



The President's Corner

By James E. Brown, LMFT
OAMFT President

Reclaim Your Passion

As I stare at the ever-increasing paperwork on my desk, I ask myself how this happened. I am sure that most, if not all, of you are experiencing the same thing. Insurance forms, agency forms, correspondence, etc.... it seems to take on a life of its' own. Pushing my chair back, I think back to graduate school and why I chose to go into this line of work. I recall my time of service as youth director at my church and how that experience, combined with my pastor's encouragement, pointed me in the direction of MFT. My pastor, who later would become one of my professors, was instrumental in my decision to become a marriage and family therapist.

Do you remember what motivated you to become a MFT Therapist? Can you think back to those people and events in your life that influenced you into the field? Can you meditate on those things and feel that original passion? I hope you can. I did. As I pulled my chair up and eyed the stack of papers I could swear that they had shrunk just a little bit...and that was enough.

I would like to invite you to send us your stories of why you chose MFT and allow us to include it in a future newsletter. I think it would be encouraging and uplifting to hear one another's stories. So, please consider it. Thanks. Now it is time for me to get back to my papers.

Sincerely,

James E. Brown, LMFT
OAMFT President

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OAMFT's website has a new look! The updated site has new Member Only features as well as additional resources. Be sure to check it out today at www.oamft.org

Of Interest to OAMFT Members: Changes to OAMFT By-Laws

OAMFT Board of Directors are charged with periodic review of our bylaws in order to stay current, relevant and appropriate with technology, laws, and social structures. The Board has identified a need to revise our bylaws to "catch up" with current technology and environmental issues. Any changes to OAMFT bylaws require a vote from the general membership. Therefore, it is our intent to send you the proposed revised bylaws when we mail out the OAMFT Elections ballot. So, in addition to voting on open board positions, you can also vote on the proposed bylaw changes. Expect this in your mailbox no later than the end of October.

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

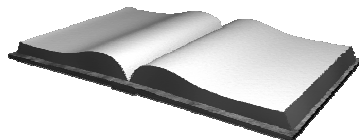
Attn: Erica Davis

P.O. Box 5406

Central Point, OR 97502

Email: oamftboard@gmail.com

Have you read a book or seen a movie recently that would be relevant to the work of MFTs? OAMFT is looking for movie and book reviews as well as articles for the quarterly newsletter. To submit an article, book or movie review, email us at



oamftboard@gmail.com!

ADVERTISE in the newsletter

Advertise your programs, practice, conferences, job openings or office rental space. Display advertising must be submitted print-ready and prepaid at the following rates (add \$35 if setup is required):

Full page: \$150 Half page: \$125
1/4 page: \$75 Business card size: \$35

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.

Find us on the web at:
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?
 Please email us at oamftboard@gmail.com with the information. All job postings are free in the Network News!

The EFT Certification Process

By **Stephanie Meagher, MA, MFT**
 Director, Northwest EFT Institute

Emotionally Focused Therapy (EFT) is an integrative theory that reflects both humanistic and systemic perspectives with a focus on an attachment theory of close relationships. EFT focuses intrapsychically (within) on how individuals process attachment-oriented emotional responses and interpersonally (between) on how partners organize interactions. EFT focuses on awareness of the present moment, as well as regulation, expression, transformation and reflection of emotion. The goals of Emotionally Focused Therapy are to a) access and reprocess emotional responses, and b) create new interactional events that redefine relationship (Johnson, 2004).

EFT was developed in the 1980's and since then has become the most empirically validated approach to relational discord and marital interventions. Various studies support the EFT change process, theory of relatedness, outcome, and stability over time (Bradley & Johnson, 2005). A meta-analysis of four rigorous outcome studies showed a 73 percent recovery rate and a 90 percent rate of significant improvement. EFT has been effectively used in various environments, with many different cultural groups, and with clients suffering from diagnoses such as depression, PTSD, and chronic illness.

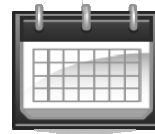
Clinicians from a wide range of mental health fields are beginning to receive training in the use of Emotionally Focused Training. As the use of EFT grows, so does the need for certified EFT therapists and supervisors. The International Center for Excellence in Emotionally Focused Therapy (ICEEFT) provides a certification program for therapists seeking to further their skills. Pre-requisites for certification include a post graduate degree in a relevant mental health field, membership in a recognized professional association, such as AAMFT, current clinical therapy practice (must include some couples and/or families), licensure in the state in which the applicant resides, completion of two graduate courses on the practice of couples / family therapy at a registered institution or equivalent, and proof of malpractice insurance.

