

The KAMFT Newsletter

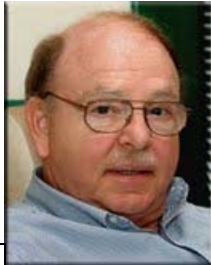
January 2010



From the board

New way to communicate

We're delighted to announce that we are **reviving the KAMFT newsletter** and will distribute it to you by email twice a year. The print newsletter, which we discontinued in 2007, was expensive and time-consuming to produce, thus we struggled to get it out on schedule. We hope the **online version will reach you in a more timely way** and that the easy-to-read format will help you to keep up with events, opportunities and updates for MFTs in Kentucky. As you'll see below, we've included **sections on practicing, licensing, training, members, agencies and supporters.**



Mike Rankin

Exciting professional development opportunities in 2010

We're especially glad to get the newsletter out now because there's so much to tell you about in the coming year: **Master couples therapist Bill Doherty** headlines our annual conference on Feb. 25 and 26 in Louisville; **Sue Johnson, one of the creators of Emotionally-Focused Therapy (EFT)** for couples, will hold a workshop in Louisville on Oct. 15 in Louisville. Get a discount for Johnson by registering early at the conference!

KAMFT on the job for you

As you know, our association represents our 300 members – and indeed **all MFTs in Kentucky, including 472 licensed therapists and 160 associates** – in a variety of ways. Among other things, we pay for a lobbyist's time to advocate on behalf of MFTs when the state legislature meets each January. This ensures that our interests are both protected and promoted in any legislation that affects the mental health services in Kentucky.



Richard Applegate

Our board is also in the process of **finalizing a strategic plan to serve the profession even more effectively** over the next four or five years. A consultant helped us hone our goals for **marketing the profession, increasing membership and fund-raising.** This plan will be posted on our website during the first quarter of 2010 and will be discussed at the annual KAMFT conference in late February.

-- Richard Applegate, president, and Mike Rankin, executive director



Couples Crash Course: Feb. 25 and 26

Each February, KAMFT's two-day annual conference provides useful and engaging presentations to expand your skill base and **meet the state's annual requirements for 15 continuing education units (CEUs) for licensed MFTs**. This year's conference focuses on developing or updating skills in working with couples -- ***Couples Crash Course: A Relational Review***. This is a bargain at \$185 for both days for licensed MFTs who are KAMFT members who **register by Jan. 31, 2010**. Other rates and deadlines are included in our brochure, which you can find on the website at www.kamft.org.

Important note: Please check the workshops you want on your registration form. You will receive workshop tickets (for specific workshops) with your registration packet at the conference. Without the right ticket, you won't be admitted to the workshop! This is to prevent overcrowding in smaller rooms. If you have already sent in your registration and forgot to sign up for workshops, please send an email to bridgetmorgan@live.com to let her know which workshops you want.

Featured speaker Bill Doherty

This year's conference focuses on couples therapy and we're fortunate to have therapist and author Bill Doherty, who will present on Friday. Doherty has gained a national and international reputation for his ability to **pinpoint where couples therapy goes wrong and help beginning and experienced therapists get back on track**.

Doherty will Here's an excerpt from Doherty's website about **why couples therapy can be so difficult**:

*For starters, there is an ever-present risk of winning one spouse's allegiance at the expense of the other ... A brilliant therapeutic observation can blow up in your face when one spouse thinks you are genius and the other thinks you are clueless or worse, allied with the enemy ... **Couple sessions can be scenes of rapid escalation uncommon in individual therapy and even family therapy.** Lose control over the process for fifteen seconds and you can have spouses screaming at each other and wondering why they are paying you to watch them mix it up ...*



Bill Doherty

Even more unnerving is the fact that couples therapy often begins with the threat that the couple will split up ... If couples therapy were a sport, it would resemble wrestling, not baseball—because it can be over in a flash if you don't have your wits about you.

Top speakers Thursday

We also have a sterling lineup of presentations on Thursday. In the morning you can choose from an introduction to **Gottman Method** Couples Therapy with Jonathan Shippey, MA.MFT, LMFT; new ways to **help couples stop arguing** and start affirming from John D. Lentz, D.Min.; and **dealing with confessions** in couples therapy with David Steere, Ph.D.

