



The Oregon Association for Marriage and Family Therapy

President's Corner

By Elizabeth "Lizzie" Sunzeri, MS, LMFT
Board Elections/Recruitment Chairperson, OAMFT President



A beautiful autumn summer is around us. It is such a welcome season before winter sets in.

We are excited about the AAMFT Annual conference being here in Portland and I highly encourage you to attend, as it is a wonderful event. This conference will focus on children. For all the information, contact either the AAMFT or OAMFT website.

My term as your OAMFT President is nearly over. I want to acknowledge three of the people who have made this journey possible.

First, Erica Davis, our Executive Director. Erica came on board as I assumed my presidency in OAMFT. Without Erica, this ship would not be sailing. Erica sends a long list of her accomplishments each month. There are too many items to mention. She really is the person we have to thank for our continued existence. From Board meetings to newsletters, and conference planning she handles the big and the small. She is our rock. We are grateful to you Erica for your leadership and organization.

Elizabeth Limbocker, volunteered to take position of OAMFT Treasurer. She and Erica created systems for tracking and maintaining our financials. In addition, she and Erica provide our financial reports for AAMFT. She is presently working hard on our financials. Thank you Elizabeth!

Stephen Rogers keeps us afloat with our political and legislative business. He has been active in the monthly COAMFT legislative meetings as well as board meetings. Much appreciation Stephen.

See you at the conference.

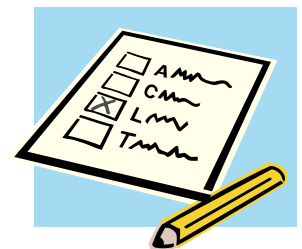
Lizzie

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OAMFT 2014 Board Member Elections

OAMFT is holding elections this fall! The positions of President-Elect, Secretary and two General Board Member positions will be open, with terms starting January 2014. Being an OAMFT board member gives you the opportunity to guide the direction of your professional association on the local, state and national levels, as well as hone your leadership skills and earn free CEUs. If you're interested in running for a board position, please contact OAMFT to learn more. Or you can complete a nomination form on our website at www.oamft.org.



OAMFT Annual Member Meeting

October 16th, 2013 | 6:30-8:00pm
Doubletree - Lloyd Center | Portland
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Editorial Policy

This is the official newsletter of the Oregon Association for Marriage and Family Therapy (OAMFT), and is published four times each year in Summer, Fall, Winter, and Spring. OAMFT is a state division of the American Association for Marriage and Therapy (AAMFT), 112 South Alfred Street Alexandria, VA, 22314-3061, www.aamft.org. Membership in OAMFT and subscription to the newsletter is provided to Oregon professionals upon their meeting the minimum educational and clinical requirements for membership in the national organization, AAMFT. Copies of the newsletter can be made available to nonmembers upon request to the Editor.

Articles may be submitted by either mail or email. Articles submitted must be in Microsoft Word (or compatible program). See contact info below. Photographs must be submitted in .jpeg format and ready for use (no editing necessary). If return of materials is desired, please send a self-addressed envelope with sufficient return postage.

EDITORIAL POLICY: Opinions expressed by the Editorial staff of the newsletter, in articles published and Letters to the Editor, do not necessarily reflect the views of AAMFT, the OAMFT Officers and Board of Directors or the OAMFT membership.

OAMFT

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Classified ad rate: \$35 per 75 words (\$35 minimum charge). Discounts for multiple issue advertising. The Editor reserves the right to reject, abridge or modify any advertising or other submitted material as deemed appropriate and necessary.



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www.oamft.org

Address Change?

Update your new contact information on AAMFT's website @ www.aamft.org.

OAMFT uses the AAMFT online database to send Oregon members information, such as this quarterly newsletter.

Stay updated on your state's association by keeping your address current at AAMFT.

Do you have a job posting to share?
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with the information. All job postings are
free in the Network News!

