



# The Iowa Marital & Family Therapist

A Bulletin of the Iowa Association for Marriage and Family Therapy

## President Report

by Jim Anastasi

I recently had the opportunity to visit with my niece who completed a move to her new home. She shared that during the packing she came across her journal from middle school 26 years ago in which she had an entry saying that she “liked Uncle Jim because he shared his feelings”. We’re all remembered for something, I guess.

As we are well aware, although we come from families that may share a common genetic pool and cultural history, we will be remembered for our differences. Although we want to be included and belong to a family, we strive with and without our awareness to be unique within the system.

As we continue to work collaboratively with other mental health professionals and continue to strive to share parity as a goal within our mental health professional family, our uniqueness as family therapists continues to be profoundly significant.

Regardless of our initial training in the mental health field, it is our systemic thinking and processing that sets us apart as the ‘liked uncle’ within our professional family. It is the ability for each of us to appreciate the uniqueness of each member of the family that makes us strong. It is through our successes as mental health professionals that we intrigue and attract the colleagues within our professional family to the benefits of systems oriented mental health therapy.

It is important for all of us Marriage and Family Therapists to educate both the public and the professionals with whom we live and work to the uniqueness of our profession. People need to know that we are mental health providers who think and talk differently; we think and talk systemically.

I’m still unique in my family, yet not as unique as I used to be. Most of my family has become more open with their feelings and can even say “I love you”, especially if I say it first. Perhaps my colleagues, as my family, will not only appreciate our uniqueness as MFTs, but will actually embrace the uniqueness within their own practices.



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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](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.

## IAMFT Research Opportunity



Hello. My name is Kevin Carroll and I'm a LMFT in Des Moines at Broadlawns Medical Center. I am also a doctoral student at Drake University working on my dissertation.

This summer I will be contacting the 172 LMFTs in the state of Iowa. I'll be sending a letter, consent form, and survey. The brief survey has questions on three domains: demographic information, practice information, and information about outcome measures.

In the past 25 years, a multitude of outcome measures have been created and utilized by mental health professionals to assess client change and monitor outcome. The research project seeks to study the use of outcome measures by Licensed Marriage and Family Therapists (LMFTs) in Iowa. Research questions include: What outcome measures are LMFTs using? How are outcome measures being utilized? Why are LMFTs using outcome measures? Two additional reasons for the study are to collect basic demographic and practice data on LMFTs in Iowa and to examine the relationships between LMFTs use of outcome measures and the demographic and practice variables.

It's my hope that LMFTs will take 10 minutes out of the summer and respond to the survey.

Thank you very much and if you have any questions please contact me at 515-282-2477 or [kevincarroll@hotmail.com](mailto:kevincarroll@hotmail.com).

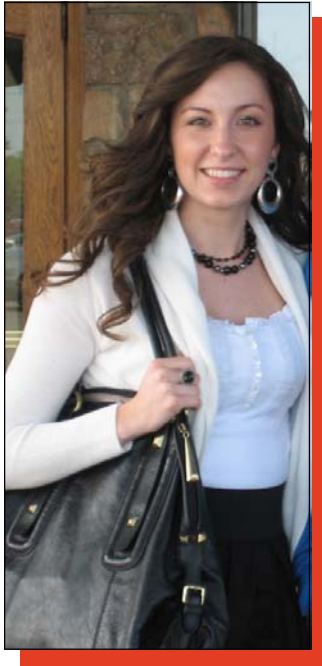
## Conference Summary

The IAMFT annual conference saw many successes this year with great attendance, feedback, and the new venue. The Stoney Creek Inn in Johnston, Iowa provided wonderful space for Dr. Patrick McGrath's presentation on anxiety and the family. His presentation was described as both informative and entertaining. While he does not prescribe to the doctrine some would expect to see presented at our annual conference he was able to incorporate a systemic perspective to the issues we see come through our offices and keep us moving forward with evidence based practice knowledge. Saturday's professional panel was highly regarded for its ability to bring a forum for common issues. In addition we were able to dialogue about how we can work together in moving this profession forward. The Ethics portion of our morning was identified as both entertaining and informative. We are already booked for next year at the same location so mark your calendars for April 22-23, 2011. It is my hope to extend the Saturday presentations to provide further opportunity for professional development material and continue to offer opportunity for Ethics CEUs. If anyone has specific ideas they were unable to present regarding next year's conference please feel free to email me at [ambersampson@miftc.com](mailto:ambersampson@miftc.com). See you next year!