In the afternoon, you can choose from a repeat of the **Gottman Method** with Shippey; the **use of client feedback** in couples therapy with Barry Wintead, M.Div., MA, LMFT, and Jesse Owen, Ph.D; and interventions from Relationship Enhancement Therapy to **help couples move past unresolved conflicts** with Mary Ortwein, MS, LMFT.

For details and a registration form, go to our website at www.kamft.org. **Early bird registration ends on January 31, so hurry!**

More upcoming events



Workshop with Sue Johnson

Johnson, one of the founders of emotionally-focused couple therapy (EFT), will present an **eight-hour workshop for MFTs in Louisville on Friday, Oct. 15**. If you register at the February KAMFT conference, your cost is only \$110 (\$95 for students)! Otherwise, the cost ranges from \$125 to \$155 depending on how early you register. After the conference, the registration form will be available on our website, www.kamft.org.

Johnson's workshop, *Creating Connections: The New Science of Love*, will be 8:30 a.m. to 5 p.m. at **St. Matthews Baptist Church in Louisville**. Lunch is on your own.

Johnson, professor of psychology and psychiatry at Ottawa University, is among the MFT world's most respected leaders, having distinguished herself in scholarship, theory and clinical practice. Among other awards, she received the **AAMFT's Outstanding Contribution to the Field of Marriage and Family Therapy Award** in 2000. Her best-known book is *The Practice of Emotionally Focused Couple Therapy: Creating Connection*. Find more information at www.eft.ca, ocfi@magma.ca, and www.iceeft.com.

Nearby AAMFT conference in 2010

The national conference will be Sept. 23-26 in Atlanta. Check the national website for updates on registration, www.aamft.org.

KAMFT news

KAMFT spent much of 2009 updating and evaluating our services so that we can best serve members and the profession. Here's a rundown.

Revised bylaws

In 2009 the KAMFT membership approved, by a greater than two-thirds vote, a revision in our organizational by-laws that went into effect on March 21, 2009. The revision changed the governance structure to ensure full representation of the membership on the board, while promoting more effective board process. It **created seats for both student and associate members and improved geographic representation** of the general membership. In addition, our bylaws are now in line with what AAMFT recommends for a division. We are in the final stages of retooling to begin better serving the needs of our membership.

New board members

As required by the by-laws revision, many new board members were elected. In addition to the president, KAMFT officers include **Donna Russow** (president-elect), **Judy Stubbs** (treasurer), and **Mitzi Richardson** (secretary). The board of directors include **Eli Karam** (director of professional development), **La Verne Terry-Cox** (elections chair), **Dawn Pendleton** (central regional representative), **Brien Hill** (eastern regional representative), **William Lafayette** (western regional representative), **Zachary Crouch** (student representative), and **Amanda Campbell** (associate representative).

There are countless other volunteers working on various committees who ensure the smooth operation of our association. Special thanks to **Michelle Stillwagon for her work with the Mentors Program** and **Fran Ellers** for reviving the newsletter. We

will recognize the members of the Program Committee, which plans our annual conference, at the conference on Feb. 25 and 26, 2010.

Updated website

We hope to develop the website to serve as a marketing tool for client referrals as well as a resource to our members. **Jesse Waltz**, associate member, is heading this project. The changes will also allow members to pay for workshops on-line. Many thanks to **Steve Milans**, current webmaster, who has tirelessly volunteered for several years to provide us with a high quality website.

The national scene

Besides maintaining a presence in Frankfort, each year the president, president-elect, and executive director meet with our members of Congress in Washington, D.C., to promote issues of importance to the profession. As you are probably aware, last year marriage and family therapy obtained licensure in all 50 states. *U.S. News & World Report* ranked **marriage and family therapy as one of the 50 best careers for 2010**. Such gains stem from the efforts of marriage and family therapists working at all levels.

Volunteering

If you are interested in giving back to the profession through greater involvement in KAMFT, contact La Verne Terry-Cox (at laVerneandWilliam.Cox@insightbb.com) to find out how you might be of assistance. If you are not interested in running for office, there are still projects in which you might be able to lend your time and energy. The more folks who get involved, the more we will be able to accomplish!

From the president-elect

My goal is to continue to maintain the KAMFT membership base while adding new



Donna Russow

members; the board and I are also working to add value to your membership. As I learned at the AAMFT conference in Sacramento in October 2009, we have more members – and have made more advances – than many states! I hope in 2010 to be able to post on the website and distribute to you in our newsletter a list of the many gains that KAMFT has made for our profession. Some organizations call these “talking

points” or “elevator speeches.” Often they are unintentionally “well-kept secrets” that we need to share. We have other projects in the works as well to make involvement in KAMFT easier and more rewarding for everyone.