Clinicians seeking EFT certification have two options. The first step for both options is attending a 4-day ICEEFT endorsed EFT Externship led by a Certified EFT Trainer. Those seeking to follow Option 1 must then attend a 12-hour Advanced Externship, followed by accruing 32 hours of clinical consultation/supervision by a certified EFT supervisor.

Those seeking to follow Option 2 must follow up the EFT externship with a 48-hour Core Skills Advanced Training, led by a certified EFT trainer. This is followed by accruing 8 hours of individual supervision by a certified EFT supervisor or trainer.

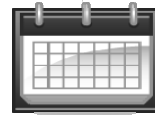
Finally, clinicians may also seek to become a certified EFT supervisor. Requirements for this certification include certification as an EFT therapist, 10 hours of mentorship between 2 certified EFT supervisors/trainers, completion of a

Calendar of Events



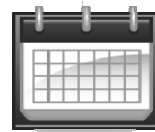
October

10/21-22 Northwest Regional Conference featuring Sue Johnson



November

OAMFT Board Elections



January 2012

1/21 Meet and Greet with new OAMFT Board Members

More information about these events is available at www.oamft.org.

supervision course, 4 years of clinical experience with couples and families, supervision of a minimum of three trainee therapists in EFT, and submission of a written description of supervision experience as well as 2 recordings demonstrating supervision of two separate trainee therapists.

The EFT Externships, Advanced Externships, and Core Skills Advanced Training are taught multiple times each year both nationally and internationally. A list of trainings can be found on the ICEEFT website at www.iceeft.com. For those in Oregon and the Pacific Northwest, the Northwest EFT Institute recently opened in Salem, OR. Founded by Dr. David Manock, the Northwest EFT Institute exists to serve the mental health community by providing training, supervision, and support to students and professionals in the use of Emotionally Focused Therapy. Services will include membership, resources, seminars, and group supervision, as well as providing externships and other trainings needed for certification. Those interested in learning more about local opportunities are encouraged to stop by the Northwest EFT Institute's booth at the upcoming Northwest Regional Conference with Sue Johnson.

References

- Johnson, S. (2004). *The practice of emotionally focused couple therapy*. New York: Brunner-Routledge.
- Bradley, B., & Johnson, S. (2005). EFT: An integrative contemporary approach. In M. Harway (Ed.), *Handbook of couples therapy* (p. 179-193). Somerset, NJ: John Wiley & Sons, Inc.

To Protect, Defend, Honor and Serve: American Military

By Chelly Bouferrache Swan
Student, Capella University

Culture

The purpose of the military is to protect and defend the United States Constitution. The ultimate mission of the military is to be the guarantor of liberties as represented in the constitution, which shapes the culture of the military. The key to working successfully with military families is to understand their unique culture.

The first thing a therapist might notice is the military jargon and acronyms. "The CO says we're going TDY to ROK at C hour on M day to support PACOM as an OP-CON unit." Huh? Translation: "The commanding officer says we're going on a temporary mission to Korea at 6 o'clock on Saturday to support Pacific Command under their authority." If you don't understand, ask. If possible, take the time to learn the most basic military jargon and acronyms. Conversations with military families will make more sense.

Learning military hierarchy is as important as picking up the jargon. While the military has been referred to as a great equalizer in terms of race, gender, economics and age it is clearly divided along the lines of rank. Rank designations differ between the services but pay grades are the same: enlisted, NCO's, warrant officers and officers. Officers command the troops while the NCO's lead the troops. The families even segregate themselves (Hall, 2008). The purpose is to maintain the good order and discipline of the force so it can accomplish whatever mission they're given.

Maybe by this point you are getting the sense that the military while the defender of democracy, is not a democracy. Military families lose personal liberties and have decisions made for them in almost every aspect of their lives (Hall, 2008). The military decides occupation, location and duration based on the needs of the service – not the needs of the family.

At this point you may be wondering why anyone would check their rights at the door. There may be security and stress relief in having someone make decisions for you. Yet, paradoxically it's an uncertain life. A Permanent Change of Station (PCS) move is really anything but permanent. A spouse can be called up at any time and be sent anywhere in the world to face unknown dangers. Communication may be sporadic and keeping secrets is the norm. They come home changed by the experience of war and some don't come home at all. But, the sense of community, brotherhood, and greater purpose holds an undeniable draw.

