



The Iowa Marital & Family Therapist

A Bulletin of the Iowa Association for Marriage and Family Therapy

President Report

by Jim Anastasi

Most of us, I propose, believe in the “power of one”-that one person can have a significant impact on the outcome of events, big or small. I also propose that most of us would agree that, even though change is constant, change in the health care system is coming in a more significant form in the relatively near future. May I then conclude that most of us would accept that each one of us can have an influence in the outcome of the coming reform.

Would you like to have an influence in the outcome? What if the reform follows the model of Medicare? Although MFTs are considered one of the five core mental health providers by the federal government and are now licensed in all fifty states, MFTs are not reimbursed through Medicare. What if the state of Iowa had a parity law and MFTs were recognized and reimbursed by all insurance programs, all EAPs, all private insurers? Would that have a positive impact on your business? Would these changes have a positive impact on the lives of many Iowans?

The “power of one” multiplied by 100 or 200 or 300 can change history. As MFTs around the country work together, the power of 10,000 or 20,000 or 50,000 does change history.

March 3rd is our Day on the Hill. Please join us in Des Moines to meet with your legislators. Our annual conference is on April 22nd and 23rd. We all need CEUs that are relevant to our practice. Our presenters this year will be highly relevant. Attending the conference provides financing to our association to aid in the efforts to promote our profession with both state and federal legislators through numerous lobbying efforts. (Please read the related articles regarding the Day on the Hill and our 2010 Spring Conference.)

Your IAMFT board of directors will be calling each of you to invite you personally to get involved.

Thank you for your involvement in the past and for your ongoing involvement in the future.



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The Iowa Marital & Family Therapist

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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 Abbie Winter

It is my pleasure to present the February 2010 edition of the IAMFT newsletter. In addition to important information regarding legislative updates and what each of us can do to help, you will also find a letter from our president, information regarding this year's conference, employment opportunities, important upcoming dates, and an opportunity to meet two students currently enrolled in the Iowa State University CFT program.

Important things are happening in our field and it's an exciting time to be an MFT. Although we continue to fight for mental health parity and recognition as providers, it is important to note that we are not going unnoticed by all. If you haven't already, be sure to check out this article, which lists Marriage and Family Therapy as one of the top ranked jobs in the US!

<http://www.usnews.com/money/careers/articles/2009/12/28/marriage-and-family-therapist.html>

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

IAMFT Annual Conference APRIL 23-24, 2010

The time is nearing again for our annual IAMFT Conference and we have a few exciting changes to highlight! The conference will be held in Des Moines, IA this year at the Stoney Creek Inn, a change from past conferences held in Newton, IA. We will also be meeting later in spring this year, on April 23rd and 24th. The conference will highlight anxiety disorders and how the family system helps as well as hinders progress. Key note speaker Dr. Patrick McGrath, Director of the Center for Anxiety and Obsessive Compulsive Disorders in Hoffman Estates, Il will present on April 23rd from 8am to 4pm. We will hold the Annual Meeting at the conclusion of Dr. McGrath's presentation.

Join us Saturday morning to interact with our panel speaking about professional development and entrepreneurship. They will be eager to answer any questions you may have about this process. Also, remember to update your ethics CEU's through our annual Ethics Workshop. 3 CEU's presented through interactive discussion and the ever popular I-SAGS (Iowa Screen Actors Guild Society) is sure to be a good and informative time!

Page 2 Remember to save the date for the next IAMFT Conference April 23-24, 2010!

Student Spotlight

Elyse Harper



My name is Elyse Harper. I grew up on a farm in Woodbine IA, and decided to move to the “big city” of Ames to follow in the footsteps of my grandparents and parents and to become a cyclone. I began my undergraduate studies as a biology major with intentions of going into the medicine. After taking a developmental psychology course during my second semester at ISU however, I realized that I was much more interested in peoples’ behavior than their chemical make-up. Needless to say I switched my major to psychology and never looked back. I began working with Dr. Megan Murphy on her research projects and was heavily involved with many student organizations throughout the rest of my undergraduate career. I am now in my second semester as a graduate student in the Couple and Family Therapy program at ISU and I am really enjoying it! In addition to taking classes, I am working at Mid Iowa Family Therapy as a remedial specialist which has been both challenging and very rewarding. My experiences in the classroom, campus clinic, and my job have inspired me to become a licensed marriage and family therapist and I look forward to helping people from all walks of life!

