



The Iowa Marital & Family Therapist

A Bulletin of the Iowa Association for Marriage and Family Therapy

Presidential Report

by Neal Sheeley

I made a long anticipated visit to the National Mississippi River Museum and Aquarium on the Dubuque waterfront the other day. The museum turned out to be as good as I'd heard from several people, and it was clear why it was voted a top attraction in Iowa last year. Watching the fish, river otters, and observing the educational and interactive displays about the history of our state's eastern border river—America's River—provided me with much to think about. The nature of change on the river and the impact of human attempts to alter its nature and course brought the recent activity in our association to mind.

The board of directors of IAMFT approved a new charter with AAMFT at our May meeting in Ames. The charter is the vehicle that defines the Iowa Division's relationship with the national association. It is not long, only seven pages. Yet in those pages are the rules and boundaries of a cooperative and collaborative relationship that will guide many of our actions over the next few years.

The notion that the river can go where it will, especially when driven by the forces of nature, reminded me of IAMFT's efforts with Wellmark Blue Cross-Blue Shield of Iowa. Sometimes it feels like we are pushing a river with Wellmark. Nine years ago, IAMFT began an effort to gain provider status so that mental health services delivered by LMFTs in Iowa could be reimbursed by Wellmark. In that time, dozens of managed care and insurance companies have recognized the value and credibility of marriage and family therapists by adding us to their reimbursable provider lists. Still the Wellmark river continues to flow where it will.

The power and momentum of Wellmark presents a great challenge to IAMFT. Nonetheless we know time and persistence will reveal the value and credibility of MFTs to Wellmark. I invite all IAMFT members to join in this effort. There are many small but incredibly important things that need to be done to achieve our goals. Call me now!



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The Iowa Marital & Family Therapist

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Display advertising must be submitted camera-ready (unless exclusively text, then it must be typed and double spaced) and pre-paid at the following rates:

Price	Type	Size
\$25 (\$20 members)	Classified listing	5 lines
\$50 (\$40 members)	Business card size	2x3 1/2
\$90 (\$72 members)	Quarter page	3 9/16 x 4 3/4
\$150 (\$125 members)	Half page	7 1/2 x 4 3/4
\$300 (\$200 members)	Full page	7 1/2 x 9 1/2
FREE for IAMFT members	Job Postings	—

Submissions are to be sent directly to the editor. Please make checks for advertising payable to IAMFT and send to Megan J Murphy Ph.D., 4380 Palmer Building, Iowa State University, Ames, IA 50011-4380; 515-294-2745; mjmurphy@iastate.edu.

The editor reserves the right to reject, abridge or modify any advertising or other submitted material as deemed appropriate. Opinions expressed by the editorial staff of *The Iowa Marital & Family Therapist* by articles published, advertisements, and letters to the editor do not necessarily reflect the views of AAMFT, the IAMFT officers and board of directors, or the IAMFT membership.

2006 Conference Reflections

by Peg O'Rourke

The 2006 IAMFT conference shared with IMHCA was a well rounded gathering in many ways. We were able to give a student a chance to enhance her presenting skills, we shared the podium with two presenters procured by IMHCA and we all enjoyed a day with Barry Duncan as he talked about impossible cases. All this and 13.5 CEUs as well.

I am wondering if this is, then, a successful conference? Perhaps the above description is a good definition of success and perhaps there is more to it. A central location in a beautiful facility, networking, long conversations, discussions of practice and frustrations, third party payment, fun, food, exchanges of ideas....

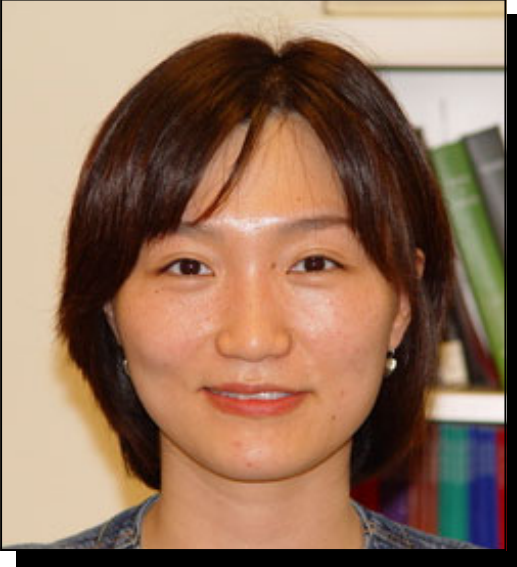
I hope that participants see the conference as all that and as an opportunity to support their state organizations and their professions. We are not large but we are mighty in that we are a well-trained, ethical and loyal group of people...some of the finest I know.

The boards of IAMFT and IMHCA will decide soon if we shall share another conference. I would challenge those who did not attend this year to attend next year and see what I saw, and feel what I felt about this terrific blend of people and talent and ideas.

