



AMERICAN FAMILY THERAPY ACADEMY

# ***COUPLING TODAY:*** **LOVE, PARENTING, COMMUNITY**

Systemic Practices with Couples & Families in their Social Contexts

**CHICAGO, ILLINOIS**

**JUNE 5-8, 2013**

**35TH ANNUAL MEETING &  
2ND OPEN CONFERENCE**

# PROGRAM AT A GLANCE

WEDNESDAY, JUNE 5	THURSDAY, JUNE 6	FRIDAY, JUNE 7	SATURDAY, JUNE 8
8:30 am - 1:00 pm Board Meeting	7:00 - 7:30 am Centering Practice	7:00 - 7:45 am Centering Practices	7:00 - 7:45 am Centering Practice
	7:30 - 8:30 am New Member Breakfast Continental Breakfast	7:30 - 8:30 am Continental Breakfast	7:00 - 8:00 am Committee Meetings 7:30 - 8:30 am Continental Breakfast
	8:30 - 10:15 am Plenary I <sup>CE</sup>	8:30 - 10:15 am Plenary II <sup>CE</sup>	8:30 - 10:15 am Plenary III <sup>CE</sup>
	10:15 - 10:45 am Refreshment Break Plenary Debrief	10:15 - 10:45 am Refreshment Break Plenary Debrief	10:15 - 10:45 am Refreshment Break Plenary Debrief
	10:45 - 12:15 pm Interest Groups <sup>CE</sup>	10:45 - 12:15 pm Brief Presentations <sup>CE</sup>	10:45 - 12:15 pm Interest Groups <sup>CE</sup>
12:00 pm Registration Opens	12:15 - 1:45 pm AFTA Café: Town Hall Luncheon	12:15 - 2:00 pm Network Conversations: White Privilege and Accountability / People of Color	12:15 - 2:00 pm Network Conversations: LGBTQI Student & ECM Lunch Family Process Lunch
<b>1:30 - 4:30 PM PRE-CONFERENCE WORKSHOPS <sup>CE</sup></b>	2:00 - 3:30 pm AFTA Diversity Forum <sup>CE</sup> Brief Presentations <sup>CE</sup>	2:00 - 4:00 pm Keynote III <sup>CE</sup>	2:00 - 3:30 pm Pearls of Wisdom <sup>CE</sup>
<b>ANNUAL MEETING BEGINS</b>	3:30 - 4:00 pm Refreshment Break	4:00 - 4:30 pm Refreshment Break	3:30 - 4:00 pm Refreshment Break
5:00 - 7:00 pm Annual Meeting Opening Keynote I <sup>CE</sup>	<b>OPEN CONFERENCE BEGINS</b> 4:00 - 6:00 pm Conference Welcome Keynote II <sup>CE</sup>	4:30 - 6:00 pm 6 Dialogues and 2 Special Features	4:00 - 5:30 pm Brief Presentations <sup>CE</sup>
7:00 - 9:00 pm Opening Reception Poster Presentations	6:00 - 6:30 pm Break	6:00 - 7:00 pm Poster Presentations Book Signing	5:30 - 6:30 pm Facilitated Listening Circle Meeting of Presidents and Boards
	6:30 - 11:00 pm Special Event Dinner & Architerctural Boat Tour	7:00 - 8:00 pm Shabbat Service New Member Meet Up 8:00 - 10:00 pm Men's Institute Women's Institute	6:30 pm - 12:00 am Awards Ceremony Awards Banquet & Dancing

<sup>CE</sup> Indicates that these hours are eligible for Continuing Education units.

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Congratulations to Program Chair Jean Malpas,  
to the Program Committee,  
and to all Presenters and Participants.

**WE ARE PROUD TO CO-SPONSOR**  
**AFTA'S**  
**35TH ANNUAL MEETING**  
**AND**  
**2ND OPEN CONFERENCE**



The Center for Family, Community, & Social Justice Inc.

