

wamft

WASHINGTON ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY
a division of the american association for marriage and family therapy

WINTER 2009

inside

annual conference

award recipients

scholarship fund

workshop series

supporting
divorcing families

from the president

networking coffees

calendar of events

Interview with Michael Yapko: Previewing the WAMFT 2009 Annual Conference

by Lauren Gray

Michael Yapko, Ph.D., internationally renowned expert on the treatment of depression, will be presenting at the WAMFT 2009 Annual Conference on March 14 at Seattle Pacific University. At the conference, we can look forward to hearing Dr. Yapko speak about breaking the harmful interpersonal patterns associated with depression, as well as how to prevent the spread of depression from one family member to another.

In this interview, Dr. Yapko describes his philosophies on treating depression, discusses the risks of depression being passed between family members, and voices his concerns about therapists too frequently recommending the usage of antidepressant medications.

LAUREN GRAY: In a nutshell, how would you explain your core approach for treating depression?

MICHAEL YAPKO: I use a wide variety of strategic and hypnotic approaches to actively engage people in their own treatment. I amplify a person's existing resources and strengths while emphasizing and teaching them new skills to



Michael Yapko

help manage life's demands more flexibly and effectively.

GRAY: How did you devise your methods of treating depression? Did you build from the work of particular theorists?

YAPKO: When I first began studying depression more than 30 years ago, there was little in the way of effective treatment. Cognitive therapy was in its infancy, and the mental health profession simply knew too little about depression to treat it realistically. My

CONTINUED ON PAGE 6

Executive Committee

PRESIDENT

Julie Wood
425-453-6220
woodjulied@aol.com

PRESIDENT-ELECT

Scott Wangsgaard
509-948-8948
wangsgaard@juno.com

SECRETARY

Karen Rowlee
206-241-0971
Kerowlee@comcast.net

TREASURER

Michael Galloway
206-526-7945
michael@
michaelgalloway.com

Board Members

AT-LARGE

Ken Burr
206-219-2553
kenburr@comcast.net

Kim Gilliland
425-922-1644
kimgilliland63@
yahoo.com

Lauren Gray
lauren_gray@yahoo.com

Deborah Moran
425-672-0414
djmoran01@aol.com

Laura Schmidt
509-939-0622
schmidt_LMFT@
comcast.net

Laurie Slater
425-260-7509
laurieblater@gmail.com

Caroline Timmins
caroline@
carolinetimmins.com

David Ward
253-535-8284
warddb@plu.edu

ASSOCIATE MEMBER

Suzanne Snyder
425-478-1644
suzannemsnyder@
comcast.net

STUDENT MEMBER

Colleen Quitslund
quitslca@plu.edu

Committee Chairs

ELECTIONS

Robin Gray
206-781-6446
robin.gray@earthlink.net

ETHICS, TRAINING & STANDARDS

Judy Hait
206-233-3693
jkhait@
fastmessaging.com

FINANCE

Michael Galloway
206-526-7945
michael@
michaelgalloway.com

LEGISLATION

Vacant

Membership Services Committee Coordinators

NEWSLETTER EDITOR/ MARKETING & MEDIA RELATIONS

Suzi Mohn
425-941-6260
suzi@europa.com

MEMBERSHIP

Ellen Nelson
425-778-3575
enelson@whidbey.com

PROGRAM

Kim Gilliland
425-922-1644
kimgilliland63@
yahoo.com

Staff

LOBBYIST

Carey Morris
360-733-8356
careymorris@
earthlink.net

EXECUTIVE DIRECTOR

Kirk Roberts
888-553-1228
wamft@wamft.org

from the president



Vibrant, active, growing: A WAMFT year in review

by Julie Wood

As we wind up 2008, I reflect on the significant accomplishments of our association. Following years of steady growth, WAMFT is viewed as one of the most vibrant and active divisions of our parent organization, AAMFT. The year started off with many communications with AAMFT. In a series of complex changes, we learned a valuable lesson: AAMFT personnel are strong problem solvers, friends, and colleagues. We worked collaboratively with them to address numerous advances, including our work to enhance licensure titles and standards, growth of supervision trainings and support for new supervisors, new resources to serve low income clients, greater inclusion of diverse voices and opinions, reaching out to serve members throughout the state, and increased offerings for members' benefits.

Our trusted executive director, **Kirk Roberts**, helped our organization grow into our increased size and complexity with the completion of an innovative policy and procedures manual

and flow charts for every event we sponsor. Our past president, **Scott Edwards**, was a primary architect of the new licensure law, created in collaboration with our social worker and mental health counselor colleagues. As we shored up our organization structures, policies, and procedures, we are poised to continue our membership growth and a thriving package of member benefits, including more continuing education events. We have seen a surge of volunteers for events and leadership roles. Our member activities and events more accurately reflect the needs of our members: a Mentor Day event targeting new therapists, continuing education for mid-career therapists, and a retirement planning workshop for our master therapists. Many members, student to senior, came together in the fall for Voices of Wisdom, a panel of some of our most experienced MFTs sharing wisdom gleaned through their many years of practice.

However, given the accomplishments thus far, I am most proud of the launch of our student scholarship fund. This has been in discussion among board members for years

WAMFT mission: We network, educate, and advocate for the enrichment of our members, the advancement of our profession, and the health of our communities.

WAMFT vision: We are a vibrant professional community and a strong leader in promoting healthy relationships and well-being for all individuals, couples, and families.

and this year, we did it! Each year the awards banquet honors a subset of our membership. It is fitting that this year we will recognize family therapy students by honoring four scholarship recipients at our banquet on March 13.

When I teach or supervise I am reminded of how very vulnerable we all feel at the beginning of this professional journey. Every new case stirs some part of ourselves and every book becomes our theory of the week. I am always humbled to see the good works of our students. I often tell them two stories supervisors told me: 1) It takes 10 years

Beyond and beneath theory, technique, and professional standards, our friend Freud said therapy is “the cure effected by love.”

to be really good (so don't worry so much); and 2) an outcome study from many years ago indicated new therapists had more positive client outcomes than seasoned therapists. The study's hypothesis was that, armed primarily with curiosity and compassion, new therapists are genuinely invested in their client's lives. That is the bedrock for healing and growth.

This leads me to the wrap-up event of the year, the AAMFT conference in Memphis. WAMFT was proud to see three board of directors members present at highly rated workshops at the conference. **David Ward** presented his award-winning dissertation topic on hope

in couples therapy. **Ken Burr** presented on the topic of his upcoming new book, gay spirituality. Scott Edwards presented on use of self disclosure in symbolic-experiential therapy. Our newsletter continues to be the talk among division leaders and our new workshop series was a new focus which many other divisions hoped to emulate.

However, the most moving hour of the conference was at a workshop with **Tim Dwyer**, an AAMFT board member who assisted us at our January board leadership retreat. In a reflecting circle, he and his colleagues discussed boundary “crossings,” the many ways in which our lives as therapists intersect with our “real” lives and those of our clients. They concluded with a discussion of the “L” word: How is *love* a part of therapy? How do we pass this legacy to students and supervisees? Beyond and beneath theory, technique, and professional standards, our friend Freud said therapy is “the cure effected by love.” I was gratefully reminded that my first MFT supervisor, Barbara Wilson, PhD, passed this on to me as a student: When clinically challenged by a client, find something to love about them.

So in the midst of our many accomplishments and our increased attention to all the developmental stages of being a therapist, I am most encouraged by this last idea so courageously discussed in the public forum of a professional conference: Love heals. May the new year bring you all many opportunities to witness such healing in your work and your families.

online colleague connection

Stay in touch with WAMFT listserv

Why?

- Stay in touch with your colleagues.
- Share practice information.
- Network with your peers.
- Receive WAMFT updates.

How?

- WAMFT listserv is coordinated through Yahoo.
- Recent adjustments ensure that members will not be inundated with response e-mails.
- We help members understand the listserv process and invite suggestions.

What?

- Messages average about five to ten per month.
- Includes legislative initiative and clinical resources.
- Find referrals and locating office space.
- Reminders for WAMFT programs and services.

To subscribe ...

- Send an e-mail with the word “subscribe” in the subject box to: wamft4u-subscribe@yahoogroups.com.
- Please contact **Kirk Roberts** at wamft@wamft.org or 888-553-1228 if you have any questions or if you have any problems subscribing.



WAMFT's success is a reflection of volunteer efforts

by Kirk Roberts

"Pay it forward" is the idea that taking a positive action will put in motion a series of good will that will far surpass the amount of the original effort. In essence, it is the heart of volunteerism, and the heart of a volunteer-driven organization like WAMFT. I want to spend a moment to thank the volunteers who have served us so well and to let you know how you can follow their lead in paying it forward for the future of your profession.

A number of volunteers completed their terms in office in 2008. The time, effort, and imagination

There is always a place for anyone interested in volunteering with WAMFT.

that this organization's members bring to us in their volunteer roles power our growth and vibrancy. A complete list of their accomplishments would take too many pages, so I will stick to one shining moment for each:

- **Rhoda Berlin**, at-large member, worked with local agencies to create networking luncheons to serve South Seattle members.
- **Stephen Crippen**, Elections Committee member, helped in recruiting and cultivating candidates for our most tightly contested election in memory.
- **Debbie Douglas**, at-large member, helped coordinate our Voices of Wisdom panel discussion.

- **Scott Edwards**, past president, was instrumental in the passage of legislation to clarify licensing categories.
- **Matt Gittleman**, associate board member, was the driving force in creating the associate referral database, a resource for members to refer low-income clients.
- **Claudia Grauf-Grounds**, treasurer, oversaw a growth of our financial reserves that have made us one of the stablest divisions in the nation.
- **Preston Peterson**, legislation chair, helped craft the language of our legislative initiatives.
- **Carol Stanley**, ETS Committee chair, coordinated our wildly successful Mentor Day activities.

My heartfelt thanks to each of these volunteers. I would also like to welcome the new volunteers and those continuing their work in different roles:

- Newly elected **Sue Arneson** and reelected **Karen Quek**, who will continue the Elections Committee's work in cultivating candidates for leadership positions.
- **Michael Galloway**, who has been appointed to the position of Treasurer to help us continue our financial growth.
- **Judy Hait**, taking another turn at chair of the ETS Committee, coordinating our CEU efforts and the supervisor workshop.
- **Lauren Gray** and **Deborah Moran**, our newly elected at-large members, and **Ken Burr** and **David Ward**, our reelected at-large

members, who will help shape the vision of our association.

- **Suzanne Snyder**, who was elected to represent our associate members on the board of directors.
- There is always a place for anyone interested in volunteering with WAMFT. And there are always some specific roles that need to be filled. How can you pay it forward?
- Volunteer to work with our lobbyist, **Carey Morris**, as we collaborate on a bill to gain privilege for LMFTs in our state. This is a unique opportunity for someone in the Olympia/South Sound area. There's no better way to learn about the legislative process and further the health of your profession.
 - Volunteer to assist with our annual conference. We are looking for six student members to help with day-of conference activities. In return, you'll get a free conference registration and an opportunity to work with your fellow volunteers.
 - Volunteer to participate in any of our committees and task forces, working on issues such as supervisor workshops, student scholarships, Mentor Day, and much more.
- The time commitment is up to you. I urge you to contact me at wamft@wamft.org if you are interested in discussing what role you could play in our association.

