



The Iowa Marital & Family Therapist

A Bulletin of the Iowa Association for Marriage and Family Therapy

Presidential Report

by Wayne Clark, Ph. D.

This is my first letter as IAMFT President. I have been very impressed with the effort and time that Neal and our board of directors have put into the big picture for our division. Literally, hours of Neal's time have gone into tracking legislative issues and communicating concerns and necessary actions our division members can take.

Our ethics chair and committee have been very diligent in keeping our division informed regarding ethical issues presented through AAMFT. The committee has worked to provide our members opportunities to understand the ethical standards and code of our organization.

Our division conferences are second to none. The conference chair, committee, and student volunteers have provided us practical opportunities to gain necessary hours plus offering well-known presenters and current topics.

Our past boards of directors have learned from previous division and AAMFT leadership. We all have received the benefits from their leadership. It is my hope that I can contribute to the strength, depth, and contributions our division has the reputation to provide.

Communications Report

Please enjoy the February, 2007 edition of the IAMFT online newsletter. Our new IAMFT President presents his inaugural column. Get to know some of our new board members, learn about the 2007 IAMFT Annual Conference and the excitement of having Yvonne Dolan as our featured presenter, along with the sadness of saying farewell to Insoo Kim Berg. This year's conference also presents attendees an opportunity to ask legal questions to an attorney about the practice of marriage and family therapy in Iowa as well as participating in a training seminar on motivational interviewing. Starting with this issue, board members are including contact information should you desire to communicate with any of us. We hope to see you all out the IAMFT conference in March!



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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:

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.

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	Job Postings	—

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.

Ethics Corner

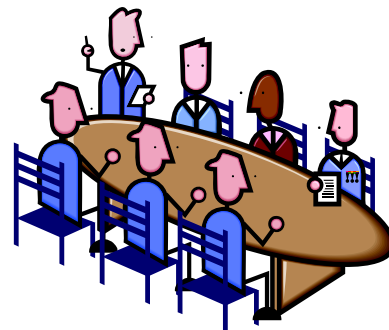
The ethics committee invites ethical questions to be discussed by the committee and then discussed in the newsletter. This is an educational tool only. Answers to questions will not be considered official, but be a form of brainstorming. Please send any questions or ethical dilemmas to peg@lisco.com.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

Ethics Committee

The IAMFT Ethics Committee welcomes new member Audrey Schoenthal from Spirit Lake. Audrey is in private practice there. We encourage anyone to join us on the ethics committee. Our mission is education and our meetings are lively. We meet 2-3 times a year. The next meeting is 02-23-07 in Newton.

We look forward to offering a unique ethics and law workshop at the conference on March 30-31, 2007. Actors will portray ethical vignettes and the audience will have an opportunity to respond after each one. Attorney Mona Knoll from Cedar Rapids will be on hand to respond to the ethical dilemmas from a legal point of view and to answer questions about laws and situations related to practicing therapy in Iowa. Be sure and join us!

Peg O'Rourke Ph.D., Ethics Chair



Student Spotlight - Mary Sue Green



I feel I should begin with a short history of how I came to be in the family therapy field. I took a round-about way to complete my education. My husband and I married in 1993 and blended (sometimes scrambled) into a family with seven children between the ages of seven and 17 years. As my children reached late adolescence, I chose to return to school to finish my undergraduate education. I received a Bachelor of Arts degree in psychology from Briar Cliff University in 2003. My undergraduate education offered me the opportunity to work with four strong mentors in the psychology field. Through their support and encouragement, I chose to continue my education at the graduate level and I explored clinical psychology doctoral programs. One of my mentors, an experimental psychologist,

noticed my interest was in family systems, not individual pathology. He suggested I explore the field of marriage and family therapy. I am currently a doctoral candidate in the Marriage and Family Therapy program in the Department of Human Development and Family Studies at Iowa State University. In my free time, I enjoy reading for pleasure, riding my motorcycle, dancing, camping, and spending time with my nine grandchildren (not all at the same time!).