A Student's Perspective on Attending the 2013 OAMFT Spring Conference

By J. Ilana Bradford

OAMFT Student Member, MCFT Graduate Student at George Fox University

This was my second opportunity to volunteer for an Oregon Association for Marriage and Family Therapy (OAMFT) Conference, and the 2013 Spring Conference did not disappoint. I can still feel the tension in the room as Dr. David Schnarch shared his approach to working with couples who face intimacy and sexual challenges as well as the warmth I felt as I was greeted by fellow interns, future colleagues and the OAMFT leaders during the conference.

From the beginning of the conference Dr. Schnarch challenged attachment theory and other long held therapeutic beliefs and emphasized differentiation as the foundational problem when working with couples. He explained in the lecture part of his presentation that people often are intentionally cruel to each other, which resulted in a tense feeling in the room. The attendees raised questions regarding this belief and Dr. Schnarch answered each of them thoughtfully, explaining that those of us in the helping professions may not want to see the world in this fashion. These discussions not only prompted me to examine my personal beliefs about theories; it prompted much discussion at lunch and in the following weeks with fellow classmates who attended the conference.

I have found much of what I learned at this conference helpful since I recently began my internship. I am fortunate to work with many couples and families and am seeing first hand some of the issues such a "mind mapping" that Dr. Schnarch pointed out to us in his lecture and the role-play demonstration. While I am working with clients I often find myself recalling that role-play and his confrontational approach. At the time, I recall feeling uneasy, however as I have examined that uneasiness I realize it was because it was very different than any approach I had ever viewed. As a result of this observation I am discovering that I am no longer afraid to address with my clients those topics I previously found challenging. I attribute this to Dr. Schnarch's very thorough three-hour demonstration of his approach to couples therapy. Those three hours flew by as he frequently confronted the couple, and pointed out to them how they were mind mapping or demonstrating a lack of regard for their partner by not examining what it is like for them. In his lectures he stated that withholding intimacy and sex from one's partner was cruel, something that never occurred to me before this conference.

My style of therapy will never be like Dr. Schnarch and probably never should because I bring into the therapy room myself, which my professor Dr. Dempsey says is the best thing I can bring into the room. However after listening to Dr. Schnarch I know that personal growth and continual development is crucial for me as a therapist so I am offering my clients the best therapeutic practice available. I concur with Dr. Schnarch that the therapy room should be a place to tackle difficult topics. I also realize that those difficult topics are painful not only for the clients to discuss, but from what I observed and heard at the conference, it can be uncomfortable for the therapist as well. I realized that the more comfortable I become with addressing these uncomfortable topics the more my clients will benefit from our sessions.

J. Ilana Bradford is an Intern at the Veteran's Hospital Portland/Vancouver Mental Health Clinic. She will graduate from George Fox University, School of Counseling in May 2014.

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Book Review: *Practice Building 2.0* by Tracy Todd

By Lauren R. Disner, MA, MFT

OAMFT Pre-Clinical Member, OAMFT Communication Committee Member



Like many family therapists, I have taken the plunge and jumped into the world of private practice. In an effort to do so thoughtfully, I sought out some guidance and ran across Tracy Todd's book *Practice-Building 2.0 for Mental Health Professionals: Strategies for Success in the Digital Age*. This book, published in 2009, is full of helpful ideas and clear guidance about opening or improving a private practice using

both standard best-practices and new practices to consider in today's technology-dependent world. Prior to purchasing it, I read that it is used as a textbook in some family therapy programs that teach private practice building. Add to that Todd's contributions through his work as Director of Professional and Public Affairs (previously) and Executive Director for AAMFT, and the book began to seem extremely appealing to me. As I began to read, I was pleased to discover the book was not only thoroughly useful, but it was also even more helpful than I had expected.

"...this book is a must-read if you are opening a private practice or need advice on improving your already established practice. Many therapists have spent quite a long time focusing on improving our therapeutic skills, while neglecting business skills related to running a private practice."