-- Donna Russow

Updates on ...

Practice: “It worked for me ...”

As part of our new approach to the newsletter, we’re introducing a **question/answer interview with an MFT**. The idea is to share best practices and insights with the KAMFT members.

We decided to start with **the dean of marriage and family therapists in Kentucky, Bill Gorman**, who at age 81 is still seeing clients four days a week. Bill is married to marriage and family therapist Celeste Gorman, who retired a few years ago; they were in practice together for many years.

Bill has been **in private practice in Louisville for 36 years. He has three master’s degrees** – in religious education from Catholic University in Washington, D.C., in guidance and counseling from Spalding University, and in divinity from St. Meinrad.

He also completed post-graduate clinical residencies in marriage and family therapy and crisis intervention at the Texas Medical Center, Houston, Tx., and is a certified sex therapist.

Bill and Celeste were instrumental in the development of KAMFT as well as the certification and licensure of marriage and family therapists in Kentucky. In 1998 Bill received the **Distinguished Contribution to Marriage and Family Life Award** for Meritorious Service to Families in the Commonwealth of Kentucky.

Bill works with individuals, families and couples; he enjoys couples the most. The interview focuses on his work with them.

How has your approach to therapy evolved over the years?

I’m a voracious reader and student. I like to keep learning, and my approach has evolved as I have. Also, I feel I have an understanding that just comes from getting older and continuing to learn from my clients what’s needed.

In some ways **I keep going back to my heroes**, the leading therapists I grew up with – Carl Whitaker, Jay Haley, Virginia Satir, Don Williamson, Milton Erickson, Salvador Minuchin, Ivan Boszormenyi-Nagy.

It is so important to facilitate **a shift in a troubled couples' system so that they can see new ways to be together.** I've worked many years to develop what I think are helpful ways to do that with couples. No particular approach works with everyone, so it is important to sense what is going on with a couple and **leave yourself open to a variety of approaches.**

When somebody asks me why I used this or that approach with a particular client, I think of Don Williamson, one of those heroes, who would answer that question by saying, **"It seemed like a good thing to do at the time."** He wasn't saying "You need to do it this way" or "I knew this was the right thing when I tried it." He's just saying it seemed like a good thing to do. Doing therapy is an adventure, a discovery. That's what I love about it.

What are some of the approaches you use?

I have learned a lot about **the impact of family of origin, birth order interaction and communication styles.** We really are so formed by that family of origin, for good or ill. Nevertheless we have a "loyalty" to it, and this loyalty can make marriage extremely difficult (Ivan Boszormenyi-Nagy).

I have focused significantly on teaching negotiation. I've learned few people know how to negotiate. Couples tend to take opposing positions out of "loyalty" to their families of origin. They know how to maneuver but not how to negotiate. They may trade off but that's not negotiation.

They have to come up with a third way and that becomes their new loyalty. In this third way, together, through negotiation, they co-create a new system that is uniquely their own.

I do enjoy periodically doing some **psycho-education** where appropriate in the areas of gender, family of origin, birth order, sex, money, parenting and in-laws. You can't just talk about feelings.

Also, I might give a couple unusual homework as their system is changing. In one case I told a couple they could set aside **a half hour a day to fight but they had to do it barefooted.** Or I might ask each partner to tell the history of his or her family in front of the other partner. I use whatever seems helpful to the particular couple.

Along the way I've learned to make myself the odd man out of the triangle in the room so the focus is on the couple and their interaction.

How do you think KAMFT can support the work of Kentucky MFTs?

I would love to be able to **watch master therapists actively do therapy** with clients. It's a powerful way to learn and we did it a lot in the beginning years of KAMFT. Of course there are ethical concerns we would have to address, but it's worth it.

I learned so much when I was in Houston and able to observe and be observed by therapists such as Williamson, George Doherty, Don Young and Maurice Taggart. They changed my life.

I also learned from regularly meeting with younger therapists here in Louisville over the years. We used to get together as a group on many Sunday mornings and talk about our work. I was as much a learner as they were. I think KAMFT's mentoring program is a great idea, and I hope it flourishes.

