



The Iowa Marital & Family Therapist

A Bulletin of the Iowa Association for Marriage and Family Therapy

President Report

by Jim Anastasi

On behalf of the IAMFT board of directors, I hope everyone had a wonderful holiday season blessed with family, friends and peace. It has been an interesting year, to say the least. The political, economic, and social change in our country and around the world continues to shape our lives in ways that bring us delight and despair. Each day we hear more about incoming President Obama. We become numb to the volatile stock market and postpone retirement until.... We read of random acts of kindness that are ever present and of acts of violence that tear at our souls.

I tend to believe that in many ways we are continuing to evolve in a positive direction. At the national convention of AAMFT in Memphis, we heard Stephanie Coontz speak about her research for her books: The Way We Never Were and Marriage, a History. She emphasized that we tend to glorify the past as something it never was and perceive the present as worse than it really is. If we view the whole of history, relationships and family are more of a priority, more of a central value in our lives than our ancestors could have imagined. Our expectations that families be respectful, loving and satisfying are relatively new concepts.

When my mother was a teenager, she witnessed her mother not being able to vote because she was a woman. When I was a teenager, I witnessed blacks not being able to use the same restroom as I did. Family order was orchestrated more from power and force than from mutual respect.

We've come a long way. A woman almost became, and some day will be, our president. A black man from a mixed racial relationship will be our president. Mutual respect within families is the more desired goal, replacing submission through authority.

I believe that intelligent people who are motivated and work synergistically can accomplish almost anything they imagine. We can continue to evolve positively. As family therapists, we have been catalysts in the process of positive change. As change agents, we influence society and our culture, one relationship at a time. We assist families in generating creative interventions to conflicts that have been overwhelming to them, generating hope and insight that carries from their family, to families yet to come.

May 2009 be a year in which we will continue to evolve as individuals. May we continue to evolve positively as an association. May we continue to receive the recognition as mental health providers we are generating in Iowa, and around the country.

Positive change does not just happen, it is developed through proactive, conscious efforts. We, as an association of professional change agents, need continued support from all of our membership to build on the momentum that we have started. We will need your continued support with legislation initiatives, educating the public about our role in the mental health field, and personal growth through your attendance at the spring conference in Newton on March 13th and 14th, 2009. The evolution continues. Happy New Year!

Sincerely,

Jim Anastasi, President, IAMFT



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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. 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.

Note from Communication Chair

by Michael P McClain, PH D., LMFT

The opening of the new year brings a close to my time as the communications chair for IAMFT. The past three years have been enlightening and exciting, and I have been proud to serve our fine professional state organization. I had the privilege to work with some of the finest people I know, who give of themselves by serving on our board of directors. They work tirelessly in ways one cannot fully appreciate until one sees what occurs behind the scenes, first hand. I extend an invitation to all of our state members to consider serving on the board of directors at some point in your career, you will truly be amazed at what a wonderful experience it is. Until that time, I trust all of our members will support the board's efforts to improve our discipline and become involved at whatever level possible, from serving on committees to being willing to make a telephone or email contact to a legislator.

I am very pleased to announce that Abbie Winter will be taking over as communications director. I am excited for the wonderful energy and creativity that Abbie brings to the position, and I am confident the newsletter will be taken to new heights with Abbie as chair. The email address to the communications chair will remain the same (IAMFTCommunications@yahoo.com). Best wishes to all.

UPCOMING DATES

IAMFT Annual Conference

March 13 & 14, 2009

Newton, IA



Trauma: Dealing and Healing

Thad Abrams, M.D. - Veterans Administration medical Center, Iowa City
Warren Phillips, Ph.D. - Iowa State University, Central Iowa Psychological Services
Craig Butterfield, Ph.D. - Butterfield Consulting

2009 Annual Conference Brochure and Registration Form: www.iamft.com/brochure-2009.pdf

Student Spotlight

Ashly Rink



My name is Ashley Rink. I am currently a second year masters student in the Marriage and Family Therapy program at Iowa State University. I will be graduating in August, 2009. I received my undergraduate degree in 2007, from the University of Iowa in Psychology and Human Relations. I became interested in the field of marriage and family

therapy during my undergraduate work in a research lab that focused on marital and family studies. I conducted semi-structured clinical interviews with women in physically abusive relationships. This was an eye-opening experience, and I soon realized my strong desire to help individuals, couples, and families in a therapeutic setting. After researching the field of marriage and family therapy, it seemed to be a great fit for me. I did not hesitate to apply to Iowa State after learning about the Marriage and Family Therapy program, and the university's overall reputation for academic excellence. I've enjoyed my experience at Iowa State and believe I've found my true calling in life! I believe that I am getting great preparation for my work as a marriage and family therapist.

My parents still reside in my hometown of Tipton, Iowa, with my younger brother Alexander. Alex will be graduating high school in the spring and my brother, Taylor, from the University of Iowa. I recently became engaged to my wonderful fiancé, Sean. He is currently working in Asheville, North Carolina, as an engineer for Altec Inc. So, with what little free time I have, I'm flying out east to spend time with him and also starting to plan our wedding!

Job Connections

MH Practice Opportunity

We are looking for independent, well trained, and ambitious applicants who are ready to accept the challenge of building and shaping a practice in which they can take personal pride and pleasure. Though full-time positions are the preference, serious consideration will be given to those who may be available on a part-time basis. Minimum requirements for the position are to hold an Iowa license to provide independent mental health services. It is highly preferred that applicants are already paneled with various third party payers which will help ensure an initial case load at the start of employment. We offer a flexible schedule, comfortable work environment, and support our provider's various areas of professional interest. For those interested, this opportunity also presents the potential for partnership and future CFCA ownership.

If you or someone you know might be interested in an opportunity such as this, or if you have any further questions, please contact Dr. Martin Edwards at 319-277-4383 or by email at cfcasearch@cfu.net



Good Stuff



Mary Sue Green pictured with Dr. Megan Murphy. Mary Sue won the AAMFT Graduate Student Research Award at the 2008 AAMFT conference for her proposal entitled "Attending to Power and Diversity in Supervision: An Exploration of Supervisee Learning Outcomes and Satisfaction." This honor included a plaque and a cash award. This project stemmed from an assignment in the MFT Supervision class at Iowa State that was taught by Dr. Murphy. Tara Dekkers and Mary Sue conducted the study and submitted their findings to the 2009 AAMFT Conference to be held in Sacramento, CA. They plan to also submit a paper to the 2009 NCFR conference to be held in San Francisco, and a manuscript for publication is in the works, along with a potential poster presentation for the IAMFT Annual Conference.

IAMFT was proud to support Iowa State University Marriage and Family Therapy program students to attend the 2008 AAMFT Annual Conference in Memphis Tennessee. Pictured from the left: Wendy Liu, Dr. Megan Murphy, Sonja Stutzman, Jeremy Stumbo, Mary Sue Green, and Katie Loutsch.



IAMFT 2008 Board of Directors

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