Welcome to nonmembers: A brief primer on your professional organization

by Ellen Nelson

This issue of our newsletter goes out to all licensed marriage and family therapists in Washington State—both WAMFT members and those who may not yet have joined our association. We'd like you to know what our association does for its members as well as for our profession. In brief, WAMFT serves as a voice for our profession and as an advocate for MFTs through education, advocacy, and outreach.

Education

We sponsor numerous educational opportunities with CEUs throughout the year. Our annual conference in early March features a nationally known speaker. Nonmembers are welcome to attend this full-day conference.

In response to our members' requests, we are offering a workshop series that features our own members presenting smaller, hands-on workshops and content focusing on our unique communities.

Advocacy

Your association was instrumental in the work to gain licensure for MFTs in 2001. Today, association volunteers participate in the Washington Department of Health Advisory Committee, which writes the rules that define the terms of your MFT license. WAMFT volunteers and our lobbyist,

Carey Morris, work together with other mental health professional organizations to consult with DOH and our state legislators to ensure that the concerns of our profession are heard in Olympia.

Outreach

WAMFT holds regular monthly networking coffees and luncheons throughout the state. They are designed to provide a chance to get know colleagues, share ideas, and answer questions you have about your practice. Coffees can be found in Seattle, South Seattle, Mill Creek, Bellevue, Federal Way, Spokane, and Vancouver and are open to members and nonmembers alike.

The WAMFT newsletter is published three times a year and serves as a forum for sharing professional ideas and updating members about events.

In addition, WAMFT works to provide opportunities to help both

new and experienced professionals enhance their skills.

Being part of WAMFT provides so much in terms of getting to know colleagues, sharing ideas about one's practice, and just having the chance to visit, brainstorm, and enjoy your friends and colleagues. There are also many volunteer opportunities

If you're not a member, we hope you'll find a WAMFT activity that interests you.

to bring your strengths and talents and help provide leadership for the organization! If you're not a member, we hope you'll find a WAMFT activity that interests you. If you'd like further information about the organization, please contact our office or visit our website for additional information.

NEW ONLINE DISCOUNT!

Save 5% on your Professional Liability Insurance when you apply or renew *online!*

www.cphins.com



Phone 312-987-9823 or 800-875-1911

Ask about:
CPH
TOP

Interview with Michael Yapko

CONTINUED FROM PAGE 1

methods evolved out of necessity once I found that the theories I had been taught had little bearing on the actual practice of psychotherapy with depressed clients. As one glaring example, until DSM-IV, there wasn't even a category for childhood depression. It was assumed it didn't exist! Consequently, the profession is way behind where it should be in understanding the nature of children's depression. My style is original, but I've been fortunate to have ample time to study with some of the pioneers of brief and strategic approaches, people who

Expectations are the single most powerful factor in predicting therapeutic outcomes.

routinely challenged my thinking and pushed me to become ever more practical in delivering focused interventions. These included Jay Haley, Aaron Beck, Albert Ellis, and Virginia Satir. I think Jay was my biggest influence, though, and through Jay, the work of Milton Erickson.

GRAY: You speak about using hypnosis to enhance cognitive behavioral therapy (CBT) techniques. In your view, what is the role of hypnosis, and do you think that effective therapy for depression can be done without it?

YAPKO: Hypnosis creates a focused context for learning that goes well beyond non-hypnotic approaches in its power to transform subjective experience. Hypnosis highlights how people generate their symptoms, how people get absorbed in subjective realities that restrict them and cause them distress. Therapy cannot be done without being suggestive. The study of hypnosis amplifies the value of suggestion, increases a therapist's ability to use suggestion skillfully rather than unwittingly. I have often said there are many ways into depression and many different ways out. But being skilled in the use of hypnosis takes any approach that one might use and gives it an advantage. So, the idea of doing treatment without an advanced knowledge of hypnotic patterns makes little sense to me.

GRAY: In your work, you emphasize "outcome-focused therapy." How do you personally go about measuring psychotherapy outcomes?

YAPKO: By doing follow-up interviews with clients during and after the therapy.

GRAY: Many of your therapeutic techniques involve getting depressed clients active and moving. What are some of your tricks for "selling" active approaches to depressed clients who have difficulty mobilizing?

YAPKO: Motivation is directly tied to expectation. The quickest way to de-motivate yourself or someone else is to first ask the question, "Why bother?" and then leave it unanswered. The number one skill of many is to build positive

expectancy. Expectations are the single most powerful factor in predicting therapeutic outcomes, influencing every phase of clinical response. Most therapists know expectancy is a critical issue, yet do nothing about it. During my presentation at the 2009 WAMFT conference, I will talk at length about the importance of positive expectancy in getting people moving and getting them to do the task assignments I routinely give. And, I'll talk about how to impart expectancy as the very first task in treating depression. There's a powerful hypnotic technique called "age progression" that serves this important purpose very well.

GRAY: At the 2009 WAMFT conference, you will be speaking about "Breaking the Patterns of Depression." Please give us a sneak preview of what you will teach us with regards to the effect of depression on personal relationships, and the personal qualities that tend to be associated with depression?

YAPKO: Remarkably, up until I wrote the 1999 book, *Hand-Me-Down Blues: How to Stop Depression from Spreading in Families*, very little attention had been paid to the effects of depression on marriages and families. Depression was viewed as an individual's problem, and then, even more reductionistically, as an individual's biological problem. I wanted to address the fact that every depressed person affects the others around them, their spouses, kids, friends, and coworkers. So,

I will be describing the specific interpersonal patterns that mark depressed peoples' interactions. I will consider how a depressed parent, for example, serves as a huge risk for transmitting depression to his or her children, and *not* because of genetics. There are specific trans-generational risk factors that make the children of a depressed parent anywhere from three to six times more likely to become depressed compared to children of non-depressed parents. These include things like coping styles, cognitive styles, and relational styles, factors I'll address in the workshop. The evidence has grown dramatically, perhaps surprisingly even from within the world of genetics, that depression is more about socialization than many people presume.

GRAY: In our work, many of us tend to focus on the treatment of depression once it's there. How would you instruct a client instead on preventing depression?

YAPKO: This is a huge challenge, though the answer is deceptively simple -- teach foresight. We have learned that depressed people tend to make "now-oriented" decisions that only serve to reinforce their depression. Addressing decision-making skills in therapy can go a long way towards reducing depressive episodes as well as relapses.

In a world where the constant messages are "listen to your feelings," "do it now," and "be fully

present in the moment," people too rarely develop the skill of learning to think ahead. So much of human misery could be prevented if people would just think ahead, plan ahead, take steps *before* problems get worse.

GRAY: At the conference, you will also be speaking about "Transgenerational Risk Factors for Depression." Briefly, what are some ways that a family with a depressed parent can shield a child from "catching" depression?

YAPKO: There are many different skills parents can emphasize in their relationships with their children. There is no single more important skill, though, than the ability to think critically. Getting people to emote is not difficult. Getting them to think, though, requires a discipline and awareness that has to be cultivated from the earliest days of a child's life. Thus, even a depressed parent can model problem-solving skills, perseverance, flexibility in exploring, and trying different potential solutions. And, a depressed parent can be clear about the relationship boundaries, and encourage the child to be clear about the boundaries, in such a way as to get the message across that the parent's mood isn't the child's problem to solve or to have to suffer. A depressed parent can do that, but not if he or she abdicates responsibility for his or her actions because of depression.

GRAY: Professionally, you wear many hats: teacher, author, and therapist. At present, which is your favorite hat to wear?

YAPKO: This past year I retired from clinical practice after 32 years. So, I no longer wear that hat. I continue to teach workshops all over the world and still love doing that, but my current passion is in the 100-hour clinical hypnosis trainings I am now conducting in which participants develop their skills over the course of several months. This comprehensive training recognizes that to develop a skill takes time, and the people who chose to participate in my trainings value that aspect of learning. With this new training format of working with the same group of people over time, I really get to know the individuals. We develop a wonderful community in these trainings and the relationships continue long after the program ends.

GRAY: You spent some time helping to design and implement a training program for elephant trainers. What were some interesting things you taught the trainers? And what did you learn from the elephants?

YAPKO: I finally got around to writing up my three-year involvement with the elephant breeding program at the San Diego Wild Animal Park a couple of years ago. It's a long and fascinating story, and is a highlight of my life. Rather than give a short answer that won't give your question its just due, I'd suggest readers go to my website (www.yapko.com) and read the article posted there about my experiences. My work there was a direct spin-off from all I have learned in therapy in ways that

many people find inspiring, especially if they love elephants!

GRAY: You wrote an article called “Skills or Pills?” that recently appeared in the November/December (2008) edition of *Family Therapy Magazine*. In the article, you challenge the popular notion that antidepressant medication is the most effective means of treating depression. What was your impetus for writing the article? Have you felt let down by the efficacy of antidepressant medications for your clients?

2009 WAMFT Annual Conference

“Breaking the Patterns of Depression: Strategies for Treating Individuals, Couples and Families”
with **Michael Yapko**, Ph.D.

When & where:

- Saturday, March 14, 2009
- 9 a.m. – 4 p.m.
- Seattle Pacific University

CEU:

Six hours for LMFT, LMHC, LASW, and LICSW

Cost:

- \$160/clinical & affiliate members
- \$120/associate members
- \$80/student members
- \$190/nonmembers

Cost includes refreshments, lunch, materials, and CEUs

To register:

Please use the registration form on the back cover of this issue.

YAPKO: I wrote the article because I find it distressing how readily psychotherapists have capitulated to the medical model of a disorder that is far more social than medical, namely depression. I’m astonished at how many therapists instantly send someone for a medication evaluation without an awareness for the limitations of medications and even the dangers of medications. I described nine ways the practice of a competent MFT can outperform medications. I haven’t felt let down by the medications. I’ve felt let down by therapists who non-critically believe the advertising and actually think these drugs are safe and effective. It’s not that I’m against antidepressants. I’m bothered by how misleading drug marketing has overtaken sound clinical judgment.

GRAY: Under what circumstances would you recommend antidepressant medications to your depressed or anxious clients?

YAPKO: Antidepressants do two things reasonably (not fantastically) well: They can reduce vegetative symptoms (e.g., agitation, insomnia, appetite disturbance) and they can reduce the crippling sense of despair. So, if someone wanted medication for either of these purposes, I wouldn’t stop them from pursuing it, as long as they were clear that medication should not be a sole form of treatment. It would have to be pretty dire circumstances for me to spontaneously make the medication recommendation, though. There are other ways to

help that don’t have the risks associated with them that medications do. But the key things that foster recovery are simply not factors that medication can address. No amount of medication, for example, can build a support network for you.

GRAY: How would you explain to a depressed or anxious client what to expect from an antidepressant medication? How about what to expect from psychotherapeutic treatment?

YAPKO: I’m abbreviating this reply to the extreme, so please bear that in mind. I let them know that antidepressants can help in the ways I described in my previous answer and that taking them must be approached with a realistic expectation: the drug, if it helps (which it may not), is *not* going to build the kinds of skills that will ultimately help reduce vulnerability to depression. I emphasize that psychotherapy, if well designed and delivered, can reduce depression’s severity, frequency, and vulnerability to relapses. I emphasize the crucial role of the client as an active partner in the process, and to expect, therefore, to do a lot of homework and skill-building exercises throughout the treatment process.