Licensing

The Kentucky Board of Licensure for Marriage and Family Therapists will contribute regularly to the newsletter. Information is also available on its website, <http://mft.ky.gov>. Here, **Tony Watkins, board chair**, provides information about recent changes.

Fee increase

State licensure boards are subject to having a portion of their funds “swept” (taken away) to supplement the state budget. The MFT licensure board has been swept more than once. The last time money was taken, in 2008, **the board was put at risk of running out of operating funds in a matter of just a few years. As a result, we proposed a change in our state regulations to increase fees for licensees.** The Legislative Research Commission (LRC) has approved the change. The list of adjusted fees is:

Continuing education (CE) applications: \$25 each, cap of \$250 for one month

Initial Associate application: \$50 annual; renewal fee \$50; late fee \$20 (within 30 days of expiration)

Initial LMFT application: \$50

Initial LMFT licensure fee: \$175; renewal fee \$150; late fee - \$75 (within 90 days of expiration)

Other changes

Other changes that the board wants to make licensees aware of:

1. Starting 2010, **post cards will be sent to remind licensees to renew** their license. The board encourages licensees to renew online; however, applications can be requested by contacting Carolyn Benedict at the board office.
2. Starting 2010, the **plastic license cards will no longer be distributed** to licensees. Licensure verification is available at the board's website and this information is updated to show the immediate status of a licensee.

Supervision regulations

We anticipate approval of our proposed changes to regulations affecting supervisors by March or April but the regulations will not go into effect until January 1, 2011. The proposed changes are posted KAMFT website at

http://www.kamft.org/pdf/2009/New_Proposed_Supervision_Regulations.pdf.

The board encourages licensees to go our website to review minutes from board meetings, the most up-to-date regulations, information on board meeting times, to download applications and much more.

Training

In this section of the newsletter we'll publish updates from Kentucky's four training programs for MFTs, including research and faculty news.

Campbellsville University

Campbellsville University's Carver School of Social Work and Counseling offers a master's of science in counseling with an MFT track on the main campus in Campbellsville and at the Louisville Education Center in Louisville. These are relatively new programs. **There are 26 MFT students at some stage of the process on the Louisville campus**, which is in its third year and directed by Leigh Conver, Ph.D., LMFT. **There are 12** in the program in Campbellsville, which is in its fifth year and is directed by Darlene Eastridge, Ph.D., dean of the Carver School.

The Carver School offers the MSC degree in a "**non-traditional student format**" with evening seminars Monday through Thursday so that adult working students with families can pursue a master's degree in four nine-week trimesters each academic year. The classes are offered in a sequence of face to face and online. The majority of students take two years to complete the seminars and the 300-hour MFT practicum.

Louisville Presbyterian Theological Seminary

Presbyterian Seminary's MFT program is growing and had **25 students at various points in the process in fall 2009**, reports Wayne Clark, director of clinical training. Also in 2009, **Loren Townsend, LMFT and Henry Morris Edmonds Professor of Pastoral Ministry and Professor of Pastoral Care and**

Counseling at LPTS, published a new book, *Introduction to Pastoral Counseling* (Abingdon Press).

Starting in the fall of 2010, LPTS will **shift to a three-year program** (from the current two and one half years). The program is also making curriculum changes in 2010, replacing its Micro Training course (preparing students to sit with clients) with the more in-depth Ministry of Listening course (required before students begin to see clients). LPTS is also adding an elective to the requirements.

University of Kentucky

Information was not available for UK for this newsletter.

University of Louisville

UofL's MFT program, in the Kent School of Social Work, **currently has 29 students including two in its post-master's certification program.** Earlier this year, one of the program's faculty members, **Eli Karam, Ph.D., received the AAMFT Dissertation Award** for the top MFT dissertation in the country. In addition, **Becky Antle, Ph.D., who teaches in the program, has recently been named a University Scholar** at UofL in recognition of her research. She was also named one of Louisville's "40 Under 40 Civic Leaders" by *Business First* magazine.

UofL has recently made curriculum/scheduling changes to streamline its course requirements and better prepare students for their first year practica. It **combined two introductory courses into a longer summer course** which students take before their first practicum; first-year students will also take courses that have previously been scheduled during the final year. Finally, the program is hiring another faculty member to replace Joe Brown, who has retired from teaching, though he still works on programs he developed for divorcing families in the court system.

