



# The Iowa Marital & Family Therapist

A Bulletin of the Iowa Association for Marriage and Family Therapy

## President Report

by Jim Anastasi

The summer of 2008 has been a stressful and trying experience for many of our clients and their families, as well as for many of us both personally and professionally. Few of us have been exempt either personally or in helping others deal with the challenges of the summer floods, tornadoes, hurricanes and personal losses. The challenges continue with the financial woes of our country, the shrinking of our retirement funds and of course, the election campaigning continues!

As we assist families dealing with these personal crises, it is important to enable them to develop realistic perceptions of their situation. Seeing beyond the losses that some have experienced is an enormous challenge for many. Having meaningful support from family and friends is essential to all of us as we rebuild from our losses. Having effective coping skills that have been practiced through a lifetime is the best indicator that those adversely affected by situations out of their control will grow through the experience and become stronger: an old Appalachian proverb states "Rough weather makes good timber."

Our association has been through some storms. It's probable that we, too, will grow through them with the help of realistic perceptions, meaningful support and effective coping skills.

Marriage and family therapists are more consistently being perceived as a significant core of mental health providers. Medicaid rules in Iowa have included LMFTs as providers. Representative Latham has co-sponsored HR 1588 "which would add Marriage and Family Therapists as independent practitioners under Medicare Part B". Most insurance companies, HMOs and EAPs perceive LMFTs as significant providers.

IAMFT needs meaningful social support as we grow through our professional storms. Your involvement as members with our association, your colleagues, is vitally important. We will need your support again this year as we work for a fair practice provision through legislation with the help of our lobbyist, Emily Piper. Involvement with our spring conference and annual meeting, to be held again in Newton on March 13<sup>th</sup> & 14<sup>th</sup>, 2009, is important not only for the CEUs and professional development, but also for the networking and support provided for our membership.

Effective coping strategies, the third component of our intervention, include educating our professional colleagues in the medical arena and the general public as to who we are and what we do. The belief that we simply "teach people to listen better" is an all too common misnomer that would better be replaced with the knowledge that we are mental health professionals who work from a systems perspective. We have ample opportunities to educate when we are asked the question "What do you do?" We do work with people who are depressed, anxious and have panic attacks. We do work with children with ADHD challenges and grieving losses. Strategies are being taken to make our license requirements more consistent with other states so reciprocity will be a reality. Changes have been made to allow supervision to be more convenient, accessible and affordable. Providing internship and supervision options for a hopefully reborn MFT program at ISU is a necessary component of a healthy program.

Just as with the families we work with, we too are learning and getting stronger. Your continued support for the IAMFT is greatly appreciated as we become the good timber that builds the future of our profession.



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### Inside this issue:

President Report	1
Note from Comm. Chair Upcoming Dates	2
Student Spotlight	3
Student Spotlight Job Connections Ethics Corner	4
Good Stuff Board of Directors	5

## The Iowa Marital & Family Therapist

### COMMUNICATION CHAIR:

Michael P McClain, Ph.D., LMFT  
Central Iowa Therapy Associates, Inc.  
6310 Prairie Ridge Rd.  
Ames, IA 50014  
515-291-8889

IAMFTCommunications@yahoo.com

### DESIGN & LAYOUT:

Lori Keppler - Lori's PC Possibilities  
lorispc@alpinecom.net

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Display advertising must be submitted camera-ready (unless exclusively text. In that case it must be typed and double-spaced exactly as it is to be shown). Submissions should be sent to: [IAMFTCommunications@yahoo.com](mailto:IAMFTCommunications@yahoo.com). There is no charge for advertising, and all advertising is limited to a maximum of one-quarter page in size. Only one advertisement per submitter per issue is permitted. The communications chair reserves the right to reject, abridge, or modify any advertising or other submitted materials as deemed appropriate. Opinions expressed by the editorial staff of the Iowa Marital & Family Therapist in the form of articles published, advertisements, and letters to the editor do not necessarily reflect the views of AAMFT, IAMFT, officers and board of director members, or IAMFT membership.

## UPCOMING DATES

IAMFT Ethics Committee Meeting  
January 23, 2009  
10:00-12:00  
Office of Keith Schrag  
223 S. Walntur St., Ste. B, Ames.



IAMFT Board of Directors Meeting  
November 21, 2008  
10:00 a.m.-12:00 p.m.  
Offices of Mid-Iowa Family Therapy Clinic  
1531 Airport Rd., Ames

## Note from Communication Chair

by Michael P McClain, PH D., LMFT

I am pleased to present the October, 2008 IAMFT online newsletter. This is the final edition for the year and it is a good opportunity to stop and reflect on our collective efforts to advance the profession and for the advocacy efforts on behalf of those we serve, the citizens of Iowa.