# Student Spotlight

## Lindsay Holst



My name is Lindsay Holst and I am proud to be a graduate student in the Couple and Family Therapy program at Iowa State University. I grew up in Princeton IA, on a farm that has been passed down through my family. I am extremely blessed to come from a large family of six children and two amazing parents. For as long as I can remember I have always had a strong passion for helping others and also building relationships. I have also developed an interest in adoption after my family adopted my sister Lily from Mexico.

After high school I chose to attend Iowa State University where I had hoped to find career direction. In 2009 I received my Bachelor of Science degree in Sociology with a minor in Child Adult and Family Services. One of my most memorable experiences in undergrad was studying abroad in Italy and traveling around Europe. This was an incredible experience where I had the opportunity to connect with individuals from different cultures and learn what relationships and family meant to them.

In the future I am interested in incorporating spirituality into therapy as well as working with adoptees and their families. I look forward to pursuing a career in Marriage and Family Therapy and developing my own niche.

## Upcoming Dates for IAMFT

### **IAMFT Board Meeting**

June 18<sup>th</sup>, 2010

Mason City, IA

### **Ethics Meeting**

September 10<sup>th</sup>, 2010

10:00AM-1:00PM

Ames, IA

## **National Conferences**

### **AASECT Annual Conference**

June 3<sup>rd</sup>-6<sup>th</sup>, 2010

Pittsburgh, PA

### **AMHCA Annual Conference**

July 15<sup>th</sup>-17<sup>th</sup>, 2010

Boston, MA

### **AAMFT Annual Conference**

September 23<sup>rd</sup>-26<sup>th</sup>, 2010

Atlanta, GA

### **NCFR Annual Conference**

November 2<sup>nd</sup>-6<sup>th</sup>, 2010

Minneapolis, MN



## **Note from Communication Chair**

by Abbie Winter

It is my pleasure to present the June 2010 IAMFT newsletter! Enclosed you will find letter from our president, meet one of the current Iowa State University Couple & Family Therapy Program students, and read about this year's legislative efforts and annual conference. Thanks, and enjoy this edition of the IAMFT newsletter!

Abbie Winter, IAMFT Communications

# 2010 Legislative Summary and Report

The shortest session in recent memory ended on March 30. The budget problems facing the state dominated most of the discussions although policy issues were discussed. The Legislature used a significant amount of “one-time” money to balance the budget, pushing difficult decisions into the next legislative session. IAMFT played a largely “monitor” role in this legislative session and worked to elevate the understanding of the role that marriage and family therapists play in providing mental health services. The decision to take a lesser role rather than actively promote legislation was made by the board of directors based on the shortened legislative session and the focus on the state’s finances.

Mental health issues were at the forefront, largely in response to the shooting of Parkersburg football coach Ed Parker. Anything associated with veterans also saw a lot of action. For the second year in a row, efforts to provide full mental health parity were unsuccessful. Rep. Beth Wessel-Kroeschell (D-Ames) worked to reach a compromise that would guarantee 51 votes on the house floor but fell short in that effort. Despite ranking high on Democrats’ priority list, mental health parity was never close to success in this legislative session.

Other issues that were of interest to mental health providers include: Permit to Carry Legislation: There were two issues at play: (1) an effort by the National Rifle Association to make consistent the process for securing a gun permit and (2) compliance with changes to federal law regarding those denied permits. The attempt to resolve the issue died and was revived throughout the legislative session until a last ditch effort reached a compromise between law enforcement and gun rights’ supporters. The bill provides that a person denied rights to a gun permit due to an involuntary committal can petition for restoration of those rights two years after release. It does not specify who can provide evidence of an individual’s mental health during this restoration process nor does it say what type of information should be provided. This was a must-do bill for both the House and Senate leadership and was strongly pushed by the National Rifle Association. It proved to be one of the more controversial end-of-session bills as many legislators in the House threatened to oppose the standing appropriations bill if this bill was brought up for debate. In the end, those were empty threats.