Honor and service are cornerstones of the culture. The service member honors the mission and honors their

Sue Johnson Workshop Series

*"Creating Connection in Couple Therapy:
The New Science of Love and Bonding"*

October 21-22, 2011

Friday: 12pm-5:00 p.m.;

Saturday: 9:00 a.m.-5:00 p.m.

Heathman Lodge*, Vancouver, WA

CEUs:

12 Hours for LMFT, LMHC, LASW, and LICSW

Cost:

- Members: Clinical/Affiliate - \$290;
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www.wamft.org**

brothers and sisters in arms. For a warrior to fail to defend the mission or to let down comrades would bring shame and disgrace. They lose their honor. The therapist cannot underestimate the importance of honor in this culture. Service for the military member is not a quaint or foolish notion but gives meaning to their everyday existence (Hall, 2008).

As therapists it is important that we check out our biases toward the military. Our gender, politics, and religion may affect our view of the military, its mission and even its people. To successfully work with military families it will be important to use multicultural skills and to refrain from negative judgments (Hall, 2008). Military families need culturally competent counselors who can help them while respecting their culture and system.

(Please see OAMFT's website for further recommended reading related to this article.)

References

- (Hall L K 2008 Counseling military families: What mental health professionals need to know) Hall, L. K. (2008). *Counseling military families: What mental health professionals need to know*. New York: Routledge.

A Fortuitous Predicament

By: Natalie Mills, MA, MFT
OAMFT Member

On a recent vacation to Central Oregon we were renting a cabin at the Twin Lakes Resort. This being our first time at this rustic camping resort, we didn't realize that the cabins were not separate but connected together and that they shared a common deck overlooking the beautiful South Lake. We found ourselves in between two busy families with children.

My first reaction to this was discouragement and dread, thinking that the quiet peaceful time by the lake, followed by evening campfires, which I had envisioned, was now null and void. I was thinking to myself, "I did not pay good money to come all this way just to have to be reminded of my work, where I often help people sort through the painful consequences and memories of growing up in unhealthy, painful family environments. I felt as though I would now be stuck here listening to it unfold in real time. But, I was pleasantly surprised.

To the right of our cabin was a family of five. Mom, dad, two girls 10 and 8 and baby Larry, His dotting sisters mostly called him Mister, or Mister Larry, or Mister-Mister. Larry's grandparents were in the next cabin over and shared in the cooking and other camp chores, while dad took the girls out in the fishing boat every morning and evening. Mom stayed at the cabin during those times tending to Larry while visiting with the grandparents. During the day they all packed up and spent the day at the lakeside, and I found myself thinking of them and imagining their playful screams of delight while they played in the water and dug in the sand.

To our left was a family, which I would describe as more contemporary, or at least more electronically connected. They brought a DVD player, the kids also had game devices and often complained that they either had no cell service or only one bar. They had two girls ages 12 and 10, who stayed up late watching scary movies while their parents enjoyed the respite out by the fire, sneaking in every now and then to scare the girls and elicit shrieks of half fear, half delight followed by; "Dad! Ohhhgggh! Stop it!" My husband and I laughed and it reminded us of stories we each had of camping with our children.

All in all, both families, though very different from each other, were quite loving and nurturing. They were wonderful examples of what a healthy family should be and after a couple days of this, I felt a beautiful peace returning to me about life and love, and the possibilities for beautiful relationships. I began to realize that this predicament of being placed in between these two families was just what I needed. Rather than simply getting away from the painful stories of unhealthy families, what I needed most was to have a chance to delight in the joy and love that can be shared, and to have my faith in love, relationships, and "good enough" families renewed.

Volunteering: Giving Back to the Profession

By OAMFT Board Members

My journey into being an OAMFT board member started with a class assignment. Go to a board meeting of the professional organization you will be affiliated with. As a MFT student, I was excited to learn more about OAMFT and what they had to offer me, so off I set, to my first meeting.

I think I was "hooked" on serving in some capacity the MFT's of Oregon from that very first meeting, and I just kept coming back. This led to my being elected as a student board member and then as a general board member (my current position). Really though, I am the one that has gained.

From the very first time I attended a meeting I thought, "can't others see how much is to be gleaned from affiliating with this great group of clinicians?" As a student, with much to learn, I wanted to just soak up all the collective wisdom and expertise in the room, and now, as a new clinician in private practice and working at a local psych hospital, I still want to soak in this knowledge and experience. Though I believe 100% in giving back to the profession, and hopefully I am, I am really the richer for this experience, and I believe my clients are also.

