



The Michigan Mentor

Newsletter of the
MICHIGAN ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY

A Division of the American Association for Marriage and Family Therapy

www.michiganfamilytherapy.org



1st Quarter, 2010

PRESIDENT'S MESSAGE

Tianna Rooney, PhD, LMFT

Happy New Year! As 2010 whisks in I am excited to begin my term as President of the Michigan Association for Marriage and Family Therapy. I have been fortunate to shadow Dr. Kathleen Jager for the past 2 years in preparation for my tenure. A big thanks to Dr. Jager for her dedication and continued passion for the field of MFT and our state organization.

I want to take a moment to share with each of you my vision and goals that will guide my presidency over the next two years. First, the legislative efforts taken on by MAMFT and supported by AAMFT are undoubtedly the most significant charge that needs to be continued. Senate Bill 14 is currently in the Health Policy Committee and we are awaiting a vote soon. As many of you know, SB14 is vital to the long-term health of the MFT profession in Michigan. In essence, SB14 aims to update and clarify our scope of practice by inserting the terms "psychotherapy", "individuals" and "diagnosis" into our law.

Secondly, offering opportunities to our members is a significant goal during my tenure. Opportunities in the form of educational conferences, networking venues and new professional events top the list. These events bring together the players (you) of our larger system and allow our theoretical orientation to be experienced. "The whole is greater than the sum of its parts". We cannot continue to survive isolated and independent from one another. There is too much to be gained from coming together and sharing wisdom and perspective. I believe there is tremendous value in human interaction, it is why I chose the MFT profession and I make the assumption that you share in this value. Therefore, please join me at one of the upcoming events that will take place during 2010 to share in the energy of our wonderful profession! I hope to meet each of you face to face in the near future whether at Lobby Day, the Spring Conference, or a New Professionals event.

Thirdly, I am embarking on a P.R. campaign. A "Public Recognition" campaign that aims to educate Michiganders about the profession of MFT along with what we are trained and capable of providing as clinicians. We need and deserve to be known as the competent, well-trained, systems-thinking professionals that we are. This movement requires just that – movement. I can not do this alone and will call on each of you to assist in using your MFT voice to educate our neighbors, business people, community leaders and other health care professionals about who we are and what we do.

I acknowledge that I am one person. I am surrounded by a strong Board of Directors that you have elected – thank you for choosing these people, they are serving you well. However, the vision and goals that I have set out to accomplish require the unification of our many pieces of the MFT system. I need your commitment, your energy and your dedication to the field that you have chosen to represent your professional identity. Thank you for your trust in electing me to this position; I vow to serve you to the best of my abilities and balance both immediate and future needs of the MFT profession and the MAMFT.

OPC Clinic Farmington Hills

Seeking a full/part-time, partner/associate. Prefer if you have a developed practice (patient load, referral sources). Prefer child therapist.

Must have PhD, PsyD, LMSW, MA, LLP or LMFT.

Most major insurances accepted.

Call MaryAnne at: Northwest Counseling 248-254-3332 or fax resume to 248-254-3333.

If you are interested in placing an ad in The Michigan Mentor please contact mamftmi@yahoo.com

Welcome from the Executive Director

Carrie Coen, LMFT

I am so excited to start 2010! Among other exciting ventures in my year I was also selected by the MAMFT board to fill the position of Executive Director. In the end of 2009 the board elected to move to a new model of governance inspired by the leadership of other state divisions of AAMFT. In this role I will fulfill administrative needs of the board as well as represent our profession and act as a liaison between the board and you, the members of MAMFT. The latter was of most importance to the board members. By having a practicing therapist in this role the board's intent is to give you efficient and informed response to your questions, concerns, and ideas. Thankfully, due to the tireless work and organization of Caroline Dykstra, our former administrative assistant, the transition to this new leadership model has been smooth and fun! Thank you, Caroline, for the work and support you have given to MAMFT for the last 2 years. Since Caroline did her marvelous job from Grand Rapids and I live in work on the southeast side of the state the contact information for MAMFT has changed. You can continue to reach me by email at mamftmi@yahoo.com. By phone the new number is (248) 763-6537. Our updated address is.

MAMFT
33228 W. 12 Mile Rd, #206
Farmington Hills, MI 48334

I look forward to my future communications with you.

Legislative Update from Lobbyist, Kevin McKinney

Work continues on MAMFT's top legislative priority (SB 14) which clarifies and updates LMFT's scope of practice under Michigan's Public Health Code. Before the 2009 Holidays, Tianna Rooney, Kathleen Jager and MAMFT lobbyist met with bill sponsor Senator Hardiman's office to discuss further strategies and timeframes to move SB 14. Further discussions are taking place between Senator Hardiman's office and that of Senator Tom George's (Chair of the Senate Health Policy Committee) to address the opposition's concerns to the bill. It is the hope of the bill sponsor to request committee action in the Senate in the coming weeks. MAMFT will keep all of you posted as to the progress of future discussions on the bill and the likely date of any committee action. Also, please reach out to your local senator and representative where you either work or reside or both and ask for support for the bill. Any comments or concerns from your elected officials should be shared with either Tianna or Kathleen. As always, thank you for your persistence and patience in the political and legislative process.