Upcoming Dates for IAMFT

IAMFT Board Meeting

March 3rd, 2010

10:00AM, Prior to “Day on the Hill”
Lucas Building, 6th Floor
Downtown Des Moines, IA

Day on the Hill

March 3rd, 2010

10:30AM

Lucas Building, 6th Floor
Downtown Des Moines, Iowa

Ethics Meeting

March 12th, 2010

10:00AM-1:00PM

Ames, IA

IAMFT Annual Conference

April 23rd-24th, 2010

Des Moines, IA

National Conferences

AAMFT Institutes for Advanced Clinical Training

March 3rd-7th, 2010

Panama City Beach, FL

ACA Conference and Exposition

March 18th-22nd, 2010

Pittsburgh, PA

AASECT Annual Conference

June 3rd-6th, 2010

Pittsburgh, PA

AMHCA Annual Conference

July 15th-17th, 2010

Boston, MA

AAMFT Annual Conference

September 23rd-26th, 2010

Atlanta, GA

NCFR Annual Conference

November 2nd-6th, 2010

Minneapolis, MN



Student Spotlight

Ashley M Barrera



My name is Ashley M. Barrera and I am pleased to introduce myself to the Iowa Marriage and Family Therapy community. I am a first year graduate student in the Couple and Family Therapy program at Iowa State University. I recently moved to Iowa from Anchorage, Alaska where I have lived with my family for the past fourteen years. This past May I obtained my Bachelor of Arts degree in Psychology from the University of Alaska Anchorage. As an undergraduate student I worked as a Mental Health Associate for Anchorage Community Mental Health Services, a non-profit organization which focuses on providing mental health services to Alaskan families. Prior to working at ACMHS, I taught at a Montessori school owned and operated by my family. My experiences as an Infant and Toddler teacher and Mental Health Associate provided excellent opportunities to observe the interaction and impact of systems in multiple capacities. These experiences combined to solidify my interest in working with couples and families as a Marriage and Family Therapists. Following graduation from ISU, I plan to return to Alaska where I will obtain licensure as a Marriage and Family Therapist, and to be closer to my own family. As an LMFT in Alaska, I will work to meet the unique mental health needs of the state. I am very excited to be a member of the dynamic group students in the CFT program and look forward to the opportunity to connect with the members of the Iowa MFT community.

Legislative Update

By Crystal Hemesath, LMFT, LMHC

Hello. My name is Crystal Hemesath and I am the current legislative chair for IAMFT. I was asked by the IAMFT Board to share my experience in the newsletter as they feel it may be helpful to other LMFT's across the state. I am an LMFT and LMHC in the state of Iowa. I've been in the profession for 11 years and am currently in private practice in West Des Moines. I am a graduate of Iowa State University where I obtained a Bachelor's degree in Psychology. I am also a graduate of the Marriage and Family Therapy Master's program at Kansas State University.

I really don't like politics. Probably for the same reason I would have a hard time working for DHS and don't do well working with abused children. When I am touched by an issue or believe strongly that there is injustice I have a hard time letting it go without justice being restored. Or at least trying my very best. In politics, and abuse alike sometimes it is incredibly difficult to effectively make change. Why would someone who does not like politics be Legislative Chair? Because we needed someone and I was asked.

As of the date I am writing this article, there is still no final answer as to what the Senate and the House will agree to when it comes to healthcare reform. The House version includes LMFT's as approved Medicare providers. The Senate version does not. What will happen? It's unknown, but people in the know in Washington and locally believe that it very well may be mostly Senate's version with a few items from the House version incorporated in (and probably not LMFT's or LMHC's being included as Medicare provider). This was described to me as "horse trading" by one of the AAMFT Legislative Guru's. I'm not quite sure what horses have to do with legislature but I'm sure it fits!

How did I get all riled up about this issue on healthcare reform? Sometime in November I caught wind that the Senate would likely not include LMFT's or LMHC's in their version of the Medicare reform bill. I believe I received an E-Blast from AAMFT asking for urgent action, which is how it came to my attention. All I could think about was how tragic that would be for our profession and the public alike. Especially, veterans and the elderly in rural America (who are ironically among the very people the Government is trying to help with Medicare reform). Often times in rural Iowa one may have an LMFT or LMHC but no LISW's or Psychologists. It seems very unfortunate that a vet would have to travel a number of miles to get to the closest mental health provider covered by the Senate version of Medicare when they could be seen by a competent, well trained LMFT or LMHC closer to their community. Also, there was a chance on the Senate bill that there would be a public option which would mean that anyone over 55 would be able to buy into the new Medicare plan. To me, that

(Continued on page 5)

Job Connections

HELP WANTED: Experienced licensed therapist to join our group practice in Ames, Iowa. We are looking for someone experienced in teen substance abuse willing to work full time, afternoon and evening hours. CADC or CCDP is a plus. For information about our practice, visit our website www.drbarclay.com. Email resume and references to Mindy@DrBarclay.com.

Employment Opportunity: Behavioral/ Family Systems Therapist for Children, Adolescents, and Families

Clinical Health Psychologists, PLC, Waterloo, Iowa

Employment opportunity for an Iowa independently licensed clinical or counseling psychologist, clinical social worker, or mental health counselor to join friendly, small, private practice on a part-time basis. Expertise in using behavior therapy/family systems and other empirically-validated treatments with children, adolescents, and families is desirable. Psychologists must have a Ph.D. or Psy.D. degree. Clinical social workers and mental health counselors must have a master's degree. Candidates' backgrounds should qualify them to become mental health providers with health insurance companies.