GRAY: In your article, you emphasize the importance of therapists staying up to date on the scientific literature on the treatment of depression. What is your favorite source of such information?

CONTINUED ON PAGE 14

Treating depression: Lessons from an expert

by Lauren Gray and Kim Gilliland

Depression is the most common mood disorder in the world, a problem that is still growing steadily across all age groups. Depression is also one of the more treatable disorders, as long-term therapy and follow-up studies indicate. If your clinical practice could benefit from some fresh ways of treating and preventing depression, please join us in welcoming one of the foremost experts on depression, **Michael Yapko, Ph.D.**, to the WAMFT Annual Conference on March 14 at Seattle Pacific University.

In this workshop, we will spend the morning focusing on treatment issues and approaches most relevant to individuals, addressing such issues as comorbid anxiety, sleep disturbances, and the combination of hopelessness and helplessness that underlie depression. In the afternoon, the focus will be on the social context of depression, including a discussion of how family dynamics relate to the onset and course of depression.

Despite the overstated and oversimplified view that suggests depression is caused by a chemical imbalance in the brain, the clinical and research evidence make it clear that depression is about much more than just “bad chemistry.” Depression can have many causes, and there are many factors—including psychosocial ones—that influence its course and prognosis.

This workshop will examine how medications alone are not and can never be an adequate reply to the growing rates of depression.

“Adjusting” individuals chemically while individuals, couples, and families face life challenges they are not adequately prepared to meet suggests the problem is always in their biology and not their circumstances. This is an untenable and extreme position to take in light of the relevant psychosocial data.

For every person who gets appropriately medicated, many more sink into depression that is either undiagnosed or inappropriately untreated. As health professionals, we can do a great deal to address this issue more realistically than leading people to believe they are “diseased” or that “a pill a day will keep the depression away.”

Our knowledge of depression has greatly expanded in recent years, firmly establishing the essential role of psychotherapy in treatment. Simply put, there are things therapy can do that no medication will ever be able to do.

At this workshop, we will explore perspectives described in Dr. Yapko’s forthcoming book, *Depression Is Contagious*, addressing the relationships between cultural values, parenting styles, family dynamics, and the onset and course of major depression. We will broaden the simplistic view of depression as only an individual biologically-based disorder in order to recognize that depression is often a direct response to interpersonal hurtful life situations that people don’t cope with very well.

There will be concepts and approaches provided that are relevant to the issue of prevention, a treatment consideration that is only possible through well-timed educa-

tion and early intervention. The technologies for prevention exist—we just have to find better ways to make them available to those we serve.

This workshop reaffirms the value of good psychotherapy. A primary goal is to encourage attendees to think twice before they reduce a

Simply put, there are things therapy can do that no medication will ever be able to do.

complex social problem like depression down to a mere shortage of serotonin.

Michael D. Yapko, PhD, is a clinical psychologist and marriage and family therapist. He is internationally recognized for his innovative work in treating depression and his expertise in the areas of outcome focused psychotherapy and clinical hypnosis. Dr. Yapko is a clinical member of the AAMFT, and is a recipient of numerous awards, including The Milton H. Erickson Foundation Lifetime Achievement Award for “Outstanding Contributions to the Field of Psychotherapy.” His books include *Breaking the Patterns of Depression* and *Hand-Me-Down Blues: How to Stop Depression from Spreading in Families*. His newest book, *Depression Is Contagious*, will be released in September from The Free Press.

Celebrating excellence in our community

2009 WAMFT Awards Banquet At-A-Glance

When & where:

- Friday, March 13, 2009
- 5:30 – 8 p.m.
- Rock Salt Restaurant, Seattle

Awards:

- Clinical Member of the Year
Cristi Lien
- Volunteer of the Year
Laura Stahl Schmidt
- Educator of the Year
David Ward
- Student Member of the Year
Colleen Quitslund
- Supervisor of the Year
Terry Gibson
- Editor's Choice
Ranell Wampler
- Family Advocacy
**Someireh Amirfaiz,
Refugee Women's Alliance**

Cost:

\$40 (student members \$20).
Cost includes dinner.

To register:

Please use the registration form on the back cover of this issue.

Join fellow members, family, and friends at our fifth annual awards banquet on March 13 at the Rock Salt Restaurant on Lake Union in Seattle. Our banquet is an evening to celebrate our work and our professional community.

This year, we will salute our student members, the future of our profession. In a special presentation, we will meet the recipients of our first WAMFT scholarship awards. These scholarships are funded by member donations and are available to student members throughout the state.

In addition, we will honor members and leaders for their dedication and service to the mental health community. We will also acknowledge the achievements of members who have given their time and energy to volunteer for our professional association.

Honor your own commitment to the field of marriage and family therapy by joining us for an evening of elegance, fun, and connection. Be a part of the magic as we recognize our past and celebrate our future.

To register, please use the registration form on the back cover.

This year, we will meet the recipients of our first WAMFT scholarship awards.

We also ask you to consider making a contribution to assist student members to attend the banquet. Each \$20 contribution offsets half of the fees for a student.



WAMFT honors its best and its brightest

by Scott Wangsgaard

With the holidays behind us, we prepare once again to meet at the annual awards banquet on March 13, 2009, to honor those of our membership (and some outside of our numbers) for their scholarly excellence, clinical ingenuity and vision, long-term commitment to the profession, and instrumental contribution to the well-being of families.

The WAMFT president-elect has the opportunity to chair the Awards Committee. Drawing upon the knowledge of members who are “long-timers,” the committee was able to identify those of their colleagues who have greatly contributed to the field and the

**Please celebrate
with your WAMFT
colleagues at the
awards banquet!**

organization, and are most deserving of recognition. However, given the depth of deserving nominations, the discussion and decisions of the committee were neither quick nor easy.

In this brief article are “sound-bites” from the nominations. Look for a more detailed biography at the dinner and in the next newsletter.

We are honored to present—and humbled by the excellent work of—our award recipients. Please celebrate with them and with the WAMFT community at the awards banquet!

Distinguished Clinical Member — Cristi Lien

“The leadership and tenacity of Cristi Lien ... is the reason we are licensed today. What many people did not see—because she is such a private person—is how much she cares, how passionate she is, about the MFT profession.”

Supervisor of the Year — Terrill Gibson

“Terry shows leadership in his deep and observable commitment to the individual clinician, supervisee, or supervisor as well as to the professional community, the ethical standards that guide it, and the people we as clinicians serve.”

Educator of the Year — David Ward

“He challenges students to expand their understanding and perspectives while pushing them to be better therapists and members of ... society ... he is able to express concern for students without expressing any doubt in their abilities.”

Student of the Year — Colleen Quitslund

“Colleen has a natural presence in the classroom ... what distinguishes her is the way she synthesizes information and then shows a real talent in applying the information to clinical work.”

Family Advocacy Award — Someireh Amirfaiz

Executive director of Refugee Women’s Alliance (ReWA). “The refugee immigrant experience is one of mingled hope, trepidation, fear, and loss, as people look to build a new

existence and future for themselves and their families after enduring horrific experiences of war, violence, destruction, and death. For over 20 years ReWA has ... helped refugee immigrants overcome obstacles, be they learning a new language, building a new community, overcoming and healing from deep wounds, and navigating overwhelming government bureaucracies. ReWA’s executive director, Ms. Amirfaiz, has led ReWA for over a decade, and she is a highly regarded advocate for the rights of immigrant and refugee women and their families.”

Editor’s Choice Award — Ranell Wampler

“Some time ago, Ranell agreed to write one book review for the WAMFT newsletter. Two years later, she is still writing – consistently, professionally, enthusiastically (even on short notice) — and has become one of our most consistent and regular contributors to the newsletter—the first time a student has taken on this role!”

Volunteer of the Year — Laura Stahl Schmidt

“Laura took it upon herself this past year to initiate a meeting of local WAMFT members in Spokane for an informal networking coffee. Networking was only the beginning, as her enthusiasm and drive have led to spearheading regular monthly meetings where each member has an opportunity to present a subject in their area of expertise, thus responding to our ongoing needs for continuing education and development.”

Host housing: A new member benefit

by Laura Schmidt

Can you remember the last conference you wanted to attend but skipped due to the cost and trouble of finding a hotel, traveling out of town and attending alone?

Ever since moving to Spokane from Syracuse, New York, several years ago, I have wanted to contribute to strengthening our community statewide—both in my Spokane area

and between the regions throughout our state.

As you know, meeting and making connections with colleagues is rewarding both professionally and personally. Our WAMFT mission and vision is to promote networking,

healthy relationships, and community. Unfortunately, the geography and population centers of our state present challenges for building and bridging these regional connections.

During our WAMFT awards banquet and annual conference last March, I had the privilege to receive another member's generosity for reaching out and building community. Sammamish resident **Julie Wood** offered me a place to stay that weekend, enabling me to attend the banquet the night before the conference, get to know a wonderful new colleague, be introduced to fellow WAMFT members, and even enjoy a few local gastronomic secrets. My

conference experience was much more rewarding and enjoyable than it ever could have been attending alone, staying in an impersonal hotel in an unfamiliar part of the state. Needless to say, the positive experience prompted us to work towards establishing and offering a new WAMFT member host-housing benefit.

We are excited to offer you the opportunity to either host or be hosted by a fellow WAMFT member the next time you travel from out of town for a WAMFT event. If you would like to give to the WAMFT community by serving as a host for a future WAMFT event, please ask Kirk Roberts to add you to the host

database by contacting our office. Please include your home address, phone number, and email. If you will be traveling from out of town and would like host housing for the next WAMFT event, the registration form will include this request. A host will then contact you to make arrangements for your visit.

We look forward to facilitating connections throughout our state and thank all of you who have already expressed interest in giving to our WAMFT community as a host. It's not too early for the next WAMFT event to give your name to Kirk if you might be willing to host an out of town member for one or two nights.

We are excited to offer you the opportunity to either host or be hosted by a fellow WAMFT member.

Have you been published?

Share the news with your colleagues!

We now have a section devoted to recognizing our members who have had their professional writing published. Whether you have written and published a book, journal or magazine article, or any professional publication, we would like to celebrate your accomplishment and share the news with your colleagues. Please email **Suzi Mohn** at suzi@europa.com with your name, what you are currently doing professionally (agency, private practice, teaching, etc.), the title of your book or article, the publisher or journal, the date it was published, and if you would like, some brief details about yourself and the information you have written. Thank you!

WAMFT Mentor Day offers insights

Associate and student members: Join us for Mentor Day, WAMFT's annual event to help new and soon-to-be graduates negotiate the first few years of life as a MFT. Veteran members provide their wisdom and experience to new graduates entering the profession. Topics include supervision, the licensing exam, private practice, interview skills, marketing, and networking. Recently graduated and seasoned clinicians will share their lessons learned so your journey—as a new therapist—might be easier.

Mark your calendar for Saturday, April 18, for this free, unique opportunity. Mentor Day 2009 will be held at Seattle Pacific University. Look for additional information by email, or feel free to call or email the WAMFT office to find out more. This event is offered free to all students and those working toward licensure, so please let your friends know about this event.

We look forward to seeing you on April 18.

Narrative therapy workshop concludes 2008–09 series

The WAMFT Workshop Series offers you a different kind of CEU experience ...

- Learn from the wisdom of our experienced members throughout the state.
- Participate in smaller, hands-on workshops that feature interaction and connection.
- Discuss content that goes beyond the theoretical to practical ideas that can benefit your practice.

