



North Carolina Association for Marriage and Family Therapy

North Carolina Family Therapist

North Carolina Association for Marriage and Family Therapy

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President's Report

By Jeff Krepps, PhD, LMFT

I hope everyone is doing well! It's hard to believe that we are nearly half way through 2014, but summer is knocking on the door.

The board met on May 9 and addressed several issues. Emma

Wallace reported on the plan for NCAMFT's 2015 spring conference. If you have not already heard, Stefanie Carnes, PhD, LMFT will offer a presentation entitled "Relational Therapy for Sexual Addiction and Compulsivity." Dr. Carnes is an international speaker, and we expect an engaging and thought provoking presentation. On another note, we are seeking speaker suggestions for the 2016 conference. If you have a suggestion please send me an email (Jeffrey.krepps@pfeiffer.edu), and I'll make sure that Emma receives it. Also, stay tuned for information regarding this year's fall conference. Given the success of last year's fall conference, we will once again stream the conference over the internet. All NCAMFT members will be able to view the conference for free, and CEUs will be available for purchase. The likely topics for the fall conference will be "Desire Disorders and Couple Therapy" and "MFT and the Ethics of Collaboration with Other Professionals."

During the May 9 board meeting we also discussed the upcoming AAMFT Division Affairs Steering Committee meeting that will address the organizational structure of AAMFT and what structure will best support the organization over the next 15-20 years. As the meeting has not yet taken place there is no new information to report, but the NCAMFT board feels that we must keep a close eye on any proposed changes to AAMFT's organizational structure and how changes may impact NCAMFT and the MFT profession in North

Continued on page 3

Board Exploring Journal Access for NCAMFT Membership

By Dan Marlowe, PhD, LMFT
President-Elect

Greetings, everyone!

I hope that all of you are transitioning easily into the warmer temperatures, longer days, and *slightly* more relaxing (and humid) climate that comes along with the summer! As you know, over the last year and a half the board has been hard at work trying to bring more value to you as the membership. Building on the successes of the NCAMFT website and this past fall's live streaming conference, I am writing to talk about yet another potential avenue for expanding our services in the coming months. Namely, the board has been exploring the feasibility of providing you with direct access to several academic MFT journals through your membership in NCAMFT. What follows below is a brief explanation of why we are exploring this avenue and what this means for you as a member, as well as a list of the potential journals along with their respective web addresses so you can take a closer look at them. Please know that this is only a possibility at this point, and we will be sending out a membership survey in the coming weeks to gauge your interest.

While a proportion of our membership works in academic settings that provide access to the latest in clinical application and research, the vast majority of us have very limited access to this type of information. For many,

Continued on page 8

SEEKING THE NEXT NCAMFT PRESIDENT-ELECT

Do you have strong leadership ability and a vision for the future of marriage and family therapy in North Carolina? If so, the NCAMFT Board of Directors needs you! The NCAMFT Board is an all-volunteer board that provides leadership to the state division in its mission to promote the profession of Marriage and Family Therapy and improve the health and well-being of families, couples and individuals. The Elections Committee is currently recruiting nominees for this year's election for the following board positions:

- *President-Elect*
- *Secretary*
- *Director-at-Large*
- *Northeast Chapter Director*
- *Southwest Chapter Director*
- *North Central Chapter Director*
- *Student-Associate Representative-
Central Region*
- *Elections Committee Chair*
- *Elections Committee Member*

Positions available January 1, 2015; contact Melissa Parlier, Elections Committee Chair, at mparlier@crossnoreschool.org for more information.

Call for Nominations coming soon!

CONTINUING EDUCATION NEWS*Emma Wallace, LMFT**Continuing Education Committee Chair*

I hope everyone is having a good spring and is enjoying our long-awaited-for warmer weather! Sure beats the winter we had!

At our last board meeting, we discussed some of the issues raised in your evaluations, primarily the one about too many participant questions during the presentation. We decided that in the future, we will ask the presenters to allow some time toward the end of each session for questions/comments. We hope that this will eliminate the interruptions caused by the random comments that frequently slow the presentation down and make it more difficult for the presenter to cover all the material. I believe that will solve the problem and if not, we will try something different. Thank you for your comments.

The CE Committee is already working on finding a presenter or presenters for 2016. Again, if you have someone in mind that you think would be wonderful as a speaker, please email me at emmabwallace@yahoo.com. I will check them out, consider the topic and whether they will draw a sufficient number of participants, whether we can afford them, etc. and let you know. I am not sure yet whether we will have one or two presenters for 2016.