Todd's experience in private practice is clearly an asset to his writing. This book is filled to the brim with information to help the fledgling private practitioner get started, or help seasoned professionals improve their private practice. Todd first describes the important items to consider when going into or improving a private practice. He begins by outlining myths about private practice and encourages readers to think critically about their assumptions. He then offers the reader an opportunity to self-assess to examine readiness for the independent nature of private practice and to help the reader consider personal barriers to overcome. The rest of the book is full of helpful tools and templates to use, from spreadsheets for managing marketing information and feedback, screen shots of website templates, and client forms for easing the management of billing and records. The book also places a heavy emphasis on using up-to-date technological tools to promote and manage business, including creating an effective website, online scheduling, proper etiquette of email use, secure ways to store client data digitally, electronic contact management platforms/programs, creating podcasts and webinars, and strategic suggestions on how to maintain contact with clients and treatment stakeholders in order to encourage additional referrals.

This book is written in clear, easy-to-understand language. Todd explains the reasons why he makes his suggestions, offering intelligent and well-supported arguments for doing things his

way. For example, Todd suggests that instead of focusing a majority of networking time on interacting with other therapists, a therapist in private practice should focus time and energy on building relationships with other treatment stakeholders, such as nurses, attorneys, teachers and human resource directors. He explains why some of the traditional ways of running a private practice are no longer effective in today's world.

One thing that is lacking in the book is an in-depth analysis of and suggestions for using social media to promote a private practice. Although Todd places great importance on contacting clients and stake holders through digital means, including via a therapist's private practice website, he does not include ideas for using social media platforms such as Facebook, Twitter, Tumblr and YouTube, all of which are very popular platforms which many therapists are using to promote their work. Perhaps this is because social media is rapidly becoming more popular among private practitioners and best practice standards have yet to be established. We can all hope that if Todd were to publish another edition of this book, it would include a section on social media marketing and etiquette. For now, readers will need to find information about social media use from an additional

source.

Over all, this book is a must-read if you are opening a private practice or need advice on improving your already established practice. Many therapists have spent quite a long time focusing on improving our therapeutic skills, while neglecting business skills related to running a private practice. Todd's writing is an invitation to think and rethink the private practice business, and in the end, the reader will be better off for having done so. *Practice-Building 2.0 for Mental Health Professionals: Strategies for Success in the Digital Age* is published by W.W. Norton and Company, and is available at a suggested retail price of \$29.95. ISBN 978-0-393-70562-1

Lauren R. Disner is a family therapist who owns and manages her own private practice, Working Together Family Therapy and Counseling, in NW Portland. Outside of private practice hours, Lauren works part time as an on-call therapist at Cedar Hills Hospital, a private psychiatric and chemical dependency hospital in Portland. She is also a former OAMFT Student Liaison Board Member. You can learn more about Lauren and her private practice on her website: www.workingtogetherfamilytherapy.com

Book Review: A General Theory of Love by Thomas Lewis, MD, Fari Amini, MD, and Richard Lannon, MD
By Patricia Rohani, LPC, LMFT
OAMFT General Board Member, OAMFT Communications Committee Chairperson



I found this book in the Psychology section of Powell's while on a date with my husband.

When I first saw it was by three psychiatrists I had my doubts. Would it be too esoteric, cold, scientific? I was pleasantly surprised. In fact, I wondered how I missed reading this while I was in school, and why was it never assigned. (I mean this in a good way

as I have kept many of my books from school that were truly informative, worthwhile, well-written gems.) Overall, barring a few bits, it was written with a prose that was more literature than science and yet conveyed a scientific basis of love, and that a "relationship is a physiologic process." (pg 81) I thought of interpersonal neurobiology and intersubjectivity in every page of the book and yet those words were never mentioned.