During this past year, we were introduced to our most promising up-and-coming student professionals, and in this issue, we are introduced to two more of the brightest and best that Iowa State University has to offer for our discipline. We had a memorable conference this year thanks to Chris Secrist, (our conference organizer) and we realized that Ken Hardy (our keynote speaker) and our own Mary Sue Green (our last minute stand-in feature presenter) are far tougher and more resilient than mother nature. Members of the Iowa Association for Marriage and Family Therapy worked collaboratively with the Behavioral Science Board to adopt new licensing standards in a way that promotes the development of the profession and ensures the public of the most comprehensively trained clinicians available in the state. IAMFT members went to the capital en mass to discuss legislative concerns on parity issues. We celebrated the success of a Medicaid recognition bill allowing MFTs in Iowa to be panel providers for the medical assistance program. We learned of the unfortunate decision by Iowa State University to close Iowa's only marriage and family therapy training program. Your board also took proactive measures to increase membership by making their first state annual conference free for new members of IAMFT.

Thanks to our very skilled (and patient) technical gurus, Lori Keppler and Todd Armstrong, we have been able to add a message board to our website to keep you informed of the most immediate information available, added a job connections section to the newsletter, and with the consent of the board of directors, eliminated advertising fees for the newsletter. We will strive to keep our communications with you relevant, accurate, and collaborative. Please bear in mind that the purpose of the board's communication with you is not simply to inform, but to invite. We cannot build on our discipline's strength without your involvement and advocacy. We need you to make your voices heard when the call to action is made. I look forward to the changes and direction that I am sure 2009 will bring. We are a very small organization in comparison to the other associations of helping professionals in Iowa. Despite our numbers being small, our hearts are large and our voices strong. I am confident that in 2009, the Iowa Association for Marriage and Family will be the mouse that roars.

## Student Spotlight - Wendy Liu



My name is Wendy Liu. I was born and raised in Seattle, Washington but I have lived in various places throughout my life including: Virginia, Switzerland, and Japan. I attended Mercer Island High School, which is on Mercer Island, an island right off downtown Seattle. I still go back to Mercer Island every couple of months to see my mom who still lives there. My dad used to teach at the University of Washington, as well as at Iowa State University. He now teaches at University College of Dublin, in Ireland. I've been travelling since I was 14 months old and can't imagine life without seeing so many amazing places in Europe and Asia. I still hope to get to the other continents some day!

I completed my undergraduate studies at UCLA (University of California, Los Angeles), getting a B.A. in Psychology and a minor in Asian American Studies. I studied abroad during the summer of my third year, in Paris. I loved living in the city and hope to live there again in the near future. During my time at UCLA, I also worked at Professor Anna Lau's lab, which worked with immigrant families dealing with adjustment issues. This was very valuable to me because I

am currently collecting data for my master's thesis, entitled "Conceptualizing factors influencing the perceptions of barriers to mental health treatment and help-seeking behaviors in Chinese Americans."

I loved living in Los Angeles, and especially the great music scene. I have been playing piano since I was a baby, and music is truly the love of my life. I was classically trained for 14 years. When I was 16, I began writing my own music, singing, recording, and performing. Los Angeles proved to be a great place for me to play shows and get my music heard. I have recently booked a show in Des Moines and hope to continue performing while I am living here.

I am currently a second year master's student in the Iowa State University Marriage and Family Therapy program. I always knew I was interested in psychology, and I love to talk to people so this seemed like a great career option for me. I didn't really know what I was getting into at first, and was extremely nervous about this program! However, during this past year I have learned an immense amount from my professors, supervisors, and colleagues that has really helped to show me how great this profession is. I really found something that I love to do, and hopefully this will help me in the art of therapy. I am excited for the current year of studies left, and to eventually get a job as a marriage and family therapist!

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



# Student Spotlight - Jeremy Stumbo



My name is Jeremy Stumbo and I am currently in the second year of our two year Marriage and Family Therapy program here at Iowa State University. I am going about my education in a non-traditional way (although many have done the same). I had been out of academia for over a decade. I worked for Mid-Iowa Family Therapy for twelve years doing group work with adolescents and then in-home family work. Two years ago my wife and I decided it would be beneficial for me to go on and get licensed. Observing and respecting so many MFT's who worked for Mid-Iowa, it was a relatively simple choice when it was time to make a decision about where to go to school. We moved from five acres in extremely rural Greene County to a three bedroom apartment in the middle of Ames. The transition has been stretching but very valuable. I have really appreciated the program we have here at Iowa State. I think my time doing group and in-home work, in combination with the theory and practicum I am receiving, will really enhance my future work as a clinician.