We have also discussed having a buffet versus served lunches for the future. Cathy Womack and I will discuss the pros and cons/prices of this and consider it for our next conference. There were several requests for a buffet. The only concern is the amount of time it would take to get 200+ people through a buffet line. We look forward to Dr. Stefanie Carnes for next year's conference. She will be a two-day presenter (at her request) on the topic of

“Turning Off the Turn-On: Relational Therapies for Sexual Addiction and Compulsivity.” She is quite accomplished and is published, has presented internationally and has also presented for other AAMFT Division Conferences. I think we will all be pleased with her presentation and what we can learn from such an expert.

We will have another fall conference, much like the one we had last year. Our president, Dr. Jeffrey Krepps, and President-Elect, Dr. Dan Marlowe, have excellent presenters lined up for us, one of those being a 3-hour ethics presentation. Jeff and Dan will have more about that in their articles.

That's all, folks! Have a great summer, filled with fun, possibilities and good health.

President's Report*Continued from page 1*

Carolina. Following my attendance at the steering committee meeting in August I will provide more details on this issue.

In addition to addressing legislative issues, organizational issues, and conferences, NCAMFT has been focused on trying to provide more benefits for members. We are currently looking into the possibility of providing journal access to our members. So far we have looked into six MFT journals. I will be sending a letter via email to all NCAMFT members in the very near future outlining the details. Please keep an eye out for the letter, and read Dan Marlowe's article on page 2 of the newsletter.

Again, I hope everyone is doing well! Enjoy the summer!

Professional Practice Update

By Megan Facer, MS, LMFT
Professional Practice Committee Chair

Hi, everyone. I hope you are doing well. In general news, we have been informed that Marriage and Family Therapists will be included in a bill that outlines who is qualified to provide treatment to individuals with autism. Our attorney has worked very hard to advocate for this so it's quite an accomplishment. It is uncertain if this bill will be voted on during the short legislative session, but I will keep you informed.

As I've shared with you in past newsletters, our attorney is advocating for LMFTAs to be directly enrolled and reimbursed by Blue Cross/Blue Shield. I would really appreciate you contacting me at Megan.Facer@youthvillages.org if you are an LMFTA who has had individuals or families with BCBS seek services from you. With your permission, we can utilize these as additional examples for the need for direct enrollment. The more such examples we have, the more it helps our cause.

Speaking of LMFTAs, as you may recall, a law passed in June 2012 allowing associates from different behavioral health professions to directly enroll in Medicaid. However, since that time there has not been a method developed by which associates can enroll in Medicaid, and associates have been advised to bill under H-codes through their local Managed Care Organizations (MCOs) until a method is identified. I have been informed that it may be possible for associates to enroll in Medicaid beginning in late summer. We have advocated that this be posted in the bulletins that come out at the MCO and state level so that everyone will know when and how they can do this. I will also keep you posted.

I've recently received an email from a student, soon-to-be associate member seeking assistance in being hired in the public school system. I will be reaching out to some community members and NCAMFT members who work in the school system to see what advice they might be able to give us. I'd also really appreciate it if you would email me if you have successfully been hired in the public school system so that you might be able to give some guidance to our other members interested in working and making a difference in that system.

I have also been informed about members who are working for agencies who have merged with other organizations that are choosing not to use the billing codes that are available to MFTs, limiting what our members can and have done in those organizations for a long time. Our president will be cultivating some relationships in that area to see how we might be able to advocate for a change in that system.

Lastly, I wanted to share that the LCAS board is considering making changes to its scope of practice to include *treatment* of individuals with mental health needs, whereas at this time, individuals with no more than an LCAS are only able to provide *assessment* to individuals with mental health needs. The NCAMFT will be submitting questions to clarify who the scope is being opened up to, including education, training, and supervision requirements.



Image courtesy of Sura Nualpradid
Photography / FreeDigitalPhotos.net

Every Month is Mental Health Month

By Melissa R. Parlier, MA, LMFT

It seems nowadays there's a month designated for raising awareness of all sorts of issues. April alone brings Alcohol Awareness Month, Autism Awareness Month AND Child Abuse Prevention Month. May has been designated as Mental Health Month. [Mental Health America](#) (MHA) has led the observance of May is Mental Health Month since the 1950s to educate the general public about mental health and ways to promote mental health and well-being. The theme of the 2014 May is Mental Health Month has been "Mind Your Health" and has been a campaign to educate the public about the importance of mental health to overall health and wellness.