This book, though not particularly new, may not be without its controversies, depending on your personal and theoretical viewpoint. It is: anti fast-food therapy, anti-ferberizing, pro-breastfeeding, pro-young children spending a "luxuriously prolonged immersion with a small circle of devoted caretakers," (pg 198) pro two-parent families, and believes that the "emotional fate of children is inextricably bound to the ability of their parents to love one another." (pg 204) The authors point out a "limbic void in American medicine" (pg 222) and that we are often encouraged to achieve, work harder get more... rather than attach, and this leaves our love relationships with partners and children lacking. In fact, children who grow up without a limbic relatedness, (known by others as secure attachment) will find and fall in love with partners also lacking the ability to limbically relate. The systemic implications of this are vast.

The authors believe that true loving is "synchronous attunement and modulation," (pg 207) and the lack of these limbic attunements can lead to anxiety, depression and internal chaos. This has many implications for therapy. "The first part of emotional healing is being limbically known—having someone with a keen ear catch your melodic essence." (pg 170) "If patient and therapist are to proceed together down a curative path, they must allow limbic regulation and its companion moon, dependence to make their revolutionary magic." (pg 171) They believe in building new neural wiring through relationship and that,

"psychotherapy changes people because one mammal can restructure the limbic brain of another." (pg 177) Basically, the authors believe that "therapy is limbic relatedness." (pg 185)

If we could immunize our children (and our clients) against stress, drugs, unhealthy relationships, and other dysfunctional maladies, wouldn't we? The authors make the case that the best way to do this is by risking and undertaking to create a limbic attunement and relatedness. It is not the fast way, but it is a lasting way of change, healing and growth.

Patricia Rohani is a clinician in private practice in Oregon City, OR and also works as a program therapist at a local psychiatric hospital. She has been a part of the OAMFT board since 2009. Trish is a wife, mother, and grandmother and enjoys gardening, soccer, and all things creative. You can learn more about her at www.patriciarohani.com or by emailing her at contact-me@patriciarohani.com.

"...we are often encouraged to achieve, work harder get more... rather than attach, and this leaves our love relationships with partners and children lacking."

Are you a Capella University MFT Student? Join OAMFT on Wednesday, October 2nd at 7:30pm for a virtual networking time via Skype with OAMFT board members. To reserve your space, please RSVP to oamftboard@gmail.com!



Job Opportunities

Outpatient Counselor

De Paul Treatment Centers is currently seeking a full time Outpatient Counselor for our Hillsboro facility. The Outpatient Counselor position provides professional treatment for substance abuse and co-occurring mental health disorders to adults and families. Candidates must be familiar with strength based counseling and have knowledge of dual diagnosis, Stages of Change and Motivational Interviewing. This position requires a Master's degree. LPC/LMFT/LCSW and/or CADC preferred. Position is M-F, evening hours required. Bilingual and bicultural applicants are encouraged to apply. This position requires 2+ years' continuous sobriety, if recovering. Please submit your cover letter and resume to:

De Paul Treatment Centers, Inc.
Attn: Melissa Farin
PO Box Portland, OR 97208-3007
Fax: (503) 535-1190
jobs@depaultreatmentcenters.org
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Youth and Family Counselor

De Paul Treatment Centers serves the greater Portland community by providing drug and alcohol addiction treatment services.

We currently have an opening for a Youth and Family Counselor at our Hillsboro outpatient facility for 32 hours per week. This position provides treatment and support to adolescent clients and their families/significant others. Duties include assessment of youth and family history/functioning, individual therapy, family therapy, youth group and multi-family group, documentation and collaboration with a multidisciplinary team. Position requires a Master's degree, preferably MFT, plus a year of experience working with youths and families. Must be flexible with days and times of availability and provide some evening hours. All positions at De Paul require 2+ years' continuous sobriety, if recovering.