FROM THE TREASURER:

I strongly encourage you to make a donation to IAMFT. Because we are a very small organization, every dollar counts—and goes a long way. Donations of any amount are gladly accepted and very much appreciated! You can send a check payable to IAMFT to: Megan Murphy, 4380 Palmer Bldg., Ames, IA 50011-4380 (email: mjmurphy@iastate.edu).

Student Spotlight - Hee-Sun Cheon



multicultural families, geared toward international students' spouses and their children in 2000 and led a children's theatre in 2001 funded by Kansas State University. One of my programs for international students became the topic of my master thesis and the outcomes were presented at the International Theatre/Drama & Education Congress in Berger, Norway, 2001.

I feel fortunate that I discovered the MFT program at Iowa State University, where the faculty and staff are supportive and friendly. Since being at ISU, I have had many opportunities to become involved in clinical and research-based experiences. I have been working as an in-home therapist at Mid Iowa Family

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Hi. I am currently a doctoral candidate in Human Development and Family Studies, specializing in Marriage and Family Therapy (MFT), at Iowa State University. I completed my Master of Arts in Theatre with emphasis in Drama Therapy in 2001 at Kansas State University in Manhattan and received my Bachelor of Arts in Theatre in 1999 from Hanyang University in Seoul, Korea. People who know my educational backgrounds often ask me how I got into the field of marriage and family therapy. I tend to start my story with "To make a long story short..." because it has been a long journey for me to get where I am now. I knew nothing about the field of MFT back in Korea and feel like I took lots of detours to become a marriage and family therapist. However, I really appreciate all the detours I took because I am a person who believes there are things, which can be taught by education and training, but there are many other things which can be learned from life experiences.

It was during my acting classes where I realized the power of healing of arts and drama, and this realization led me to the Kang Dong psychiatric hospital in Seoul, Korea where we did role-play and theatric skits with inpatients. After graduation, I came to the USA to study Drama Therapy. During my stay at Kansas State University, I organized several programs for international students and their families. I facilitated arts and drama programs for

Job Connections

Employers seeking to hire IAMFT members are invited to post their openings in the IAMFT newsletter for free! Please contact Mike at IAMFTCommunications@yahoo.com to list your position or find out more.

Current Openings:

Thriving private psychotherapy practice (est. 1993) located in a historic and beautiful city has an opening in August 06 for a licensed mental health professional. Client base already in place for a child specialist or play therapist! Potential earnings approx. \$48,000-55,000/year. Health insurance provided. Send resume and cover letter to:

Dr. Peg O'Rourke
The O'Rourke Group P.C.
610 N 4th St, Suite 110
Burlington, Iowa 52601
Fax 319-754-9213
Phone 1-800-330-6472



Student Spotlight Hee-Sun Cheon

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Therapy Clinic for a year and also conducting studies such as supervision satisfaction, contemporary views on commitment and marriage, and family of origin's influence on adult children's intimate relationships. One of these studies was presented at the National Council of Family Relations, 2005. In addition, I will be presenting a paper exploring the parallels between Brechtian theatre and narrative couple and family therapy by focusing on the distancing effect as a change-producing activity at the National Association of Drama Therapy Conference, 2006.

My research interests primarily include studies of therapy effectiveness, self-of-the-therapist, supervision, and diversity in MFT. However, for my dissertation, I am currently testing the validity of personality measurement developed by a drama therapist and exploring its clinical implications in MFT settings. In addition, I will gain more training in Playback Theatre, one of the branches in Drama Therapy where people are invited to share their stories and watch their stories re-enacted by actors, and I do hope to form a Playback Theatre company someday. My clinical interests include postmodern approaches as well as more classical techniques in the tradition of the experiential approaches.

My personal life includes activities with my husband, Hyuckjin, and 4 year-old daughter, Euna. We will be visiting our family in Phoenix, Arizona for a summer vacation and after we come back, I will be organizing a Korean class for Korean-American children in Ames to teach Korean and Korean culture.

GOOD STUFF

From the "It's never too early" file: The IAMFT Annual Conference will be held March 30-31, 2007 at the DMACC Conference Center in Newton, IA. More information will be posted as the conference nears.

WEB WATCH

Visit AAMFT website:

www.aamft.org

Visit IAMFT website:

www.iamft.com

Visit the APA website:

www.apa.org

Visit the ACA website:

www.counseling.org

Visit the NASW website:

www.naswdc.org

Visit NCFR website:

www.ncfr.org

Stay abreast with important state legislation: www.legis.state.ia.us

UPCOMING DATES

IAMFT Board of Directors Meeting

September 13, 2006 10:00 A.M.

Home of Louise Gisolfi

13 Briar Ridge Rd. Iowa City, IA

319-351-8922

Ethics Committee Meeting

September 15, 2006 10:00 A.M.

Office of Keith Schrag

233 S. Walnut, Ste. B Ames, IA

515-232-3482

Agenda:

Next year's Ethics Workshop and reviewing manuscripts for vignettes.