In its Constitution the [World Health Organization](#) (WHO) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." WHO defines mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

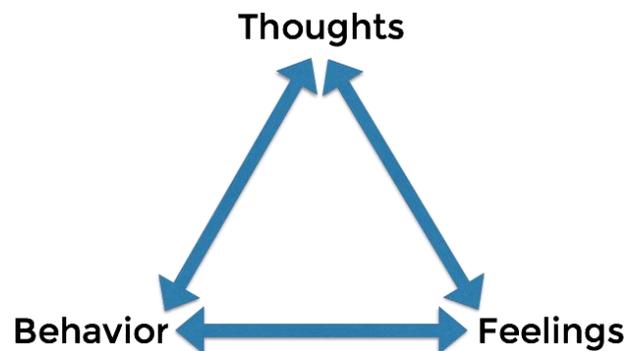
As MFTs we know that the goal of educating the public about the link between mental health and overall health is a monumental task that cannot be limited to one month out of the year. Just watching the daily news is reminder enough that more attention and resources need to be given to promoting mental health and well-being and to ameliorating mental illness.

Here are ten ways that MFTs and other mental health professionals can promote the mental health and well-being of the families, couples and individuals that we work with every day:

1. Conduct a strengths-based, culturally sensitive comprehensive clinical assessment that screens for common mental health

conditions like depression, bipolar, anxiety, PTSD, and substance abuse.

2. Nurture client strengths. Highlighting client strengths doesn't negate the existence of a problem but gives clients a sense that they aren't powerless when it comes to solving current and future problems.
3. Cultivate a positive attitude. There really is power in positive thinking, and clients benefit from learning about the interrelationship between their thoughts, feelings, and behavior. I'll never forget the time I first shared this information with an adolescent client. He looked at me and asked, in all seriousness, "Why didn't someone tell me about this in kindergarten?" Good question, why isn't this taught in kindergarten?



4. Assess communication styles and teach basic communication skills, including assertiveness. Dysfunctional communication contributes to and maintains many relationship problems and life stressors. "One cannot not communicate," even if giving someone the silent treatment, but clients can learn to communicate their thoughts, feelings, needs, and wants more effectively.
5. Help clients connect to social supports - natural, formal and informal - so there is somewhere to turn for emotional support and/or concrete help when needed.

Continued on page 6

Every Month is Mental Health Month

Continued from page 5

6. Support spirituality. Religious and spiritual beliefs can be helpful in coping with stressful life circumstances. Sensitively exploring client beliefs about a higher power can reveal a resource for hope and healing, as well as a source of social support
7. Develop Emotional Intelligence (EQ). When push comes to shove between the two intelligences, IQ and EQ, it's been found that emotional intelligence contributes more to life success and a sense of well-being than IQ.

*"Life goes much more smoothly if you have good emotional intelligence."
~ Daniel Goleman.*

8. Stress the importance of self-care. Those instructions the flight attendant gives passengers flying with small children before take-off are a great metaphor for self-care. In life, if clients, or we therapists for that matter, don't make sure to put on our "oxygen masks" before attempting to assist others with theirs we may find ourselves in a situation where we are not physically or mentally healthy enough to care for others.
9. Encourage regular exercise and physical activity - it doesn't require as much time as most people think. According to the [American Heart Association](#) (AHA) three 10-minute periods of moderate physical activity per day have the physical and mental health benefits of a 30 minute workout. Physical activity triggers the release of endorphins, a "feel good" brain chemical and natural anti-depressant.
10. Finally, bring humor into the therapy room, and encourage laughter in everyday life. Laughter improves mood, brings people together, and is the equivalent of a mini-workout that releases those "feel-good" endorphins.

Connect with NCAMFT through Social Media

NCAMFT continues to grow our network on LinkedIn, Twitter, and Facebook. Don't miss out, join us today!

LinkedIn is a great professional forum to post discussion topics, share resources, and to submit and search job openings. Twitter and Facebook are great platforms for in-the-moment reports of mental health topics and events going on in our state. Depending on where you are located in North Carolina, there are monthly chapter meetings for you to learn about the latest interventions and topics and network with other professionals. Learn about the next chapter meeting in your area by connecting with us through social media.