Iowa State University has given me the opportunity to work on a variety of my research interests. My thesis topic is on adolescent adjustment after a parental relationship transition and the protective processes that assist in that adjustment. In addition, I received a Professional Advancement Grant from Iowa State University (ISU) and conducted a study on the comfort level of clinical members of the American Association for Marriage and Family Therapy (AAMFT) have when working with gay and lesbian individuals, couples, and families. With this research I was able to present a poster at the ISU Graduate Research and Scholarship Poster Session and the 2005 AAMFT Annual Conference in Kansas City, Missouri. I presented a paper at the 2005 National Council on Family Relations. In addition, an article was published in the June issue of Family Focus (NCFR) regarding the importance of self-awareness when working with gays and lesbians.

I participated and worked with the data from the Iowa Family Survey conducted by the ISU Center for Family Policy regarding the relationship between housing and health. Additionally, I co-wrote a chapter entitled "Government Housing Policies" in the college-level textbook Introduction to Housing that will be available from Prentice Hall in June, 2005. I am also involved in research on the power of communication in relationships, the power of communication in couples therapy, and problem solving through communication.

I am an active member of the Iowa Association of Marriage and Family Therapy (IAMFT) board of

UPCOMING DATES

IAMFT Board of Directors Meeting

May 11, 2007

10:00-1:00 p.m.

Mid-Iowa Family Therapy Clinic

2515 18th St., SW

Cedar Rapids, IA

IAMFT Ethics Committee Meeting

February 23, 2007

1:30-4:30 p.m.

United Methodist Church

210 N. 2nd Ave., East

Newton, IA

All IAMFT members are welcome to attend.

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GOOD STUFF

Unique 2007 IAMFT Annual Conference Opportunity

Attendees to the 2007 IAMFT Annual Conference will have the rare opportunity to present questions to an attorney regarding the legal aspects of conducting therapy in Iowa. Mona Knoll will give her legal opinions to your specific questions. If you are unsure about the legality of a clinical situation or think you know what is legal but are uncertain, please do not miss this opportunity. Questions need to be submitted ahead of time to Mike at IAMFTCommunications@yahoo.com Don't delay!

Student Research Poster Presentations

This year's IAMFT conference will provide the opportunity for students to present their research! Student poster presentations will be displayed in the registration area. If you are interested in presenting your research at the IAMFT conference please contact the student representative, Mary Sue Green, at greenm@iastate.edu.

Student Spotlight

(Continued from page 3)

directors and ethics committee as well as the author of the Ethics Corner in the IAMFT electronic newsletter. I served as a group facilitator for the Ethics Workshop offered at both the 2004 and 2005 IAMFT Annual Conferences and prepared the Ethics Workshop for the 2006 IAMFT Annual Conference.

I am excited about continuing my graduate education while continuing research in my areas of interest. I also look forward to meeting and working with other MFTs throughout Iowa and the country as we make strides forward in promoting couple and family therapy as a viable option for clients.

Find out how IAMFT is
working for you.
<http://www.iamft.com>

2007 IAMFT Annual Conference Announcement

We are saddened to report that Insoo Kim Berg died January 10th. We wish her family and friends and the therapeutic community our sympathy. Her death is a great loss to us all. We will miss her good work and will hear her voice as we do our work.

Insoo was to be our featured presenter at this year's IAMFT conference. Yvonne Dolan, author, lecturer, teacher, friend and colleague of Insoo has graciously agreed to present on a similar topic. This workshop will honor the work of Insoo Berg and use many of Insoo's materials and films. Yvonne will provide opportunities for all of you to speak on how Insoo's work has impacted you.

Yvonne Dolan recently co-authored two books entitled *Tales of Solutions: A Collection of Hope Inspiring Stories* (with **Insoo Berg**) and *Miracles Happen: An Agency Journey to Becoming Solution Focused* (with Terri Pichot). She has written many other books and lectured all over the world.

Please join us for this special day honoring the work of two women who have contributed so generously to our field.