Join us for the final workshop series event of the 2008–09 season, “Narrative Therapy” on April 3. And look for information about our 2009–10 season, coming soon!

The “Narrative Therapy” workshop will focus on key practices of narrative therapy and their use in clinical work. It is intended for clinicians with a basic knowledge of narrative ideas who want to develop a richer understanding of narrative practices and explore how to use them in their clinical work. The practices we will focus on will be:

- Deconstructing problem-saturated stories using a mapping process (i.e., rich description, exploration of effects, identification of unique outcomes, within a context of externalizing conversations).
- Using scaffolding questions (i.e., landscapes of identity and action) to develop preferred stories.

Learning will occur via presentations, the discussion of clinical work, and exercises that invite participants to experience the ideas

for themselves and to consider their application to their own work.

About the presenters

Michelle Naden, Ph.D., and **Kurt Johns, Ph.D.**, each have more than twenty years experience in the practice and teaching of marriage and family therapy. They run advanced training groups in narrative therapy and have a family therapy practice on Bainbridge Island as part of the Collaborative Family Therapy group. They have taught in MFT programs at Seattle Pacific University, Loma Linda University, Antioch University Seattle, and Mars Hill Graduate School. Michelle is an AAMFT approved supervisor.

Narrative Therapy

- Speakers: **Michelle Naden, PhD**, and **Kurt Johns, PhD**
- When: Friday, April 3, 2009, 9:00 a.m. – noon
- Where: Antioch University, Seattle
- CEUs: Three hours for LMFT, LMHC, LASW, and LICSW
- Fees: Clinical/affiliate members, \$50; associate members, \$40; students, \$25; nonmembers, \$60; includes refreshments, CEUs, and all workshop materials
- To register: Send your check to WAMFT, PO Box 2276, Bellingham, WA 98227

Help for supervision dilemmas that keep you up at night

by Hattie Cannon

Shades of Grey: Ethical Dilemmas in Supervision

- Panelists: **Judy Hait, Bill Collins, Carol Stanley, Wayne McCleskey, Rhoda Berlin, and Harriet Cannon**
- When: February 7, 2009, 9 a.m. – 4 p.m.
- Location: United Methodist Church, Seattle
- CEUs: Six CEUs designated Ethics and Law; meets the state licensure renewal requirement for LMFT, LMHC, LASW, and LICSW
- Fees: Before February 1, WAMFT/WPCA members, \$90; nonmembers, \$100. After February 1, add \$20.
- To register: Send your check to WAMFT, PO Box 2276, Bellingham, WA 98227

The WAMFT Ethics, Training, and Standards Committee is pleased to inform you that “the times, they are a changin’.” Beginning with “Shades of Grey: Ethical Dilemmas in Supervision” on February 7, WAMFT will expand the scope of CEU seminars beyond the AAMFT required supervisor refresher workshop.

The content of the “Shades of Grey” six-hour seminar will cover a variety of complicated, thorny supervision dilemmas that keep supervisors up at night and reaching out for consultation in the morning. We will be soliciting challenging supervision scenarios from AAMFT approved supervisors and state-approved supervisors prior to February 7.

ETS Committee members **Judy Hait, Bill Collins, Carol Stanley, Wayne McCleskey, Rhoda Berlin, and Harriet Cannon** will be facilitating the seminar dialogue.

The “Shades of Grey” seminar will offer six CEU hours in ethics and law, meeting the licensure renewal requirement for ethics CEUs. It will not, however, fulfill the AAMFT approved supervisor training refresher required by AAMFT every five years that has specific curriculum demands supplied by AAMFT.

If you would like to register, please call the WAMFT office at 888-553-1228 or email wamft@wamft.org. We hope to see you there.

Interview with Michael Yapko

CONTINUED FROM PAGE 8

YAPKO: Multiple journals and listserves.

GRAY: What can we look forward to reading from you in the future?

YAPKO: My newest book is due out in September (2009). It’s called *Depression Is Contagious*. It draws attention to the social side of depression, such as how depression impairs relationships and how specific social forces lead to rising rates of depression around the world. The emphasis is on developing a “social immunity” to depression, a way to interact with people and institutions that can help you resist the depressogenic patterns in social interaction. It’s a self-help book I hope therapists will read and prescribe to their clients.

I’m getting a new book underway now about what I call discrimination strategies. So many of the problems people develop arise from an inability to make important distinctions in the course of everyday living. For example, a question such as, “Is this or isn’t this in my control?” is a huge and repetitive issue in therapy. In order to answer it skillfully, one needs a discrimination strategy to clearly distinguish between what is and what isn’t controllable. I have identified scores of discriminations people need to make skillfully if they are to live well. I hope my book will help them do that.

Readers may be interested in receiving my electronic newsletter I send out bimonthly. I share new research findings, new products of interest, and other useful things. Anyone can receive it by going to my website, www.yapko.com, and signing up there for mail list.

Do you want to become a clinical supervisor?

WAMFT is proud to again offer supervisor training workshops to help prepare you to become a supervisor. Part I, "The Foundations of MFT Supervision: An Overview," meets the state course requirements to become a supervisor. Part II, "Developing Competency as a Supervisor," meets the course requirements to become an AAMFT approved supervisor.

Part I will be held March 27–28, and Part II will be held September 18–19. Both trainings will be held at the Bellefield Office Park in Bellevue. *You must have previously taken Part I to be eligible to take Part II.* In addition to meeting the supervisor course requirements, each of these workshops provides 15 hours of CEUs for licensure renewal, including two hours of ethics and law.

In Part I, participants learn the basics of supervision, including:

- Ethical issues in treatment and how to work with supervisees when they encounter them.
- Legal responsibilities of supervisors when supervising for MFT licensure.
- Theories and methods of clinical supervision.
- Attending to multicultural issues in supervision;
- Structuring the supervision process, including contracting and evaluation.
- Developing supervisory relationships that attend to power, intersecting social identities and location, and the context of all supervisory participants.

Part I fulfills the Washington state course requirements for clinical

supervisors, as well as supervising applicants for MFT licensure. In addition, it fulfills the first 15 of the 30 course hours needed to fulfill the AAMFT approved supervisor course requirements.

In Part II, participants will be guided in the development of their own supervisory competency and philosophy of supervision as they revisit areas covered in Part I. Participants will develop skills in using case presentation, videotape, and live supervision; and address opportunities, issues, and problems of supervising individually, in dyads, in groups, and teams. They will continue to focus on multiculturalism in supervision and ethical issues in supervision with an emphasis on the responsibility of bringing new therapists into the profession. Participants will complete a philosophy of supervision paper as required by AAMFT.

Part II fulfills the second 15 of the 30 hours needed to fulfill the AAMFT approved supervisor course requirements.

Our trainers will again be **Cheryl Storm**, PhD, LMFT; **Mike Fitzpatrick**, MSW, LMFT, LSW; and **Glen Paddock**, PhD, LMFT. They bring a wealth of knowledge and experience as supervisors and trainers, and their trainings during the past two years drew rave reviews.

"I think the three presenters did an excellent job taking 15 hours and making it active, interactive, informative, and engaging," one participant wrote on their evaluation after a previous workshop. "Good example of good teaching!"

Supervisor Training Workshops – Parts I and II

- Speakers: **Cheryl Storm**, PhD, LMFT; **Mike Fitzpatrick**, MSN, LMFT, LSW; and **Glen Paddock**, PhD, LMFT
- When: Part I – Friday/Saturday, March 27–28, 9 a.m. – 5 p.m.; Part II – Friday/Saturday, September 18–19, 9 a.m. – 5 p.m.
- Where: Bellefield Office Park Conference Center, Bellevue
- CEUs: Both Part I and Part II provide 15 hours for LMFTs, LMHCs, LASWs, and LICSWs, including two hours of ethics and law. Part I satisfies the Washington State course requirement to become an MFT supervisor. Part II, taken after Part I, satisfies the AAMFT approved supervisor course requirements.
- Fees: Part I – \$325/members, \$375/nonmembers; Part II – \$250/members, \$275/nonmembers. Agencies and groups receive a \$50 discount on each registration if registering three or more participants simultaneously.
- Registration: Send your check to WAMFT, PO Box 2276, Bellingham, WA 98227, or to pay by credit card, download a registration form at our website, www.wamft.org.
- If you already completed Part I at our November 2006, April 2007, or March 2008 workshops, you can take Part II in September to complete the AAMFT approved supervisor course requirements.

Coffee, conversation, and collaboration

Join your colleagues and enjoy a cup of joe at one of the following networking coffees. The coffees are free and open to all. If you don't see a coffee in your area, perhaps you could host one. Contact Kirk Roberts for details.

Bellevue Morning Coffee & Conversation

- Thursdays, February 26, March 26, April 23, May 28, and June 25
- 10 – 11:30 a.m.
- 1611 116th Ave NE, Suite 204, Bellevue. Heading north on 116th past Overlake Hospital, go through the intersection of 116th and NE 12th. Turn left shortly after this intersection into the Campus Office Park. Veer to the right and look for building 1611. Park anywhere.
- Questions? **Kim Gilliland** at 425-922-1644



Federal Way Networking Coffee

- Fridays, March 6 and June 5
- 10 a.m. – noon
- Starbucks at “The Commons” (or Sea-Tac Mall), either inside or right outside of Starbucks in the Mall
- Questions? **Jean Eakins** at 206-427-3247.

Mill Creek Networking Coffee

- Tuesdays, March 10 and June 9
- 9:30 – 11 a.m.
- On March 10 our speaker will be Jenni Scharf, regional manager of clinical outreach with Center for Discovery. Center for Discovery is a residential treatment program dedicated exclusively to adolescents struggling with eating disorders and dual diagnosis issues. Jenni will discuss what the new residential location in Edmonds will provide for clients, as well as some of the methods employed in Center for Discovery's eating disorders program.
- University Book Store, Mill Creek Town Center. The bookstore is located on the corner of 153rd and Bothell-Everett Hwy. For directions, call 425-385-3530.
- Questions? **Suzanne Snyder** at 425-478-1644 or visit www.suzannemsnyder.com

Port Townsend Networking Coffee

- Thursday, March 19
- Noon – 1 p.m.
- Location: The Vault (2nd floor of Aldrich's), 940 Lawrence
- Questions? **Marcia Perlstein** at 360-681-4273

Seattle Networking Coffee

- Wednesdays, February 4, March 4, April 1, May 6, and June 3
- 9:30 – 11:30 a.m.
- Ravenna Third Place Books, 6504 20th Ave NE
- Questions? **Rhoda Berlin** at 206-919-5771

Spokane Networking Coffee

- Wednesdays, February 11, March 11, April 8, May 13, and June 10
- 8 – 9:30 a.m.
- St. Joseph's Family Center/Administration Bldg., 1016 N Superior St, Spokane; two blocks east of Hamilton St and Gonzaga University. For directions, dhornbogen@stjosephfamilycenter.org or 509-483-6495 ext-24
- Questions? **Diana Hornbogen** or **Laura Schmidt** at schmidt_lmft@comcast.net or 509-939-0622

Vancouver Networking Lunch

- Wednesdays, February 4, March 4, April 1, May 6, and June 3
- 11:30 a.m. – 1 p.m.
- The Restaurant at the Historic Reserve, 1101 Officers Row (in the Grant House), Vancouver. For directions, call 360-906-1101.
- Questions? RSVP or questions to **Julia Berreth** at juberreth@qwest.net

Welcome to our new board members

by Robin Gray

Thank you to the clinical and associate members who voted in the 2008 WAMFT elections. Thanks also to members of the WAMFT Elections Committee who joined me in recruiting volunteers and coordinating the election: **Stephen Crippen, Karen Quek, and Tess Wiggins**. The following members were elected:

At-large board members:

(Four positions, 2009–10 term)

- **Ken Burr**, MA, is an alumnus of Seattle Pacific College, Fuller Theological Seminary, and Presbyterian Counseling Services. He has worked as a businessman and a pastor. He combines all the above in his private practice in Seattle and on Lopez Island. Although the majority of Ken's work is in couple's therapy, he also specializes in spirituality and GLBTQ issues.
- **Lauren Gray**, MS, operates a private practice in Bellevue. She has served as program chair for two years, coordinating WAMFT's annual conference and regularly contributing articles to the WAMFT newsletter. Lauren received her MS in marriage and family therapy from Northwestern University in 2004.
- **Deborah J. Moran**, MS, has been a clinical member of AAMFT since 2004. She has a BS in psychology from the UW and a MS from Seattle Pacific Univ. She has a full-time private practice specializing in working with couples and is adjunct faculty at SPU.
- **David Ward**, PhD, is an assistant professor of marriage and fam-

ily therapy at Pacific Lutheran University. He received his PhD from Texas Tech University and his master's degree from Virginia Tech University. He also maintains a small private practice.