I challenge you to consider not only giving but also gaining by becoming involved.

I have even read articles that say that volunteering is good for your physical and mental health! So let's get healthy and involved!

Trish Rohani, MA
OAMFT Board Member

As I debated whether to run for a Board position, I had to answer questions such as "do I have the time to devote to this? can I competently do this?" and I have to admit that my answer to both was "I don't know." But overriding any doubts I had was my belief in the profession of marriage and family therapy and my desire to give back to that profession. So, I took a deep breath and slipped that nomination form into the mail slot.

Since that day, I have come to realize that it was the right decision for me. Yes, it takes time and effort on my part, but I have found that what I am getting out of my volunteering is so much greater than the time I put into it. Once I became a board member I quickly realized that the Board was a source of support and strength for me (and each other). I also began to see the "bigger picture" of our organization, the profession of MFT, and how it plays out in Salem and D.C.

If, through my efforts, I can help one clinician, then I have contributed to the well-being of all the clients that clinician will see. Since OAMFT's mission is to help all our 400+ members, I believe my volunteering is very important, very impactful and a very good use of my time and energy.

(Continued on page 7)

Advertising



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Advertising

Volunteering Cont'd

By OAMFT Board Members



Gender and Power: Creating Change in Couple Therapy
with *Carmen Knudson-Martin, Ph.D.*

Friday, November 18, 9 a.m.-4 p.m.
Lewis & Clark Graduate School

6 CEUs, \$125 by November 4, \$140 after, \$40 students.

To register or for more information contact the Center for Community Engagement at 503-768-6040 or visit our website: graduate.lclark.edu/programs/continuing_education



The Pleasure Cure: The Therapeutic Powers of Sensory Pleasures
with *Marisol Garcia Westberg, M.F.T., Ph.D.*

Friday, October 7, 9 a.m.-4 p.m.
Lewis & Clark Graduate School

6 CEUs. \$125 if registered by September 23, \$140 after.

To register or for more information contact the Center for Community Engagement at 503-768-6040 or visit our website: graduate.lclark.edu/programs/continuing_education


Finally, volunteering benefits not only OAMFT but I also benefit from the relationship. For instance, it helps my career portfolio. A 2005 survey carried out by TimeBank through Reed Executive showed that among 200 of the UK's leading businesses, 73% of employers would recruit a candidate with volunteering experience over one without.

The OAMFT Board will be holding elections this Fall. I challenge you to consider throwing your hat in the ring. You can't enjoy the view or the ride until you get on the train. Come. Let me punch your ticket.

James E. Brown, LMFT
OAMFT Board President

Classifieds:


Internal Family SystemsSM Training. Seattle, WA. Starts January 2012. WWW.SELFLEADERSHIP.ORG. 708.383.2519. IFS therapy offers a clear, non-pathologizing and empowering view of human cognitive and emotional life that allows therapists and clients to enter transformational relationships in which healing occurs. IFS is a simple yet sophisticated integration of psychology, spirituality, and intra-psychic and family systems theory that thousands of therapists effectively use with diverse client populations, including couples, children, families and groups. CE credit is available.




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www.selfleadership.org



Richard C. Schwartz, PhD
Founder of the IFS Model



Internal Family SystemsSM is at the forefront of a movement toward a more collaborative therapeutic approach that relies on clients' intuitive wisdom. **IFSSM** offers a clear, non-pathologizing and empowering view of human cognitive and emotional life that allows therapists and clients to enter transformational, healing relationships. Graduates of IFS trainings easily integrate this versatile model into a wide range of practices, using its unique methods to help individuals, couples, children, families and groups to improve their lives. Developed by Richard C. Schwartz, PhD, over the last 25 years and practiced by thousands of licensed therapists throughout the United States and abroad, IFS is one of the fastest growing psychotherapeutic models today.

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Continuing Education
Credit Available

News items, articles of interest to MFTs, responses to published articles, and letters to the Editor are invited and welcomed!

OAMFT

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Join us at our next OAMFT Board Meeting! Visit www.oamft.org for details!



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Upcoming Board Meetings and Events:

Oct. 21-22: Sue Johnson
Conference

November: Board Elections

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

*Are you interested in
participating in the
OAMFT Board? If so,
please join us at a
monthly board
meeting to learn more
and meet
current board members
and other MFTs.*