Autism Mandate: The final days of the Legislature included the addition of language mandating that the state employee’s health insurance plan cover autism spectrum disorders, including applied behavioral analysis. The language limits the mandate to no more than \$36,000 per year per claim and ends once a child reaches the age of 21. The original bill imposed this

requirement on all health insurance plans but was scaled back to reduce the impact on the fiscal note. Any provider with training in applied behavioral analysis will be covered for services provided.

Veterans’ Mental Health Parity: The Legislature approved full mental health parity for any veteran. This provision applies to any employer with more than 50 employees and includes both mental health and substance abuse coverage. The bill also includes a requirement that the insurance commissioner conduct an annual review of the cost of mandates imposed on health insurance plans and to provide projections of costs of any future proposal for a health insurance mandate.

Notification of Release: The Governor signed into law a bill that requires hospitals or other facilities that accept psychiatric patients to notify law enforcement upon their release. This applies only to those individuals who were detained through the involuntary committal process and there must be a standing warrant or intent to arrest an individual. Known as the “Ed Thomas” bill, the law requires the courts to include the notification requirement as part of the committal hearing.

Emily Piper – IAMFT Legislative Representative

Ms. Piper has over twenty years of lobbying experience at the state and federal level for a variety of associations and volunteer organizations. Ms. Piper’s work experience includes two years as a legislative assistant for the American Meat Institute in Washington, D.C. and twelve years as a lobbyist for the Iowa Farm Bureau Federation. Ms. Piper established Piper Consulting Services in 2002 and provides legislative, grassroots, regulatory and political services to a variety of clients. Current clients include: Iowa Rural Water Association, Iowa Association of Marriage and Family Therapists, Rathbun Regional Water Association, Iowa Psychiatric Society, Broadlawns Medical Center, Iowa Association of Mental Health Counselors and the Iowa Association of School Boards.

Ms. Piper serves on the board of directors of the Iowa Mediation Service and served a four-year term on the executive committee of the Miami University Alumni Association board of directors.

She is a past president of the St. Augustin Home and School Association and the St. Augustin Altar and Rosary Society. She earned degrees in political science and international studies from Miami University, Oxford, Ohio and a master’s degree in public administration from Drake University.

# Ethics Corner

The next Ethics Committee meeting is scheduled for September 10, from 10-1pm, at the office of Keith Shrag, Ames, Iowa. Everyone is invited to attend. Discussions are lively as we brainstorm ethical dilemmas and plan our next workshop.

Please send me your ideas for next year's ethics workshop. Tell us what you would like to know more about! Join us at a meeting or join the committee!

Peg O'Rourke, Chair  
peg@lisco.com

# Job Connections

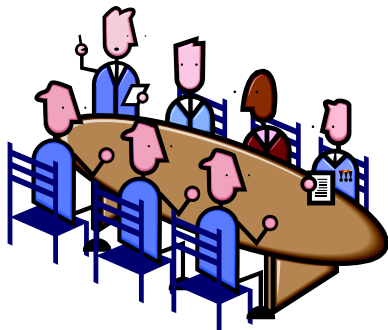
Breakthrough.com (<http://www.breakthrough.com/>), an established online counseling service started by Stanford alumni, seeks licensed mental health professionals to provide in-person, phone, and online counseling and psychiatry. Providers work independent hours, set their own hourly rates, and use Breakthrough's free remote counseling tools. Please visit <https://www.breakthrough.com/providers/new> to get started.

For more information, please visit <http://www.breakthrough.com/FAQforProviders> or contact [sarah@breakthrough.com](mailto:sarah@breakthrough.com). Thanks!

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## ISU Program Update

The ISU Program is proud to announce that we have five new students who will start in the Fall, joining what will be the 2nd-year cohort of seven students, for a total of 12 students. They are still waiting patiently to hear about accreditation.



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

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## IAMFT 2010 Board of Directors

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