STUDENT CORNER

E R

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Welcome to 2010! With the dawning of a new year, each and every one of us are able to redefine and reposition ourselves in such a manner which leads to the further enhancement of our professional selves. There are several ways one might choose to enhance their professional identity. Examples might include:

1. Subscribing to a new professional journal.
2. Committing to attend one new conference.
3. Deciding to submit an individual or group presentation idea to a conference.
4. Volunteering your professional services to a community or professional organizations.

The benefits of actively working to enhance your professional selves include:

1. Allows you the chance to diversify your professional experience(s) during critical graduate training years.
2. Positions you to gain insight on valuable postgraduate experiences associated with the MFT profession.
3. Provides you with an opportunity to learn more about different MFT specialties (e.g. sex therapy, private practice, community work, etc...).
4. Provides you with a chance to build and expand your professional network.
5. Provides you with the opportunity to give back to the profession in a meaningful way.

MAMFT is giving you the opportunity to expand your professional self! On April 16, 2010, MAMFT will be hosting a clinical conference. This conference will take place at Hannah Community Center from 8:30 am to 4:30pm. This conference will help expand your professional self by providing you the opportunity to submit a poster abstract and possibly be selected to present during the poster session portion of the conference. In addition, to allowing you to reap benefits number one through four, this conference has an opportunity for you to demonstrate your knowledge as a new MFT professional by providing others with vital information that will be sure to help in their professional development (benefit number five). In addition, just for presenting a poster you will receive \$10 off your conference fee! You just can't go wrong with submitting a poster abstract for the upcoming conference. Don't delay your chance to begin building and expanding your professional self in 2010! The proposal form for submitting a poster can be found at the end of this newsletter.

Lobby Update from Katie Bozek

Greetings everyone!!!

As you may know we had our 4th annual Lobby Day on November 4, 2009. Lobby Day serves as one of our legislative efforts to educate our legislators on the field of marriage & family therapy as well as the importance of SB14, which updates and clarifies our scope of practice.

Prior to Lobby Day we had 72 people RSVP; however, we only had a total of 49 people attend. Of those 75% were graduate level students from MSU, and approximately 25% were undergraduate students from CMU. Outside of the MAMFT Board members we did not have any clinical members attend.

Though we did not have a very high turnout for this critical day, those that did attend showed a high level of dedication to the field and to educating our legislators about our field. We had a full day of meetings scheduled with various state senators and representatives. During these meetings, attendees talked about what MFT is, what we do, and the people we serve. The students from CMU talked about their desire to go into the field of MFT and their reasons why.

During the lunch-time break there was a rousing panel that discussed the importance of, and the how-to's of initiating and continuing a collaborative relationship with other professionals entitled: Effective Collaboration Across Disciplines. The panel consisted of Pastor David Dummitt of 242 Church in Howell; Dr. David Sandberg, a Psychologist and Director of Child Behavioral Health, Dept of Pediatrics in the U of M Medical School; and Dr. Elizabeth Kozlowski, a Family Medicine D.O. working within Capital Internal Medicine Associates and involved with Resident Education with Ingham Regional Medical Center in Lansing. They talked about how they collaborate, and would like to collaborate with family therapists.

Overall, it was a wonderful day of communicating and educating our legislators, as well as socializing with other therapists from around the state. Please stay tuned for more legislative updates as we continue to work to get SB14 passed in the Senate.

Attention: Marriage and Family Therapists

We want to hear from you!

As the President mentioned in her article the MAMFT board is working hard this year to increase exposure of Marriage and Family Therapists across the state of Michigan. Please let us know if you

- are featured in the press
- have a clever idea for getting the word out about MFTs
- are taking on a new endeavor that utilizes your MFT skills in a creative way
- have a desire to advertise your business or post a job opening in the Michigan Mentor

as we will use this information spread the word about the possibilities for MFTs in this state.

Contact **MAMFT** to share your ideas by

phone: (248) 763-6537

email: mamftmi@yahoo.com

Or check us out on Facebook by searching **MAMFT**

Newsletter article for MAMFT Newsletter – 1st quarter of 2010

By Jan Talen, LMFT

Winter Wonders or War?

Welcome to 2010 - with it's new beginnings and steady or old pasts blending together. I often find it intriguing, especially for us in Michigan, that the time of New Year's Resolutions and long, dark, depressing winter days happen at the same. Resolutions are meant to bring us hope, motivation and anticipation of a new and better life. Yet the dark days of January can often squash and hinder even the best of intentions. So, how do we help our clients adjust to these realities: that the good and difficult are often juxtaposed and that it is healthy to incorporate them both into our personal and relational lives. I find that using the word WINTER in an acronym is concrete and specific enough to be helpful through some of these snowy days.