Like us on Facebook
<http://www.facebook.com/ncamft>



Follow us on Twitter
<http://www.twitter.com/@NCAMFT>



Join our group on LinkedIn
<http://www.linkedin.com/groups/North-Carolina-Association-Marriage-Family-4701755>

Capital Chapter Update

Laura Bryan, PhD, LMFT
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For our last meeting, the Capital Chapter met at Pfeiffer Institute *Reach*, the MFT training clinic for Pfeiffer's MFT program in Raleigh/Durham. Regulars, students and newcomers all enjoyed hearing Dr. Andy Brimhall describe "The Power of Play: Building Stronger Attachments Using Filial Therapy." On Friday, June 13 the chapter will return to the regular meeting place at Pfeiffer University to hear Tony Delmedico discuss the difficulties and rewards of working "In the Shadows of Fatherhood: The Challenges for Men as Parents in Blended Families." Bring your lunch and join us at noon for important information and networking. CEUs will be available.

Southwest Chapter Schedule

6/11/14 – *Affair Recovery and Marital Therapy* – Pia Arrendell, LMFT

7/9/14 – *EMDR* – Trip Woodard, LMFT

8/13/14 – *Exploring the Nature of the Soul for Healing and Transformation* – Bob Hanna, PhD

9/10/14 – *Effective Interventions in Family Therapy* – Karen Smith, LMFT

10/8/14 – *Family Therapy and Object Relations* – Chandra Passero, LMFT

11/12/14 – *Engaging Difficult Adolescents*
 – Karen Osborne-Rowland, LPC

12/10/14 – *Annual Ethics Presentation*

Chapter meeting starts at noon with presentations at 12:30 PM. CEUs will be announced prior to each presentation. Each presentation is subject to change. Any questions, text Trip Woodard, Southwest Chapter Director, at (828) 606-8607, or visit his website: www.abbott-lobenstine.com



The Art & Science of Love A Gottman Weekend Workshop for Couples

July 26 & 27, 2014

Hampton Inn & Suites
 Brier Creek, Raleigh NC

Presented by

Carole Cullen, LMFT & Shelly Hummel, LMFT

A powerful way to learn the Gottman Method is to personally experience the relationship tools for yourself. Learn Gottman skills from the inside. This two-day workshop will give you new insights and research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help you resolve conflict in a healthy, productive way. CEU's are available from PESI. Call us at 919-263-4410 for more information about therapist discounts and our "Educator Rate" for anyone that has completed Gottman Method Levels 1, 2 or 3 training. For more information please visit <http://www.couplesworkshopsnc.com>



Board Exploring Journal Access

Continued from page 2

the exposure we get is relegated to the *Journal of Marital and Family Therapy* that we all receive through our membership in AAMFT, as well as any open access (free) journals that we manage to come across. We believe that the only way to stay abreast of the current trends in our field is to know about them. With that said, over the last several months the board has explored different options for bringing this valuable knowledge your way. While the expense of providing you with direct access to academic databases proved too expensive, a more reasonable, and ultimately useful, approach was to pick specific journals that are of the most use in your everyday practice. We have found that for a nominal increase in dues we can provide access to six academic journals with NCAMFT picking up part of the cost. In doing a cost comparison of the group versus individual subscriptions to these journals, NCAMFT can provide access for roughly **\$6** as opposed to the **\$853** it would cost as an individual. Also, these journals are primarily clinically oriented to reflect the most relevant and useful information.

Journals

Journal of Systemic Therapies

<http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/jnst.htm>

Contemporary Family Therapy

<http://link.springer.com/journal/10591>

Journal of Family Therapy

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1467-6427](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1467-6427)

American Journal of Family Therapy

<http://www.tandfonline.com/toc/uافت20/curren#.U3oa3vLD-Uk>

Families, Systems, and Health

<http://www.apa.org/pubs/journals/fsh/>

Journal of Couple & Relationship Therapy

http://www.tandfonline.com/toc/wcrt20/curren#.U3obE_LD-Uk

As I mentioned at the beginning of the article, at this point we are only pursuing this as a possibility, and we will be sending out a membership survey to see if you all believe this to be a worthwhile program to pursue. Coupled with the survey will be a more detailed description of the subscription costs as well as the proposed dues increase. Regardless of whether we move forward with paid access, the board will be adding a “Resources” page to the NCAMFT website in the coming months that will provide direct links to many web-based, open access (free) journals.

I know I speak for the rest of the board when I say that your feedback has been incredibly useful in shaping the direction of these different initiatives, and I hope that this initiative will be no different. While NCAMFT has been successful in bringing greater value to you over these last 18 months, we are constantly challenging ourselves to find ways of making our services more useful and relevant to your everyday practice and professional lives. We are incredibly appreciative of your investment in NCAMFT and the future of MFT in our state, and together we will continue to build one of the strongest MFT divisions nationally.

Have a wonderful and restful summer!