Please send letter, resume, and contact information for 3 references to:

E-mail: nmccormick@cfu.net or

Naomi B. McCormick, Ph.D., CEO
Clinical Health Psychologists (CHP)
3116 Brockway Rd
Waterloo IA 50701

<http://www.clinicalhealthpsychologists.com>

Seeking a licensed therapist for a thriving private practice in beautiful Burlington, Iowa. Lovely offices in an historic building overlooking the Mississippi. Terrific, supportive office staff. Full time or part time. Benefits for full time. Please send resume to:

The O'Rourke Group PC
610 N 4th St. Burlington, Iowa 52601
319-754-8035 Fax 319-754-9213
Contact person: Susan Sharp

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 cfcsearch@cfu.net.

Legislative Update

By Crystal Hemesath, LMFT, LMHC

(Continued from page 4)

meant that potentially anyone over 55 may not be able to be seen by an LMFT or LMHC. Thank goodness at the final hour that portion of the bill did not pass. Perhaps it is becoming more clear why I was concerned and why I decided to send several emails to Washington, and local Senators and many emails to the IAMFT board about this situation. And why I quickly became passionate about the topic.

Please keep in mind that I am learning as I go. I have received a crash course in politics 101 from Brian Rassumussen, at AAMFT Government Affairs. Poor guy. I am just one voice. But one voice counts when we all work together! We need help from all of the MFT's in Iowa (and every states) when requested by AAMFT or IAMFT to take action. Yes, it's complicated. Which Senators need to be educated or pushed to understand the situation, who to contact, which congress people have the most clout or pull? It's confusing and can be intimidating, however AAMFT and their Government Affairs folks will help guide us and so will our very knowledgeable local Lobbier, Emily Piper.

If you still question that one voice matters go on to the IAMFT website where it lists all of the accomplishments for MFT's this year. Every state finally has licensure for MFT's! Look what we've done in Iowa and in many states with the inclusion of LMFT's on Wellmark provider panels! It takes a few key people to start something but it takes all of our involvement to ensure success. And yes, in the case of Wellmark sometimes change takes place over years instead of months, but we have to start somewhere and it's best to start now! Some things are too important to sit back and wait for someone else to get involved.

The IAMFT Board is sponsoring a visit to the Capitol downtown this Spring on March 3rd, 2010. We hope all MFT's and MHC's in Iowa join us in educating and helping the local members of congress to know who we are and what our issues are. We need to keep talking to our legislators and sharing our concerns. If we don't, no one will think there is a problem. Sadly, the basic mental health consumer often does not understand the difference between mental health professionals or what is going on in the House and Senate. Many don't understand they may not be able to have access to an important, integral part of the mental health provider community.

I am asking all of you to become involved in the future of our profession. We have come a long way! Let's keep it going! I would like to end with a quote I ran across a couple of months ago which I feel is fitting. As Gandhi said "You must be the change we want to see in the world".

Ethics Corner

The Ethics Committee is meeting in Ames on March 12, 2010, 10 am to 1pm to finalize the ethics workshop for the IAMFT Conference in April. Anyone is welcome to attend. We will discuss an ethical dilemma and anyone may bring one to the table. We also welcome new members so give it some thought and join this dynamic group!

The ethics workshop at the April conference will center around psychotherapy notes...plan to attend and see the famous IAMFT actors!

ISU Couple and Family Therapy Program Update

The ISU CFT Program is in the process of reviewing applications for students who will be starting the Program in Fall 2010. Each student in the current cohort (which started in Fall 2009) is active in the clinic. Over the past few months, we have painted and purchased new furniture and lighting for the therapy rooms, and have re-designed the clinic's brochure--all with student input. In terms of COAMFTE accreditation, we are still waiting to hear about whether the program will be accredited. We had two students graduate from the PhD program in December--An-Ti Shih and Mary Sue Green.



IAMFT Legislative Day on the Hill

Wednesday, March 3, 2010
10:30 AM to 1:00 PM

Meet at Lucas State Office Building,
6th Floor, Cafeteria
321 E. 12th St., Des Moines, Iowa

Meet in the 6th floor cafeteria of the Lucas Building at 10:30 for a legislative briefing and explanation of how to reach your legislators by our lobbyist, Emily Piper.

Join LMFT professionals from around the state to promote your profession and the important role we play in mental health services. We don't want to be left behind!

Questions?

Contact Crystal Hemesath, LMFT, LMHC
crystal@crystalhemesath.com
515.556.3668 or 515.979.9733

Contacting Your Legislators

Before you attend, find your state legislator at <http://www.legis.state.ia.us/asp/Legislators/LegislatorInfo.aspx> and send your state representative and state senator an email letting them know you will be at the Capitol on March 3.

IAMFT 2010 Board of Directors

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