W: Wonder and awe at the miracle of changing seasons: that dead-looking things will come back to life in time, that you can actually walk on water, that creative play through snowmen, angels and forts is only possible now...Enjoy it by walking outside (warm clothes help this be enjoyable, of course), taking a drive along a river, walking by the lakeshore and exploring the icebergs, watching your breath float away, hearing the crutch of the snow under your feet.

I: Intrigue and Interest with those we are around, and the circumstances we find ourselves in. Be curious about what is new and different for a repetitive situation: ask how and why with intrigue, not disdain, as your attitude.

N: New thoughts and approaches to old circumstances: just as in winter we put away our summer toys and clothes for a while, we can also put away some of our other unneeded habits and behaviors for a while and approach life with new ways of dealing with circumstances and behaviors. In the summer I go across the water in my powerboat; in the winter I go across the water on my skates or iceboat. I put my water skis away and take out my snowboard. The desire of wanting to go fast over water is the same; my approach on how to do this now fits the circumstances more appropriately and pleasingly.

T: Tenderness and Touch that is gentle and kind helps to ease the tension of blah days. Use these often, for yourself and for others. They will help the time of waiting for summer and sunshine to go by faster.

E: Experience and Expressions of joy, gladness and delight at the simple things – warmth of a fire, beauty in a snowflake, a smile, warm cookies, beef stew -- ease the anxiety and heaviness of dark days. Do them for yourself and for those you are around.

R: Rest – with a cup of tea or hot chocolate, a good book, good, truthful and gentle thoughts or a good friend – is good for your body and for your soul to take time to review, regroup and renew through resting.

So, take a moment to adjust your own attitude towards this new year and towards these winter days so that you can accompany your clients into this year with joy and hope.

MAMFT Inquiries

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2010 Board of Directors

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SAVE THE DATE!

MAMFT Clinical Conference

- Friday, April 16th from 8:30am-4pm
- To be held at the Hannah Community Center in East Lansing, MI
- Attendees will be able to cater their conference experience to meet their unique needs with 4 workshops to choose from with different clinical topics offered
- The Michigan Association for Marriage and Family Therapy is offering this “Bang for your Buck” conference as a way of trying to be sensitive to tough economic times. The reduced cost for this year’s event is offered at the following rates:

General admission: \$70

Student: \$45

Groups of 3 or more receive a \$10 discount per registration

Individuals presenting a poster receive a \$10 discount

- Lunch is included in the cost of conference registration
- Other features of this year’s conference include:
 - Poster Session
 - Round Table Networking
 - Silent Auction and Bake Sale

Watch for more specific information to follow via email and on our website at

www.michiganfamilytherapy.org

Michigan Association for Marriage and Family Therapy
2010 Annual Conference
Hannah Community Center, East Lansing, MI
April 16, 2010
Request for Poster Presentation Proposals

The Michigan Association for Marriage and Family Therapy (MAMFT) is inviting poster presentation proposals for the 2010 MAMFT annual conference. Students, researchers and practitioners from all levels of professional development are encouraged to submit their work at this state level, juried conference.

Proposal Submission Information

Posters will be detailed displays that summarize completed research/practice, project conceptualizations, or methodologies and include referenced literature, perhaps some diagrams and methodologies.

- Using the template provided below, provide the title, abstract, and proposal. Your proposal should include a one to two page summary of the poster presentation (500 word maximum). If the poster presentation is the report of research, provide a brief summary of the study, including the rationale, method, data analysis, results, and conclusions (to the extent that these are available at the time of submission). If your proposal does not include data analysis, integrate current literature and theory on your chosen topic to present a coherent summary of your presentation.
 - Send all proposal materials to Asha Barber Sutton, MAMFT Student Representative, at barbera7@msu.edu
 - Proposals must be received by March 1th, 2010.
 - Final decisions about the acceptance of proposals will be made by a proposal review committee and communicated to the submitters by March 8th, 2010 via email.
 - Presenters will be required to bring their own three-fold presentation board and push pins.
 - Copies of the presentation should be available for distribution.
 - Presenters must register for the conference at their appropriate (student or professional) rate.
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Michigan Association for Marriage and Family Therapy

2010 Annual Conference

Hannah Community Center, East Lansing, MI

April 16, 2010

Request for Poster Presentation Proposals

Poster Proposal Template

Name(s): _____

Institutional affiliation: _____

Email: _____

Poster Title: _____

Abstract: Provide an abstract (50-word maximum) giving a description of the proposed activity.

Proposal: Attach a one to two page description of the proposed presentation (500 word maximum).