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Counseling Program Supervisor

De Paul Treatment Centers currently has a full-time opening for a Counseling Program Supervisor in our Northeast Youth and Family Center; a residential treatment program for youth ages 13-18. This position manages all aspects of the residential counseling services including support and clinical supervision for a small staff of counselors, and requires strong supervision and program management skills. This is a working supervisor position that also carries a small caseload and works in close coordination with other residential departments as a member of the Leadership Team. Hours include some on-call and may at times require some evenings or weekends.

The position requires an LPC, LMFT, or LCSW who is able to sign off on hours for interns pursuing licensure, advanced clinical experience in behavioral health care, a minimum of 2 years of paid and supervised experience providing strength-based adolescent, family and group counseling with MI and Addiction/Recovery focus, and at least 1 year experience in a residential setting. CADC II Certification and knowledge of systems and Positive Youth Development is preferred. Bilingual/bicultural applicants are encouraged to apply. Position requires 2+ years' continuous sobriety, if recovering.

Please submit your cover letter and resume to:
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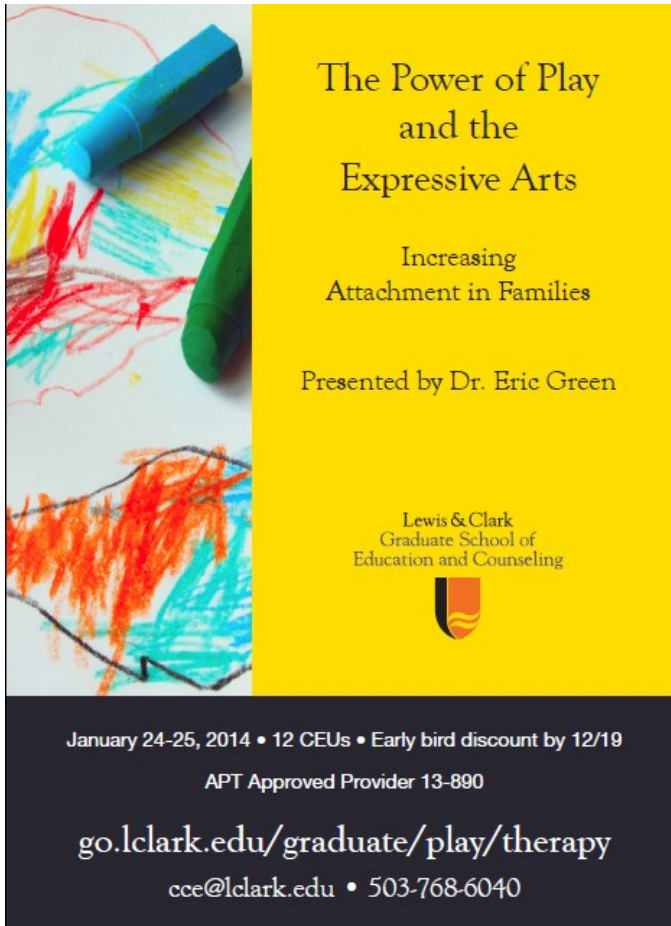
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Lewis & Clark's Marriage, Couple and Family Therapy program is looking for agencies providing internship opportunities for students. If you are interested in providing internships, please contact Administrative Coordinator Ayshia Moua at [503-768-6063](tel:503-768-6063) or amoua@lclark.edu. For more information about the program or to address any questions, please refer to the MCFT web page at http://graduate.lclark.edu/departments/counseling_psychology/marriage_couple_and_family_therapy/masters_degrees/evaluations_forms_handbooks/ or contact our Clinical Coordinator Dr. Andraé Brown at albrow@lclark.edu. Thank you!



Upcoming workshops for counselors

September 28 • 3 CEUs
Decolonization and Mental Health: An Exploration Into Liberation-Based Healing

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Upcoming Board Meetings and Events:

- The OAMFT Board meets monthly via Skype on the first Wednesday at 8pm. All OAMFT members are welcome to attend!
- Join us for the OAMFT Annual Member Meeting, Wednesday October 16th.

See the OAMFT website for meeting location and further details - www.oamft.org.