Associate board member:

(2009–10 term)

- **Suzanne M. Snyder**, MA, received her master's degree in applied behavioral science from Bastyr University in 2006. She is in private practice with offices in Mill Creek and Seattle. Suzanne was the WAMFT Associate Committee chair and serves on the board of directors for Connections Woman's Therapy Network.

Elections Committee members:

(Two positions, 2009–10 term):

- **Susan Arneson**, MA, received her MA in marriage and family therapy from Chapman University in Orange, California. Susan's practice focuses on couples work, blended family systems, adoptive families, and families who need help for a family member with attention deficit disorder. She started her private practice in Lynnwood and moved it to the Tri-Cities in 2003.
- **Karen Quek**, PhD, is an assistant professor of marriage and family therapy at Seattle Pacific University. Also as clinical director of the MFT program, she has extensive clinical experiences nationally and internationally. Her research interests include diversity issues; gender construction in couples; family and community systemic practice; the therapeutic use of self.

In addition, the following member was appointed to the position of treasurer, 2009–11 term:

- **Michael Galloway**, MA, is a former special education teacher who entered the counseling profession as a graduate of Antioch University in 1986. He worked as a family therapist in a youth chemical dependency program at Ryther Child Center, coordinated the Alcohol Drug Studies Program at Bellevue Community College, and taught case consultation and supervision at Antioch. He maintains a private practice at Hawthorne Hills Professional Center, where he works with teens, adults, couples, and families.

The following board members completed their elected terms in 2008: **Stephen Crippen** and **Karen Quek**, Elections Committee; **Claudia Grauf-Grounds**, treasurer; and **Scott Edwards**, past president. In addition, the following board members are completing their appointed terms in 2008: **Rhoda Berlin**, **Ken Burr**, **Debbie Douglas**, and **David Ward**, at-large members; **Matt Gittleman**, associate board member; **Lauren Gray**, program chair; **Preston Peterson**, legislation chair; and **Carol Stanley**, Ethics, Training and Standards Committee chair. Thank you for your dedication and energy on behalf of our association.

The WAMFT board of directors is grateful for the work of volunteers in coordinating the election process and to members for their participation in the voting process. If you have any questions, please contact Kirk Roberts or any member of the WAMFT leadership team.

Student scholarship applications due February 15

WAMFT is proud to announce a new scholarship fund. Four WAMFT student members will receive \$200 scholarships for the 2009–10 academic year. These scholarships will provide monies for student members attending post-graduate MFT programs in the state.

If you are interested in applying for a scholarship, you can download an application form at our website, www.wamft.org, or contact our office. Hurry, the application deadline is February 15. Scholarship recipients will be honored at our awards banquet on March 13.

Contribute to the future of our profession

by Laura Schmidt

Think back to your student days when income was tight or nonexistent and any extra expenses were carefully considered and often bypassed. Do you remember sharing books with classmates or skipping extra educational opportunities such as conferences because you just didn't have the money? WAMFT values our student members and wants to support them in any way we can. Last year, in our first year of fundraising, WAMFT members generously donated enough to establish the student scholarship fund. WAMFT continues to support the hard work and commitment of these students to the field of marriage and family therapy.

If you are interested in making a donation for student scholarships, you can send you check to: WAMFT, PO Box 2276, Bellingham, WA 98227. All funds will be used to provide scholarships.

Thank you for contributing to the future of our profession!

Find a supervisor

If you are looking for a supervisor, WAMFT maintains a database of supervisors throughout the state. The database consists of three categories of supervisors:

- 1) AAMFT approved supervisors
- 2) Supervisor mentors (working towards becoming AAMFT approved supervisors)
- 3) State-qualified supervisors

If you would like to obtain this database, please email Kirk Roberts at wamft@wamft.org.

Also, if you are a supervisor and you would like to be included on the database, please email Kirk with your name and which of the three qualifications you meet. Your contact information will be taken from your AAMFT member information, so please let us know if you have a different phone or email. If you are an AAMFT approved supervisor, you do not need to contact us, as you will automatically be included.

Our thanks to **Judy Hait** and the Ethics, Training & Standards Committee for their work on this project.

Welcome to new WAMFT members!

A warm welcome to the following new members who joined WAMFT from August 16 through November 26, 2008. Thanks for joining your professional association!

Risha A. Allen	Joel Lee Gipson	Sarah E. Long	Erica Shutes
Shannon D. Armitage	Michele Goedde	Meredith A. Magder	Emerald L. Skirvin
Vivienne K. Bae	Kendra E. Gossell	Kimberly R. Magnuson	Michelle A. Sweem
Lena F. Bennett	Terry A. Green	Krystal Ashley Millet	Cassandra J. Thacker
Jacquelyn S. Boatman	Laurel R. Gress	Susan Moini	Juanita E. Trivino
Debra K. Butler	Mayumi Matsuno Griffin	Phillip T. Morina	Andrea G. Venier
Jessica J. Cameron	Jamie E. Haffner	Roberta Newell	Danielle Watkins
Bette A. Carroll	Daniel D. Haldeman	Donna Nguyen	Joshua S. Weed
Angella D. Coker	Terrin Haley	Tabitha J. Norgaard	Jorie D. Wehrell
Kelley A. Crane	Kathleen A. Hill	Crystal Y. Purdy	Leah S. Weins
Amy J. Crook	Mitchell S. Holbrook	Sonia Rae	Megan E. Wilson
Patricia J. Desrochers	Marina A. Horsting	Carolyn A. Raport	Alison E. Withey
Sarah C. Earl Anderson	Karen E. Jackson	Lisa Marie Riebe	Margaret Youngjohns
Blake G. Edwards	Linda L. James	Jaime K. Robbins	Nita V. Yuros
Tina M. Ensminger	Leah Koenig	Cynthia A. Ruggles	
Melissa B. Filkowski	Lisa M. Kurtzman	Stacy A. Schilter	
Sachiko Furuya	Lindsey Lawson	Constance M. Shamp	



A center for inquiry, clinical training and research, ICP embodies an atmosphere of academic freedom and innovative psychoanalytic thinking.

ICP curriculum is derived from its guiding principles; a critical consideration of the diverse theory and practice of contemporary psychoanalysis combined with respect for the academic freedom of candidates and members.

Psychoanalytic Training—Weekend Program

ICP is currently accepting applications for our Weekend Psychoanalytic Training Program:

- Designed for those who live outside California, the Los Angeles area or work full-time
- Classes meet on Saturday & Sunday
- 1 weekend per month - 10 months per year
- 6 hours per day

- Courses are equivalent to the weekly program.
- Approved for Category 1 Continuing Education Credit

■ **Application Fees:**

- \$300 if submitted by May 1, 2008
- \$400 if submitted by June 1, 2008
- \$500 if submitted by June 15, 2008

No applications will be accepted after June 15, 2008

12121 Wilshire Boulevard, Suite 505
Los Angeles, CA 90025-1164

310.207.4884 ■ phone
www.icpla.edu

310-207-8441 ■ fax
programadmin@icpla.edu

Supporting families through divorce: Many potential roles for mental health professionals

by Darcia Tudor

Most divorces begin with a level of moderate to high conflict. Within the first year most parents settle into cooperative or parallel co-parenting arrangements. Yet, there is a significant percentage of divorcing parents where hostility and disputes about childrearing continue long after the divorce. Today most professionals involved in the divorce process believe that the adversarial nature of traditional legal action increases parental conflict and increases the

of maladjustment in children experiencing the loss of family cohesion as a result of separation and divorce. There is a growing recognition among legal professionals that parents need assistance in learning how to constructively communicate after a divorce, information about the developmental needs of their children to design parenting plans that serve their best interests, and training on how to manage their children in separate households. A quiet revolution is taking place as well amongst consumers. Couples with children are demanding that the legal system provide alternatives to litigation when they divorce, creating a plethora of opportunities for therapists who understand that families experience divorce as a process that requires emotional support to adapt to the loss of family cohesion and to positively adapt to the systemic changes inherent in every divorce.

For couples who are capable of handling their divorce-related issues in a non-adversarial manner, mediation and collaborative divorce are emotionally and financially useful in terminating their relationship and ameliorating the detrimental effects of the process on their children. For those couples struggling with post divorce parental roles and difficulty with communication, co-parent counseling can reduce dysfunctional behaviors and stress producing parental interaction. But, for some couples who are struggling with

issues that dramatically complicate their divorce such as infidelity, abuse, or addictions, or those who are unable to protect their children from their own emotional distress or ongoing disputes with each other, litigation is frequently the path they choose. In the context of traditional divorce litigation the court will need the assistance of guardian ad litem, parent evaluators and parent coordinators to help them to develop a parenting plan, and to abide by the terms of the court-ordered parenting arrangement. Regardless of whether the couple chooses mediation, collaboration or litigation, they are likely to look to mental health professionals to some extent to assist them in the method they select.

Mediation offers divorcing couples the opportunity to address their concerns and negotiate their financial and parenting interests to reach a consensus agreement with the assistance of an impartial third party. Once an agreement is reached, it is reduced to writing, the couple is encouraged to have the agreement reviewed by their separate attorneys to assure their rights have been adequately addressed, and the document is finalized and signed by the parents. There are a variety of mediation models, and the mediator chooses the method most appropriate to the goals of the couple.

In facilitative mediation the mediator assists the couple in

There are a variety of mediation models, and the mediator chooses the method most appropriate to the goals of the couple.

probability that the family will suffer more emotional and financial damage during the course of obtaining a no-fault divorce.

Consistent and pervasive parental conflict creates a significant risk to the emotional wellbeing of children enduring the daily parental conflict. And after years of research, mainstream legal professionals are seeking and incorporating different conflict modalities, treatments, and solutions in the process to reduce parental conflict and lessen the risk

exploring common interests, generating options, and making decisions for themselves, leaving the outcome entirely up to the design of the couple. This is frequently used to resolve parenting style differences, scheduling conflicts, and intangible parenting differences.