Updates on potential speakers for Conference works.

All IAMFT members welcome to attend.



Student Spotlight - Abbie Heiberger



I am currently a second year masters student at Iowa State, working toward a degree in Human Development and Family Studies, with specialization in Marriage and Family Therapy. My coursework is almost completed, and if all goes according to plan I will be finished with classes and have my thesis defended by mid-June.

I am originally from a small town called Farley, near Dubuque, where my parents own a bowling center/restaurant. I am an only child, although it has never felt this way. I am very close to my extended family and have a large number of young cousins who provide never-ending entertainment.

I came to ISU in 2004, straight from the University of Northern Iowa, where I completed my undergraduate degrees in Psychology and Family Services. Through heavy course loads, summer classes, and some sacrificed weekends, I was able to graduate Summa Cum Laude with both degrees in three years. Although I originally chose the Family Services degree because it conveniently required many of the same courses as Psychology (my original major), I soon developed a strong interest in systems theory and working with families. I visited and researched several marriage and family therapy

graduate programs in the Midwest, but after meeting the faculty and my potential classmates at the ISU interview day, I was sold.

While at Iowa State, I participated in a number of extra-curricular activities. For the period of time I lived in Ames, I volunteered as an on-call mediator for Youth and Shelter Services. I attended two state IAMFT conferences thus far, and plan on attending many more! In addition, I contributed to a research project regarding the therapeutic alliance and helped present the results at the national AAMFT conference in October.

My participation in this research sparked my interest in therapeutic process variables, and I decided this was a topic I could concentrate on for my thesis. I am currently examining the association between client-related variables (e.g., anxiety, hostility, self-esteem) and premature termination from therapy. It has proved to be a very interesting and challenging topic!

In September my boyfriend, Steve, and I purchased our first home in Des Moines. After about six years of dating, we got engaged in February. We often joke that doing these things “in order” simply isn’t our style. We share our house with two cats, and later this month we will be adopting a puppy—my early graduation present!

IAMFT NEIGHBORHOOD

I would like to invite IAMFT members to submit a digital picture and a brief biography of themselves. I hope this will become a regular feature of our newsletter and allow members to get to know one another, develop more cohesion as an organization, and provide networking and referral opportunities. If you are interested and willing, please send your picture and information about yourself, your background and interests, and your practice (with contact information) to

IAMFTCommunications@yahoo.com.

You may be as brief or as detailed as you wish. Lets get to know each other!!

Student Spotlight - Natalie Lonsdale



I was raised in a small town west of Des Moines called Stuart, Iowa. My parents still live in the house that my siblings and I grew up in. I am the youngest of three, and the only sibling that stayed in Iowa. I received my undergraduate degree at the University of Iowa and majored in Psychology and Sociology, and minored in Human Relations. After a short stint in Portland, Oregon, I decided I wanted to be closer to my family so I moved back to Iowa. My fiancé and I bought a house in Des Moines and currently live there with our two cats.

Although I always knew I wanted to be a therapist, I decided to work for a while before getting my masters degree. I worked in human resources and recruiting for four years before I went back to school. I was accepted into the Marriage and Family Therapy program at Iowa State University in the fall of 2004. I will graduate the program this August 2006. I have been offered a job at Life Works, a company that provides therapy services, and hope to start shortly after graduation. In addition, I will be getting married later this year in Napa Valley, California.

Communication Report

My fellow colleagues and friends, it is an honor to serve as your member-at-large for communications. I am humbled by your support and will work hard to make our electronic newsletter informative and helpful. I am privileged to build off the fine efforts of my predecessors who have done much to make the IAMFT newsletter the chief mechanism of disseminating important information to IAMFT members.

I hope to make the newsletter a means of informing you about information pertinent to your practice and our state organization in a manner that is succinct and worthy of your valued time. I am asking for your assistance in making the newsletter truly useful for our members by sharing your ideas for improvement and comments with me. I can be contacted at IAMFTCommunications@yahoo.com. I look forward to hearing from you!

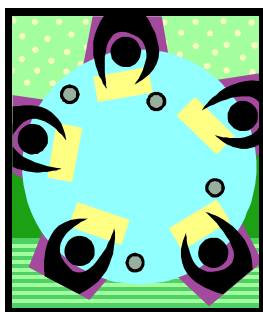
ETHICS CORNER

The Ethics Committee invites ethical questions to be discussed by the committee and then discussed in the newsletter. This is an educational tool only. Answers to questions will not be considered official, but be a form of brainstorming. Please send any questions or ethical dilemmas to peg@lisco.com. Peg O'Rourke PhD, Chair, Ethics Committee, IAMFT.

**DON'T FORGET TO VISIT
OUR WEBSITE
FOR MORE INFORMATION
ON HOW IAMFT IS
WORKING FOR YOU.**

WWW.IAMFT.COM





IAMFT Board of Directors for 2006

IAMFT Board of Directors—2006

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