Student Spotlight - Amber Bergman



Hello all! My name is Amber Bergman and I am a second year masters student at Iowa State University majoring in human development and family studies with an emphasis in marriage and family therapy. I received my B.A. from the University of Northern Iowa in psychology. I was highly involved with my sorority, Gamma Phi Beta, as an undergraduate. I served on the executive council and involved myself with philanthropic opportunities. I was also actively involved in research with Dr. Seth Brown on physical activity in college students and the effects of auditory hallucinations associated with schizophrenia. I am originally from Mason City, Iowa, where my two beautiful sisters and loving parents still reside. I am engaged to a wonderful guy named Russ Sampson, who is the evening supervisor at Copyworks in Ames. In my spare time I enjoy

traveling to see family and friends, watching live band performances, being outdoors, canoeing, and sailing. Many of my fondest memories are of being on Clear Lake at the Girl Scout Camp: Tanglefoot. I attended camp all through my childhood, eventually working as a counselor there in high school and took on the positions of program director and assistant camp director during college. On days when grad school seems too difficult to survive, I remember how hard I worked at the camp. Grad school is nothing compared to the hard work and rewards gained from working as a Girl Scout camp counselor!

Currently I am enjoying my time as a research assistant at Iowa State University for Dr. Megan Murphy and Dr. Gayle Luze. This past summer I also worked for Dr. Peter Martin in the gerontology department interviewing centenarians residing in central Iowa. I am working on my thesis with Dr. Martin examining specific issues that families dealing with the onset of Alzheimers disease face and how marriage and family therapists can better equip themselves to work with this population. I have strong research interests in many family gerontology issues, power dynamics in couples, and LGBT issues. Much of my interest associated with family gerontology issues specifically stems from my work as an undergraduate doing in-home care for the elderly and disabled. Through this experience I witnessed first hand the effects of disability, disease, and illness on the entire family unit. When I complete my masters degree, I plan to pursue a doctoral degree in marriage and family therapy at Iowa State University. I still have high hopes of somehow and somewhere fitting in all my ambitions of teaching, conducting research, and clinical practice!

From the Treasurer

Good news! Thanks to the success of the past few conferences (way to go, Peg!), the IAMFT is in solid financial standing. Yet we still need your donations! To donate, please send a check made out to "IAMFT" and send your donation to: IAMFT, care of Megan Murphy, 4380 Palmer Bldg., Ames, IA 50011-4380. Remember, your contributions support the IAMFT, whose members work hard to further our profession. Happy New Year to all!

Communications

Sarah Thomas

Sarah Thomas is a 2003 graduate of Iowa State University's master's program in marriage and family therapy. She has been a therapist in Mason City, Iowa, for nearly four years and is currently employed halftime at Prairie Ridge Treatment Addiction Services. There she provides couple and family services for the agency, as well as treating individuals for a variety of difficulties including substance abuse. For the past three years she has also pursued a small private practice with Anastasi Counseling in Mason City. She, along with her husband and son, are expecting a little girl in March 2007.

Jim Anastasi

Hi! I'm Jim Anastasi, president elect. My wife Kathy--who is also on the IAMFT board--and I have been married for 36 years. We have three adult children, and two perfect granddaughters. We live in Clear Lake and immensely enjoy the water. I used to say that I enjoy sailing and ice-boating as my favorite hobbies, but if you evaluate my schedule it would suggest that I love the projects that my daughters get us involved with now that they all are buying their own homes. They think we are weekend contractors.

My professional work has also been very meaningful and gratifying. After being in private practice for 30 years, I can appreciate many of the exhilarations and the frustrations that MFTers have experienced through the years. I am passionate about the promotion of marriage and family therapy as a recognized and valuable profession within

our state. We have gained much over the past years; we have much more to gain in the upcoming years. Continued work to include MFT coverage within self-insured insurance programs and legislation for fair practice among the mental health professions are priorities. I believe it is our responsibility as professionals to continue to grow individually and as a united team, to grow together within our own profession, and to grow together with other professional groups that we call our colleagues. Our association has a great number of valued members and with the combined energy of all of our talents and efforts, I perceive a positive future for our association.

Chris Secrist

Christine Secrist received her doctorate from Iowa State University in marriage and family therapy in 1995 and has been licensed as an MFT since 1993. Christine is currently the CEO and founder of Mid Iowa Family Therapy Clinic, Inc. Mid Iowa is a statewide agency serving children and families and employees around 120 individuals. Christine sees children and families for therapy, along with managing the daily operations of the agency.

Christine has written two articles for publication, provides training for the Department of Human Services, and has presented at conferences both locally and internationally. Christine lives in Panora, Iowa and enjoys boating, cooking, and biking. She has three children: two who attend college and one child who is a junior in high school.

IAMFT Board of Directors—2007

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