Transformative mediation attempts to do more than just find a resolution. It is a meditative process in which the mediator's goal is to empower the individual to communicate openly and to understand the other parent's perspective. Success is achieved when each parent is capable of communicating their opinion in a way that is heard by the other, and is able to show respect for the other parent's right to have a different opinion. This method is particularly beneficial in overcoming emotional impasses which hinder resolution of problems.

In evaluative mediation, or traditional settlement conferences, the mediator or settlement master uses his or her professional experience and knowledge to proffer probable outcomes on the issues preventing settlement to sway the couple to reach an agreement.

In therapeutic mediation, the mediator uses therapeutic techniques to encourage discussion of the underlying emotional problems to establish a basis to overcome impasse in order to allow candid and effective negotiations. Feelings and how they impact the couple's behavior are the focus, and the mediator encourages each parent to acknowledge how their feelings are impacting their behavior, and to address the consequences of their emotive actions.

The strategic mediation model is a systemic approach focused upon reaching a resolution to the presenting difficulty. It is a problem-solving approach which stresses the hidden dimensions of a conflict. The mediator develops a systemic analysis of the case. It is different from therapeutic mediation in that the goal is not to help the couple express their feelings. On the contrary, the mediator usually suppresses expressions of feelings in order to accomplish the calculated goal of conflict resolution. Therapists who are interested in serving as a mediator must obtain special training. Most courses require between 30 to 40 hours of in seminar education and a period of supervision or mentoring.

In collaborative divorce, the couple and their attorneys enter into a written contract that mandates cooperative negotiation of the disputes to settlement, and prohibits their attorneys from representing them in litigation if they withdraw from the process. Clients promise to act in good faith and to voluntarily disclose all relevant information. The couple works with a team of legal, financial, and therapeutic professionals. Therapists serve as "coaches" to aid the parties in constructive, clear, and rational communication and identification of underlying emotional barriers that lead to impasse. In addition, they serve as child specialists bringing the voice of the children to the negotiation table, educating the parents about the developmental, temperamental, and cognitive needs of their children to minimize the detrimental impact of the transition from a nuclear to a bi-nuclear family, and helping the couple to be child focused through-

out the negotiation process. Therapeutic professionals must participate in 30 to 40 hours of mandatory training, become involved in local collaborative groups, and join the local and international collaborative associations.

If the couple chooses litigation to resolve their differences, they are more likely to be involved in a high conflict relationship, where communication is significantly impaired or non-existent. One or both parties are emotionally unable to compromise due to a belief that to do so will be detrimental to themselves and/or their children. Court ordered resolutions are required, and judges—and the parties' attorneys—look to trained professionals to provide insight and unbiased perspectives regarding the best interests of the children. In this situation, the court will appoint a guardian ad litem or a parent evaluator to investigate the factual allegations of the parties, report the facts that corroborate or refute the allegations, and make recommendations regarding the residential, decision making, and treatment. Both are required to file a written report. The primary difference between a guardian ad litem and a parent evaluator from a legal perspective is that the guardian ad litem must appear in court for all hearings, at mediation, and at trial.

In addition, the guardian ad litem must attend a mandatory 40-hour training and be mentored for a period of time after certification. Parent evaluators usually have graduate training in psychological

assessments and doctoral degrees in psychology. However, neither is required under Washington state law, if the therapist is qualified to render an opinion as an expert. There are some parent evaluators with postgraduate forensic training who also serve in this capacity.

Parenting coordination requires a mental health provider to assist in the implementation of court-ordered parenting plans. The parent coordinator acts as a go-between, mediator, and at times arbiter of the disagreements that arise in the implementation of the parenting plan to help high conflict parents to implement the plan and develop a functional co-parenting relationship. Usually, the primary goals of the parent coordinator are to implement the parenting plan, to monitor parenting plan compliance, to resolve conflicts that arise under the plan quickly and efficiently, and to protect and sustain safe, healthy, and meaningful parent-child relationships.

Parental conflict reduction therapy, or co-parent counseling, is recommended for couples continuing to experience moderate to high levels of conflict after divorce, or wanting to improve communication to make it more comfortable for them to participate in child related activities and decision making. The co-parent counselor may help parents reach decisions together regarding their children, or assist a parent to resolve their anger towards

the other parent, or their grief relating to the end of their relationship. They provide insights and teach skills to improve communication. They also help the couple to change the way they relate to each other, redefine relationship boundaries now that the intimate relationship is over, and to accept their roles as co-parents. For therapists who want to serve as parent coordinators or co-parenting therapists, training in dealing with high conflict couples, brief structural therapy, and strategic systemic modalities is very helpful, as well as a temperament that can tolerate high levels of intense negative emotion and attempts to manipulate the therapist.

I hope more therapists will join this quiet revolution and major shift in the legal paradigm. The families involved in the legal process of divorce need you.

Darcia Tudor is a 1981 graduate of Seattle University Law School and a former trial attorney who also holds a master's degree in clinical psychology. She serves the Eastside community today as a therapist and family mediator and is frequently appointed in King County Superior Court to serve as a guardian ad litem or parent evaluator in difficult divorce cases. She can be reached at darciatudor@aol.com or via her website at www.darciatudor.com.

Get your name in print!

Opportunities to write for WAMFT

- Do you have an opinion, a comment, an idea — even a rant or rave — that you would like to share with our membership? The WAMFT newsletter now has a Letters to the Editor feature! Please submit your comments to **Suzi Mohn** (suzi@europa.com) by April 1, 2009. Let your voice be heard!
- Have you discovered a book that you think would be valuable reading for fellow MFTs? How about a movie that offers professional value to your colleagues or clients? The WAMFT newsletter is looking for a few good writers to do the occasional book or movie review. Word length should be roughly 400–600 words. We would like to feature at least one such piece in every issue, but would welcome more than one writer's perspective. Again, the deadline is April 1, 2009. Send submissions to suzi@europa.com.
- As you have seen featured in past issues, the WAMFT newsletter welcomes and encourages member perspective and clinical insight pieces — articles that portray specific clinical experiences that offer educational and/or inspirational insights to your colleagues. Word length can vary, but should be in the range of 800–1200 words. Please contact Suzi Mohn with ideas or articles.

**Antioch University Center for Continuing Education
Winter-Spring workshops for
mental health professionals:**



A Deeper Look at Divorce and Family Mediation
Dr. Joan Goldsmith
6 CE hrs., Tues. Feb. 3, 9 a.m. to 4 p.m. \$175

Employment Counseling With Personality Disorders
Rodger Meinz, Ph.D.
6 CE hrs., Friday, Feb. 20, 9 a.m. to 4 p.m. \$130

Narcissistic Personality Disorders in Midlife: Diagnosis and Treatment. Steven K. Reed, Ph.D.
6 CE hrs., Friday, Feb. 27, 9 a.m. to 4 p.m. \$130

Domestic Violence Screening. Warland D. Wight, Ph.D.
6 CE hrs., Friday, March 13, 9 a.m. to 4 p.m. \$130

Yoga & Art Therapy in a Therapeutic Context
Rebecca Bloom, LMHC and Carey DeMartini, LMHC
6 CE hrs., Friday, April 3, 9 a.m. to 4 p.m. \$130

Clinical Supervision for Licensed Counselors: meeting DOH requirements. Lisa Erickson, LMHC.
Two Fridays: March 27 & April 3, 9 a.m. to 4 p.m.
15 CE hrs. \$250

Ghosts in the Treatment Room: Personal, Professional, and Ethical Intersections in Grief, Bereavement and End-of-Life Care. Renee Katz, Ph.D.
6 CE hrs. (ethics), Friday, April 24, 9 a.m. to 4 p.m. \$130

The Warrior's Journey: Healing PTSD. Ed Tick, Ph.D.
6 CE hrs., Tuesday, April 28, 9 a.m. to 4 p.m. \$150

Emotions at the Edge: Ethical Issues in Countertransference. Karen MacQuivey, LICSW.
6 CE hrs. (ethics), Friday, May 1, 9 a.m. to 4 p.m. \$130

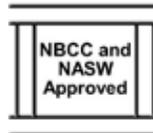
All workshops will be held at Antioch's campus at the north end of downtown Seattle: 2326 6th Avenue

For details/to register, visit: <http://www.antiochsea.edu/ce/courses-psychology.html> or call: 206-268-4111

www.VistaCeus.com

**Online Continuing Education Courses
100% Online - No Books Required**

Courses include:
**Washington Professional Ethics and Law
*Supervision**



*Human Sexuality *Child Abuse Assessment and Reporting
*Alcoholism and Substance Abuse *Hiv/Aids *Autism
*Child Sexual Abuse *Domestic Violence *plus more

Member Directory available on request

Would you like to quickly find WAMFT members and their contact information? As a WAMFT member, you can contact our office to obtain an Excel file member directory. With this computer file, you can sort by name, zip, city, however you need.

To request a computerized directory, email **Kirk Roberts** at wamft@wamft.org or call 888-553-1228. The file will be emailed to you at no charge.

Associate Referral Database

Our associate members need client hours, and the Associate Referral Database can help. This is a database of participating associate members that is made available to clinical members who would like to be able to refer low-income clients.

If you are an associate member and you would like to be included in this database, please download the form at our website, www.wamft.org. If you are a clinical member and you would like to receive this database, please email Kirk Roberts at wamft@wamft.org.



Treating depression with hypnosis: It's not what you think

by Ranell Wampler

Hypnosis and Treating Depression

Michael D. Yapko (Ed.)

2006

Routledge: New York

Michael D. Yapko is a marriage and family therapist and a clinical psychologist who specializes in the utilization of hypnosis as a means of treating depression. His book, *Hypnosis and the Treatment of Depressions*, was the

first written to broach the topic, and in 1992, it was a relatively new topic at that, pioneered previously by only a few, including Milton Erikson and Jay Haley. However, it was a frontier type of technique for

treating depression and Yapko's treatment strategies caught the attention of respected individuals, not only in the MFT field but in plenty of others as well. As a result, hypnosis is now an accepted therapeutic tool utilized by the many professionals who treat depression in their clients. His most recent book, *Hypnosis and Treating Depression*, is a collaborative effort composed of chapter after chapter of fascinating therapists who have seen their hopeful clients successfully utilize hypnosis as a means of treating their depression. I have chosen to word the previous sentence in such a way because Yapko makes it clear that ultimately it is the client who allows what happens during hypnosis to help them; it is not the therapist or the hypnosis itself that causes change to occur.

Yapko's model of treatment is based on the biopsychosocial model of depression. Although he is concerned with the etiology of the depression, his focus during therapy is on altering the process or the pattern of how clients maintain the depressive symptoms. This is a similar belief to a therapist who practices cognitive-behavioral therapy. For example, he believes that how we think, feel, and act can either prime us to experience depression or insulate us from it. He conveys his belief that people are not consciously aware of how capable they are and, if they could only become aware of this through hypnosis, they could access those abilities which, in turn, could help lead them out of their depressive state.

The multiple contributors to the book offer the reader some beautifully written and insightful material from which to glean knowledge and understanding. The book is divided into four sections: Section one focuses on broad applications of hypnosis in treatment. This covers hypnotic interventions, risk factors, and building coping skills with metaphors (my favorite). Section two discusses targeted applications of hypnosis in treatment. This is a very specific section with chapters focusing on specific concerns such as insomnia and anger. Section three focuses on treating depression with hypnosis in special populations. Again, this is a specific section focusing on PTSD, eating disorders, youth, and autism.