I grew up 30 miles west of Ames in Ogden, IA. I was the oldest of four children. I received my undergraduate degree and met my wife Jennifer at Crown College. We moved back to this area after I received my undergraduate degree in psychology in 1994. My wife and I shared our 15<sup>th</sup> anniversary this year and we have three children: Andrew (9), Ryan (7), and Jamy (2). I probably have too many hobbies. I enjoy a lot of outdoor recreation, athletics, playing guitar, and renovating houses, all things that help keep me from getting burned out when attempting to help individuals and families or when faced with the academic load of graduate

## Job Connections

### Mental Health Practice Opportunity

Independent private practice opportunity and challenge - We are seeking 2 additional motivated self-directed well-trained MH providers to complement and augment our established practice with partnership potential. Iowa licensure is required, doctoral preferred, masters a minimum, commitment and dedication a must. If you are interested in this type of challenge and the satisfaction it can produce please contact Kristen at (319) 277-4383 or send your letter of interest with resume to Cedar Falls Counseling Associates, ATTN: Kristen, 324 W. 3rd St., Cedar Falls, Iowa 50613, or to [cfcasearch@cfu.net](mailto:cfcasearch@cfu.net).

## Ethics Corner

The next meeting of the ethics committee will be in Ames, at the office of Keith Schrag on January 23, 2009, at 10:00 am. Directions: From Highway 30 take the University Drive exit north to South 4th Street and turn left. Pass HyVee and turn into the parking lot before the traffic light. This is the Walnut Center, a flat roofed brown building. If you get lost, call Keith at 515-232-3482.

We invite anyone with a question or an idea to attend any or all meetings. We also invite you to join the committee! Our meetings are lively and fun and very informative.

Our next ethics workshop will be at the annual conference in Newton, March 13 and 14, 2009. Our topics will address notes and files, HIPAA issues and how to respond to a subpoena.

Join us! Ethics Committee chair, Peg O'Rourke

# Good Stuff

I am so pleased to deliver a special message from Dr. Megan Murphy, program director for the Marriage and Family Therapy program at Iowa State University. I hope you will join me in extending my congratulations and support to Megan and for the MFT program! More information on specifics of the program will be forthcoming to the website. Megan's notice reads:

I am very pleased to be able to share with you that we will be continuing the Master's program in Couple and Family Therapy at Iowa State University. We are now accepting applications, with a deadline of December 1, for admission to the program starting in the fall semester, 2009.

We have also made a name change, from "Marriage and Family Therapy" to "Couple and Family Therapy" to better represent the diverse clientele that we serve.

The Couple and Family Therapy Clinic will remain open, and we continue to accept referrals. Clients can call 515-294-0534 to set up an appointment.

I cannot begin to offer enough thanks to those providing support, guidance, time, shoulders to cry on, etc over the past year. I truly believe that the outpouring of protest by clients, colleagues, students, and professionals in the field helped communicate to the powers that be that the CFT Program/Clinic provides invaluable service to the community and to our profession. The support for this reversal was very strong at all levels at ISU, which was made possible by a change in administration over the summer. I specifically want to thank Neal Sheeley, Mike McClain, Keith Schrag, Harv Joanning, Natalie Gruss, and Abbie Winter for teaching courses or providing supervision in the past (and in the future!). I thank my colleagues in the Department of Human Development and Family Studies for their unanimous support in bringing back the Master's program. In addition, the Government of the Student Body at ISU deserves enormous thanks for providing an official Resolution to continue to financially support the CFT Clinic at ISU. The students currently in the program as well as those who have recently graduated are most graciously dealing with many changes, and I am thankful for their courage to continue

on. I appreciate the IAMFT Board's support over the past year as well. Thanks to Jim Anastasi for his leadership in working to establish MFT/CFT Programs in the state of Iowa.

Admission to the CFT Program is a two-step process. First, you must apply to be admitted to the Department of Human Development and Family Studies. Information about Graduate Admissions can be found at <http://www.hdfs.hs.iastate.edu/graduateprogram/admissions.php>.

Specific application information can be found at <http://www.grad-college.iastate.edu/programs/APresults3.php?apnumber=117>.

In addition, you must let the department know that you are interested in the CFT program by writing a 2-page CFT Statement that includes answers to the following questions

- How did you become interested in studying CFT?
- What are your professional goals?
- What experience and education/training has prepared you to become a therapist?
- What experience and education/training do you have with diverse populations?

Once you are accepted as a graduate student into the Department of Human Development and Family Studies, your file will be forwarded to the CFT faculty for review. Our goal is to select 15 applicants to the CFT program for an on-site interview that takes place in mid- to late-February. From those that are interviewed, we accept 6-7 students into the CFT Program.

The deadline is December 1 for priority consideration to HDFS, and subsequently CFT to start with the cohort beginning fall of the following year. We set a December 1 deadline so that applications can be reviewed for admittance to the Department as well as for scholarships and assistantships. However, depending on the number of applicants in each year, we may accept applications later than the December 1 deadline. Please contact Megan Murphy ([mjmurphy@iastate.edu](mailto:mjmurphy@iastate.edu)) or Dee Draper ([dcdrapeer@iastate.edu](mailto:dcdrapeer@iastate.edu)) for guidance if you will or have missed the December 1 deadline.

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## IAMFT 2008 Board of Directors

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