN representative and chair. We will be hard at work coming up with a highly qualified slate of candidates but we need your help and input.

The following positions are open for nomination:

- **President-Elect (President)** – Term of 2 years as President-elect, 2 years as President, and 1 year as Past President. Open to AAMFT Clinical Members ONLY.
- **Secretary – Term of 3 years.** Open to AAMFT Clinical Members ONLY.
- **Middle TN Rep to the Board** – Term of 3 years. Open to AAMFT Clinical Members ONLY.
- **Student/Associate Rep** – Term of 2 years. Open to AAMFT Student or Associate Members ONLY.
- **West TN Rep to Elections Committee** – Term of three years. Open to AAMFT Clinical Members ONLY.

Positions are open to individuals who are CLINICAL MEMBERS of AAMFT (with the exception the Student/Associate Rep position) and in good standing. Please email your nominations to Keith Fussell (keithbfussell@gmail.com) or to your regional representative ASAP.

When submitting names for nominations, please include the following information:

Name of Candidate:

Board Position for Nomination:

Phone Number of Candidate:

Email Address of Candidate:

Nomination Submitted By:

Do you know if candidate is willing to run for office?

Thank you for taking the time to help shape the Tennessee Division of AAMFT.

Advertisement Opportunity

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 Ann at ann@centraloffice1.com.

Updates from Middle Tennessee

By Susan Lahey, PhD, LMFT

DATE: Friday, July 23

TIME: 11:00 a.m. – 1:00 p.m.

PLACE: Mackey Building Room 205

Trevecca Nazarene University

333 Murfreesboro Road

Nashville, TN 37210

“The Physiological and Traumatic Effects of Childhood Exposure to Intimate Partner Violence”

Dr. Steve Stride is an Assistant Professor of Graduate Psychology at Trevecca Nazarene University. His clinical experience includes working with clients in community agencies, university counseling centers, and church settings. Steve also has experience conducting court mandated domestic violence offender groups and has interest in trauma research and testing.

Lunch will be served for **\$7.00**, beginning at about 11:15. The menu will be Jason's Deli lunch boxes which include a sandwich (ham or turkey, **please choose**) chips, a cookie, and beverage. The discussion will begin at 11:50 and will conclude no later than 1:00.

Please call 615.248.1751 or e-mail slahey@trevecca.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 \$7 to help cover expenses).

West Tennessee Luncheon Meetings

Mark your calendars now for a very special TAMFT Memphis Networking Brown Bag.

We've been trying to get a psychiatrist to come and give us an update on Psychotropic Meds for probably

three years now! Valerie Augustus, M.D. of Christian Psychiatric Services will present to us on

WEDNESDAY, AUGUST 4th at 11:45 at the Christian Counseling Center at 2855 Summer Oaks Drive in Bartlett

(2nd Floor - use the side entrance - should be adequate parking in the back or front parking lots.)

NOTE *this is a special day and location to accommodate Dr. Augustus's schedule.*

I'll have a poster out to you soon. - Keith Fussell

Middle Tennessee Luncheon Meetings

Fourth Friday of every other month, 11:00am to 1:00 pm.

Friday, July 23, Mackey Building Room 205, Trevecca Nazarene University

333 Murfreesboro Road, Nashville, TN 37210

TAMFT will certify the meeting for one hour of continuing education.

The meeting will provide an opportunity for networking and support from MFT's in Middle Tennessee. It will also be a time for sharing news from TAMFT and AAMFT. Hope you can join us.

East Tennessee Area Luncheon Meetings

Our next scheduled Network Luncheon Event is for September 10, 2010 at Richmond Graduate University in Chattanooga, TN and will also be focused on "Ethics & You," presented and facilitated by Linda High, BA, JD.

This event is open to everyone in the Marital and Family Profession and will be from 11:30am through 3:00pm. If

you would like to attend please contact me by email at cindy@helping-heart.com to register you and I will be able

to offer you a Certificate of Attendance for 3 hours for attending. Future Network Luncheons are going to be

planned for every two months and depending on the turn out for the one in Knoxville and the one in Chattanooga,

there will be consideration given to setting up a Network Luncheon for Johnson City, TN.