Chapter eight tells the story of Julia, a beautiful young woman suffering from bulimia nervosa. If you read no other chapter, read this one. I have never read or experienced a case that was so heartbreaking.

Section four addresses special considerations regarding hypnotic treatment. I feel these two chapters are very important. They discuss how medication can be an appropriate and successful adjunct to therapy and how client and therapist can counteract a relapse into depression once therapy has been completed.

Everything I thought I knew about hypnosis was incorrect. Even if you have some experience with this therapeutic technique, this book will likely surprise you and perhaps even change some of the ways you currently think about the value of such an exclusive therapeutic tool. This is the one therapeutic tool I never thought I would consider, but now having read the book, I am intrigued and fascinated by this option and find myself wishing I were professionally trained to effectively use hypnosis so that I could offer the idea to my clients.

Ranell Layne Wampler graduated in December 2008 with a master's degree in marriage and family therapy from Pacific Lutheran University. She plans to work with couples and the elderly and possibly pursue a Ph.D. She can be reached at 425-773-2679 or via email at wamplerl@plu.edu.

Seattle Constellations Institute

Consulting, Education and Training in Human Dynamics

— Mark A. Johnson, M.A., LMFT, Director —

FOR HEALING PROFESSIONALS AND THEIR CLIENTS **Continuing Education, Training, and Workshops in** **Systemic Family Constellation Work**

Providing systemic solutions for personal and professional challenges by serving:

- Healing Professionals ○ Executives and Managers
- Individuals, Couples and Families ○ Family Owned and Family Run Businesses
- Marriage and Family Therapists, Psychotherapists, and Social Workers

Promoting healthy relational dynamics in human systems.

Our most important endeavors usually involve others. Successful relationships depend on how well we understand the underlying dynamics between people. Systemic Constellations effectively reveal these hidden dynamics and provide clear guidance toward resolution.

UPCOMING PROGRAMS FOR 2009

Systemic Family Constellation Work: Overview and Applications

Seminar and Experiential Learning Class (6 CEU)

Mark A. Johnson, M.A., LMFT

January 23, 2009

Working with Couples Using Systemic Family Constellations Work

Seminar and Experiential Learning Class (6 CEU)*

Mark A. Johnson, M.A., LMFT

February 20, 2009

Love, Sex, and Romance

A Relationship-Focused Constellation Weekend Workshop

Rhonda Laumann & Mark A. Johnson

February 21, 22, 2009

Spirituality and Constellations

A Constellation Training Workshop (15 CEU)*

Professor Ed Lynch, Ph.D. Chairperson, Department of Marriage and Family Therapy at SCSU

March 27- 29, 2009

Trauma Resolution

A Constellation Trauma Training (112 CEU)*

Johannes Schmidt - Clinical Psychological Psychotherapist, Aptitude Academy – The Netherlands
four modules of four days (16 days)

April 17– November 16, 2009

**(pending approval)*

www.seattleconstellations.org 206.525.0525



Not just neurons: How relationships and your brain work together

by Ranell Wampler

Author **Daniel Siegel, MD**, is a Harvard-educated professor, neuroscientist, and psychiatrist who specializes in the care of children and families. His ultimate goal in writing this book is to help any professional who also cares for children and families understand how social interactions and neurobiology interact and, therefore, influence the ways in which our mind develops over time.

Perhaps as a developing therapist, you may wonder why you should be concerned with a book

concerning the interface of neurobiology and human development. You may wonder how reading this book and thus acquiring the knowledge therein would affect the therapeutic process? Or you may not. Wondering may depend on your perspective of

how you view the human mind and subsequently what connections you make between the human mind and human behavior. Allow me to offer an example of how this book may be helpful to you, the therapist, when understanding the connection between your client's mind and your client's behavior: Throughout the book Siegel focuses on how we can

strengthen relationships that are constructed through the neuronal firing patterns that are continuously developing across our lifespan.

A person's memories, or their neuronal firing patterns that create memory, will help predict their behavior. For example, if your client were to have a negative interaction with a person the first time they meet, it is likely that your client will have a negative interaction with that same person the next time they meet. Why? Because their neuronal firing patterns have already formed a sort of negative feedback loop from that first interaction. Therefore, your memory helps create that negative feedback loop and it can reinforce that loop if a negative interaction occurs again. In order to counteract that negative experience, your client would need to re-wire their brain, so to speak, by creating positive experiences with that person. As a therapist, you can help your client understand how this re-wiring is possible through developing positive interactions with that person.

If this rather extensive and fascinating connection makes you curious, or my example just doesn't cut it, and you want to learn more about how relationships and the brain interact to shape who we are, simply sit down and slowly enjoy Dr. Daniel Siegel's compelling book filled with oodles of neuroscientific information covering how memories are created, how we construct reality, what role the limbic system plays in emo-

tion, how and why children develop certain attachments and what all of this can mean for you as a therapist working with your clients.

Dr. Siegel does an amazing and thorough job of explaining the extremely complex inter-workings of the mind in such a way that the reader need not be a student of neurobiology, a medical student or a cognitive psychologist in order to glean information and knowledge from the content. In reading the content, you learn that the mind does not develop independently. It develops when interpersonal relationships and neuronal firing interact with one another. But what does this interaction mean for those of us who work in the mental health field and how can acquiring this knowledge help us help our clients? What are the effects of this interaction on memory? And how then does memory affect our attachment styles? Can these attachment styles be changed in adulthood?

These are all questions that he addresses in this book in an eloquent fashion with the intended goal of the reader understanding that we are not an either/or entity. We are not isolated individuals functioning only at a neurophysiological level independent of external influences. Part of what makes this book so readable is the implication that we are forever developing our minds and that we play a part in that development along with others with whom we share our lives.

The Developing Mind: How relationships and the brain interact to shape who we are

Daniel Siegel, MD

1999

Guilford: New York

\$29.70

Dr. Siegel begins the book by focusing on memory and attachment. Memory serves a very important function by helping us to develop a narrative for our lives. For me, this aspect of the book was the most helpful. It made me more aware of how and why clients have formed their narrative, and also how we can access that narrative to enhance their lives, or rewrite new ones if necessary. Moving through memory and attachment, he then describes some of the more complex concepts of emotion and representations. Emotion serves as a sort of consolidating factor in the mind; it enhances or reduces certain neuronal pathways that can affect our current behavior and our attachment styles later on in life. The author does not reduce separate emotions such as anger, love and sorrow to a physiological neuronal firing pattern independent of social relationships, rather he would say, "Neuronal processes and social relationships both contribute to the creation of mental life." Therefore, those special relationships, those emotions, which we so strongly feel and even value, are both constitutional and socially constructed. I find this heartwarming because I feel that we are partly responsible for the construction of our minds.

Toward the end of the book, after you completely understand the previous eight chapters of course, is the integration chapter where it all comes together in a nice little bundle of billions of synaptic connections that form a coherent, developing mind. At this point, take a breath, sigh, and be

thankful that you (hopefully) read the book slowly, chapter by chapter and as a reward, you now have a comprehensive understanding of how beautifully relationships and the brain interact to shape who we are, or who we will become.

P.S. You may want to have handy a dictionary, a thesaurus, and a fairly complex yet readable map of the brain to read this book.

Ranell Layne Wampler graduated in December 2008 with a master's degree in marriage and family therapy from Pacific Lutheran University. She plans to work with couples and the elderly and possibly pursue a Ph.D. She can be reached at 425-773-2679 or via email at wamplerl@plu.edu.



*"The good divorce
is a necessity for
families with children"*



Mediation is faster, and less costly
Mediation is the first step to a child centered parent relationship
Darcia C. Tudor, JD, MFT, Certified Washington State Mediator,
is available for consultation and mediation of family disputes.
206.547.3166 - darciatudor@aol.com - Offices in Bellevue and Seattle
"A compassionate option with an experienced professional"

legal and ethical dilemmas

What happens when your depressed client becomes your auto mechanic and your timing belt snaps on the freeway?



Maintaining ethical standards in the midst of a recession

by Joseph Shaub, J.D.

Anyone at this point who isn't rattled by the economic crack-up and its impending arrival in the Northwest is working very hard on their denial. Congratulations to those of you who are demonstrating such single-minded powers of concentration and focus. For the rest of us, it may be helpful to step back for a moment and gauge the slow-down and its impact on our ethical practices.

Most of the AAMFT code of ethics may be split between provisions which speak to the risks of creating a dual relationship (given the singular and sensitive nature of this very personal, but oddly one-sided, relationship) and those urging caution in financial matters. Developing a personal or business relationship with a client is an example of the former. So is accepting barter as payment for professional services (what happens when your depressed client becomes your auto mechanic and your timing belt snaps on the freeway?).

However, it is the second category—dealing with money—that will be addressed here. Indeed, a great majority of ethical proscriptions for any profession counsel its members to tread cautiously when making decisions based on monetary concerns. Consider the following:

You hold yourself out as having a sub-specialty, say EMDR. You took a training course and have a certificate on your wall. This is a particularly attractive field, what

with the number of Iraq war vets returning stateside with PTSD. The Veteran's Affairs Office is approving expanded counseling and therapy for returning veterans. While you no doubt may win the "therapist entrepreneur" award, at what point can you competently practice this new methodology? AAMFT code of ethics principle 3.7 states, "While developing new skills in specialty areas, marriage and family therapists take steps to ensure the competence of their work, and protect clients from possible harm. Marriage and family therapists practice in specialty areas new to them only after appropriate education, training, or supervised experience." What does that mean for Bill Gates, LMFT? I'd suggest that you develop a relationship with a very experienced practitioner and invest as much time and money as your supervisor believes is necessary for you to practice competently.

You are an EMDR expert and Bill Gates, LMFT, comes to you for supervision. Your practice is down and you could definitely use the money that your supervision with Bill brings in every week. However, after about one year of weekly meetings, Bill wonders whether the supervision and its cost is still necessary. You believe (accurately) that Bill is not as competent as you are and therefore still needs supervision. You agree, however, to reduce the supervision visits from once each week to every other week. If you had to say, you'd probably admit that Bill is quite skilled given his one years of

experience and that there is nothing he has said in supervision that gives rise to concerns about his clients—yet you do still have valuable feedback to impart as his practice has grown. Is your insistence that he remain in supervision with you a breach of ethics?

A review of chapter 4 of the AAMFT code of ethics would suggest the answer to be a resounding ... probably not. A review of the seven principles finds that the overriding concern is allowing supervisees to practice beyond their competence. While principle 1.19 (in the chapter dealing with therapist/client relationships) states, "Marriage and family therapists continue therapeutic relationships only so long as it is reasonably clear that clients are benefitting from the relationship," no parallel provision is found in chapter 4.

While this chapter is rife with rules that protect the supervisee in a relationship that is marked by a power imbalance similar to that of therapist/client, there is still no provision that would require a supervisor to terminate supervision beyond its useful point—leaving it up to the supervisee to make that call (despite the recognition of the unbalanced relationship). However, this question raises the value of reading the entire code, because in a space not relegated to the supervision relationship, principle 3.9 (integrity), states, "Marriage and family therapists do not engage in exploitation of clients, trainees, supervisees, employees, colleagues, or research subjects."