Western Kentucky University

Western currently has **46 MFT students and four faculty members.** The 60-hour program in the university's Department of Counseling and Student Affairs accepts new students every semester, including summer. Accreditation is through CACREP (Committee for the Accreditation of Counseling and Related Programs) and students receive a master of arts in education.

Among the current research interests for program faculty are the use of **play therapy techniques** in family systems therapy (Don Nims, Ed.D., and Jill Duba, Ph.D.); the **role of religion** in marriage and family therapy (Duba); and the use of the **basic needs genogram** in reality therapy-based marriage and family counseling (Duba and Neresa Minatrea, Ph.D.).

Members

We'd like to report on member news in each newsletter -- have you opened a new office? Changed jobs? Received your license? Published a book or article? Please let us know by emailing the newsletter editor, Fran Ellers, at fsellers@gmail.com.

Agencies

Many employers in Kentucky offer services provided by MFTs. In each newsletter we'll focus on one of them. The following information about Bellewood was provided by **Jerry Cantrell**, executive director and LMFT.

Spotlight on Bellewood

Bellewood Presbyterian Home for Children (www.bellewood.org) serves 250 youth on any given day; **its executive director, Jerry Cantrell, and director of development, Sally Pendleton, are both marriage and family therapists.** Bellewood also contracts with family therapists as necessary to support its work with natural families as well as foster families certified by Bellewood.



In operation for 160 years, Bellewood is a **multi-service private child care agency serving children and youth who have been abused** by their families, disrupted over and over again in the foster care system and left traumatized with no positive, trusting adult relationships. The agency's goal is to stop the cycle of failure, address their trauma and help them to reconnect to supportive adults.

Bellewood offers services in **Lexington, Louisville, Bardstown, Bowling Green, Owensboro and Paducah.** These include intensive residential treatment programs, therapeutic foster care, independent living, and mentoring. **In April 2008 the agency started its first Intensive Family-Based Services Program in Owensboro based on the homebuilder model.** The goal is to work with the family to safely maintain the children in the home.

Homebuilder model

The homebuilder model provides time-limited services which are concentrated over about four to eight weeks. It is designed to **resolve the immediate crisis and teach the skills necessary for the family to remain together.** Each family receives an average of 50 to 80 hours of direct service.

Therapists in this program carry only two to three cases at a time and are on call to their clients 24 hours a day every day. Families are given as much time as they need, when they need it. This also allows close monitoring of potentially dangerous situations. Low caseloads also allow therapists the time to work on specific psycho-educational interventions in addition to the basic needs of the family. While homebuilder-model therapists see the same total number of families per year as therapists in many traditional programs, **the services are concentrated to take advantage of the time when families are experiencing the most pain** and have the most motivation to change.

Therapy services

Services are provided when and where the clients wish. **Therapists provide a wide range of services**, from helping clients meet the basic needs of food, clothing, and shelter, to the most sophisticated therapeutic techniques. Therapists teach families basic skills such as using public transportation systems, budgeting, and when necessary, dealing with the social services system. **They also educate families in areas more commonly associated with counseling**, such as child development, parenting skills, anger management, other mood management skills, communications, and assertiveness. They use a range of research-based interventions, including crisis intervention, motivational interviewing, parent education, skill building, and cognitive/behavioral therapy.

KAMFT supporters

Attorney Eli George Jr. of Louisville operates Smart Resolutions, a divorce mediation firm. He has supported KAMFT as a sponsor/vendor at our annual conference for the last two years and will be with us this year as well. We asked Eli to tell us more about the work he does -- and why.

I started practicing divorce law in 1968. Thirty years later I was motivated by life-threatening experiences to evaluate my work, particularly the adversarial practice of divorce law. Participating in divorce wars, which were being waged for all the wrong reasons, made me unhappy. I wanted the rest of my career to be more meaningful. I wanted to use my knowledge as an attorney to educate divorcing couples in parenting and family law and use whatever people skills I did have to help couples avoid painful and expensive litigation.



Eli George

Today, I am motivated to work. Although it is not my role to save marriages I enjoy helping couples make informed decisions and divorce peacefully, which is a noble enough endeavor for me. And, by avoiding courtrooms I have more time for my clients, time for active listening, real engagement, and time to savor my work. Life isn't perfect but I have solved one problem. I love my work.

You are receiving this newsletter because you are a member or friend of the Kentucky Association of Marriage and Family Therapy. If you wish to be removed from this list, please send an email with "Remove" in the subject line to mdrankin@insightbb.com and we will remove your name.