Here's an observation from a lawyer—if I were defending a supervisor who kept another therapist on for longer than he/she believed was

necessary, I'd argue that the clear purpose of chapter 4 is to assure that a supervisee does not go off in his/her own prematurely and that value was being adhered to by the supervisor of Bill Gates.

Here's another one: You are fortunate enough to be married to a family lawyer—in fact not just any family lawyer, but an excellent one who is recognized in his community and even writes an ethics column for a statewide therapists' newsletter. He is articulate, brilliant, strikingly handsome ... but I digress. There's at least one client or couple per month that decides to give up the ghost in your office. You have a list of three divorce lawyers you provide to your client(s). One of those names is your spouse. Is it acceptable for you to do this? Principle 1.7, which states, "Marriage and family therapists do not use their professional relationships with clients to further their own interests," might suggest that this would constitute an inappropriate referral.

What if therapist Bill Gates is working with troubled bachelor Paul Allen? After a year of effective work with Paul, the client informs Bill that he has a condo in Whistler that he is not going to use over the holidays and Bill and his family are free to take advantage of it. Bill is two years into a recession that has left him barely enough to cover his family's living expenses and it has been that long since he and his wife have gotten away. When he mentions it over dinner with Melinda, she is thrilled at the idea of getting away for a few days. Things have been quite stressful around the house over the last many months. It is going to be vacant after all. This is a no-brainer. Principle 3.10 states that, "Marriage and family thera-

pists do not give to or receive from clients (a) gifts of substantial value or (b) gifts that impair the integrity or efficacy of the therapeutic relationship." Sorry Bill, it looks like another Christmas in Medina.

Codes of ethics are often described as the basic principles which must be adhered to. They are not "aspirational." In other words, they mark the lowest level of ethical conduct. It will be essential in the next few years, as our economic well-being is challenged and we (like the rest of our friends and neighbors) are enticed to pursue a path of effective rationalization, that we continually hold up our fundamental ethical responsibilities as guideposts. If any professional decision we make is motivated in any way by economic considerations, we must stop and explore whether this decision places our clients at any risk of getting less than the best we can offer. If you doubt, consult. And may we support each other with love and strength in the coming years.

Joseph Shaub, J.D., M.A., received his law degree from the University of Southern California in 1974 and his M.A. in marriage and family therapy at the California Family Study Center in 1991. His practice focuses on family law, estate planning, and mediation. In addition, he has taught at the Antioch University MFT program and at the UW Law School. He conducts continuing education for therapists regarding family law, minors and the law, and ethics. He can be contacted at 710 Second Avenue, Suite 700, Seattle, WA 98104, 206-587-0417, www.shaublaw.net.

marketplace

OFFICE SPACE

Office in Lakewood available with established behavioral health professionals (full or part time). The location in Pierce County is convenient with plenty of parking. Secretary services available. Fax résumé to 253-858-1012 or voicemail message at 253-858-8717.

EMPLOYMENT OPPORTUNITY

Seeking outreach therapist for Pierce and Kitsap counties. ANSWERS is an EOE. Great team, good pay. MA required. Contact Karla at 253-229-9632, or online at answerscounseling.org.

SUPERVISION

Inland Empire area: Approved clinical supervision available for small groups or individuals working on licensure or professional development. Focus on child, couples & family therapy for mental health professionals with a variety of educational backgrounds. Dr. Shirley Hanson, AAMFT approved supervisor, LMFT(OR), ARNP (mental health). 509-473-9860. hansonshirley@comcast.net.

AAMFT approved supervision at a discount. Supervisor in training offering AAMFT supervision, “spicing” a systems frame with a depth psychology perspective and mentored by a seasoned and highly respected AAMFT approved supervisor. Call Leslie Johannes, MEd, LMFT, Jungian psychotherapist, at 425-452-9767 for information or to set up a meeting.

newsletter deadlines

Deadlines for the submission of articles and advertising to the WAMFT newsletter:

Spring issue —

- **Deadline: Apr. 1**
- **Distributed: Jun. 1**

Fall issue —

- **Deadline: Aug. 1**
- **Distributed: Oct. 1**

Winter issue —

- **Deadline: Dec. 1**
- **Distributed: Feb. 1**

Update our records!

Change of name, address, phone, and email should be routed through AAMFT. Go to the “Members Only” section at www.aamft.org and follow the instructions. They forward the updated information to WAMFT.

wamft

The WAMFT newsletter is a publication of the Washington Association for Marriage and Family Therapy.

WAMFT

P.O. Box 2276
Bellingham, WA 98227
360-733-1753 or 888-553-1228
wamft@wamft.org
www.wamft.org

CLASSIFIED ADS

- Up to 25 words: \$15/AAMFT members; \$20/nonmembers.
- 26–50 words: \$30/AAMFT members; \$37/nonmembers.
- 51–100 words: \$50/AAMFT members; \$65/nonmembers.

DISPLAY ADS

Contact the WAMFT office for rates and ad specs.

Deadlines for submission of articles and advertising:

Spring—

Deadline: April 1

Distributed: June 1

Fall —

Deadline: August 1

Distributed: October 1

Winter—

Deadline: December 1

Distributed: February 1

Email all submissions to the WAMFT office at wamft@wamft.org.

EDITOR

Suzi Mohn
195 NE Gilman Blvd., #202
Issaquah, WA 98027
425-941-6260
email: suzi@europa.com

DESIGN/LAYOUT

Dennis Martin Design
206-363-4500

AAMFT OFFICE

112 S Alfred Street
Alexandria, VA 22314-9880
703-838-9808; www.aamft.org

calendar

February 7, 2009

Supervisor Workshop

- "Shades of Grey"
- 9 a.m. – 4 p.m.
- United Methodist Church, Seattle

February 11, 2009

Networking Coffee – Spokane

- 8 – 9:30 a.m.
- St. Joseph's Family Center/ Administration Building
- Free

February 26, 2009

Networking Coffee – Bellevue

- 10 a.m.
- 1611 – 116th Ave NE #204
- Free

March 3 – 8, 2009

AAMFT Winter Institutes

- Asheville, NC

March 4, 2009

Networking Coffee – Seattle

- 9:30 – 11:30 a.m.
- Vios Cafe inside Ravenna Third Place Books
- Free

Networking Lunch – Vancouver

- 11:30 a.m. – 1 p.m.
- The Restaurant at the Historic Reserve
- Free

March 6, 2009

Networking Coffee – Federal Way

- 10 a.m. – noon
- Starbucks at SeaTac Mall at 320th
- Free

March 10, 2009

Networking Coffee – Mill Creek

- 9:30 – 11 a.m.
- University Book Store, Mill Creek Town Center
- Free

March 11, 2009

Networking Coffee – Spokane

- 8 – 9:30 a.m.
- St. Joseph's Family Center/ Administration Building
- Free

March 13, 2009

WAMFT Awards Banquet

- 5:30 – 8 p.m.
- Rock Salt Restaurant, Seattle

March 14, 2009

Annual Conference

- "Breaking the Patterns of Depression"
- Featuring Michael Yapko
- CEUs: Six hours
- 9 a.m. – 4 p.m.
- Seattle Pacific University

March 19, 2008

Networking Coffee – Port Townsend

- Noon – 1 p.m.
- The Vault (2nd flr Aldrich's)
- Free

March 26, 2009

Networking Coffee – Bellevue

- 10 a.m.
- 1611 – 116th Ave NE #204
- Free

March 27 – 28, 2009

Supervisor Training, Part I

- 9 a.m. – 5 p.m.
- Bellefield Conference Center, Bellevue

April 1, 2009

Networking Coffee – Seattle

- 9:30 – 11:30 a.m.
- Vios Cafe inside Ravenna Third Place Books
- Free

Networking Lunch – Vancouver

- 11:30 a.m. – 1 p.m.
- The Restaurant at the Historic Reserve
- Free

April 3, 2009

WAMFT Workshop Series

- "Narrative Therapy"
- 9 a.m. – noon
- Antioch University, Seattle
- CEUs: 3 hours

April 8, 2009

Networking Coffee – Spokane

- 8 – 9:30 a.m.
- St. Joseph's Family Center/ Administration Building
- Free

April 18, 2009

Mentor Day

- Time TBA
- Seattle Pacific University
- Free

April 23, 2009

Networking Coffee – Bellevue

- 10 a.m.
- 1611 – 116th Ave NE #204
- Free

May 6, 2009

Networking Coffee – Seattle

- 9:30 – 11:30 a.m.
- Vios Cafe inside Ravenna Third Place Books
- Free

Networking Lunch – Vancouver

- 11:30 a.m. – 1 p.m.
- The Restaurant at the Historic Reserve
- Free

May 13, 2009

Networking Coffee – Spokane

- 8 – 9:30 a.m.
- St. Joseph's Family Center/ Administration Building
- Free

May 28, 2009

Networking Coffee – Bellevue

- 10 a.m.
- 1611 – 116th Ave NE #204
- Free

June 3, 2009

Networking Coffee – Seattle

- 9:30 – 11:30 a.m.
- Vios Cafe inside Ravenna Third Place Books
- Free

Networking Lunch – Vancouver

- 11:30 a.m. – 1 p.m.
- The Restaurant at the Historic Reserve
- Free

June 5, 2009

Networking Coffee – Federal Way

- 10 a.m. – noon
- Starbucks at SeaTac Mall at 320th
- Free

June 9, 2009

Networking Coffee – Mill Creek

- 9:30 – 11 a.m.
- University Book Store, Mill Creek Town Center
- Free

June 10, 2009

Networking Coffee – Spokane

- 8 – 9:30 a.m.
- St. Joseph's Family Center/ Administration Building
- Free

June 25, 2009

Networking Coffee – Bellevue

- 10 a.m.
- 1611 – 116th Ave NE #204
- Free

register now!

wamft 2009 annual conference

WAMFT 2009 Annual Conference • Featuring **Michael Yapko**, Ph.D.

- Conference: Saturday, March 14, 2009 • 9:00 AM – 4:00 PM • CEUs: Six hours • SPU
- Awards Banquet: Friday, March 13, 2009 • 5:30 – 8:00 PM • Rock Salt Restaurant, Seattle

NAME _____	Registration fees	<i>March 14 conference</i>	<i>March 13 banquet</i>
ADDRESS _____	<input type="checkbox"/> WAMFT clinical or affiliate member	\$160	\$40
CITY / STATE / ZIP _____	<input type="checkbox"/> WAMFT associate member	\$120	\$40
PHONE _____	<input type="checkbox"/> WAMFT student member	\$80	\$20
E-MAIL _____	<input type="checkbox"/> Nonmember	\$190	\$40

Sponsor a student for the awards banquet: Help us offer students a minimal fee to attend the banquet.

I would like to donate \$ _____

Please return this form with payment to:

WAMFT, PO Box 2276, Bellingham WA 98227

Refund policy: Balance minus \$25 processing fee refundable until March 7, 2009. No refunds after March 7, 2009.

House hosting: You will be contacted with more information.

I am willing to host I would like to be hosted

Total amount enclosed \$ _____

I would like to pay by:

Check (payable to WAMFT) VISA Mastercard

Name on card _____

Card # _____

Exp. date _____

Don't wait — register today!

wamft

WASHINGTON ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY

P.O. Box 2276

BELLINGHAM, WA 98227

PRSR STD
U.S. POSTAGE
PAID
SAM INC