"All AFTA" Faculty/Supervisors: Hinda Winawer, Executive Director; Deidre Ashton, Associate Director; Norbert Wetzel, Director of Training and Co-Founder; Faculty Supervisors: Gloria Lopez-Henriquez; Glenda Mendelsohn; CharlesEtta Sutton

**We welcome AFTA to Chicago!!!**



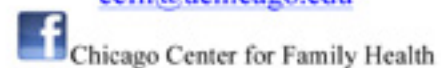
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SUNDAY  
JUNE 9, 2013  
9:00 - 11:00 AM  
MILLENNIUM PARK, CHICAGO

Join us for a leisurely ride on the Lakefront Trail, perfect for Sunday morning. It runs approximately in a 15-mile loop. We will supply the bikes and bottles of water. All riders will also receive a free t-shirt!

To register: [www.afta.org/afta-bike](http://www.afta.org/afta-bike)

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## Welcome

### Dear AFTA Members and Conference Participants,

It is our pleasure to welcome you to the 35th Annual Meeting and 2nd Open Conference of the American Family Therapy Academy (AFTA). We anticipate an excellent event rich in stellar presentations with multiple possibilities for conceptual exchange and collegial connection.

Members of the Academy will continue to enjoy the benefits of the Annual Meeting. Open Conference participants will have an opportunity to showcase their work, to hear AFTA presentations, and to engage in the unique format that has characterized AFTA meetings for thirty-five years—a combination of large and small venues that affords exposure to cutting-edge thinking and practices and which encourages dialogue. Please browse through this program to learn about presentations, the Poster Festivals, Book Signing, Awards, networking events and the AFTA Cafe! Please visit the exhibit area where publishers and program partners and co-sponsors provide information about their organization, current publications, and the new AFTA Springer Brief Series.

If there are tickets still available, please join us for the “Special Event,” the architectural dinner cruise on Lake Michigan. This evening gathering is a highlight of the AFTA Meeting and Conference. It provides an informal context in which to chat over a glass of wine, enjoy a pleasant dinner and learn about the extraordinary Chicago waterfront and skyline. The Special Event offers a chance to reconnect with old friends or become acquainted with those encountered during a presentation or networking activity. For the party folk among us, there will be dancing under the stars!

We invite new comers to join the New Members’ Breakfasts and conference participants to please feel free to ask AFTA members about their experience in the Academy. To learn about membership, please inquire at the registration desk; you can also be directed to AFTA colleagues who can provide personal testimonies. AFTA members, the Board, Officers and Committee Chairs will be identifiable by their badges. Please ask about how you can be involved in AFTA governance or simply discuss AFTA’s strategic plan, the work of the Futures Committee and initiatives to further integrate electronic media into every aspect of AFTA operations.

The Board of Directors and the Program Committee would like to thank all Co-Sponsors and Program Partners for your support.

Finally, we owe the continued success of the Annual Meeting and Open Conference to all presenters, planners, and attendees. Thank you for joining us and for making “*Coupling Today*” a memorable event!

Best,

**Hinda Winawer**, President (2011-2013)

**Jean Malpas**, Program Chair (2013)

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## Theme and Objectives

### of the American Family Therapy Academy 2013 Annual Meeting & Open Conference

AFTA’s 2013 Annual Meeting & Open Conference gathers AFTA and non-AFTA members who are couple and family therapists, researchers, educators and others dedicated to the advancement of systemic thinking, practices and policies in the world. The theme, “Coupling Today: Love, Parenting, Community. Systemic Practices with Couples and Families in their Social Contexts,” explores the complexities of contemporary couplehood and families. Integrating the bio-psychosocial realities of the amorous bond, it locates couples at the center of its many contexts: families, communities, cultures and politics.

The event is organized to expose participants to cutting-edge practices and research as well as to provide intimate spaces for discussion, critical thinking and connection. Keynotes, plenaries, dialogues and presentations provide numerous opportunities for intellectual stimulation and applied learning. AFTA strives to bring together thinkers and practitioners who inspire, offer sophisticated perspectives on couple and family issues and balance practice-based evidence with evidence-based practice. Interest groups, working forums and networking meetings offer spaces to gather, exchange and relate on the basis of common professional and personal interests.

As indicated by the title, the Annual Meeting and Open Conference reflects AFTA’s dedication to advancing systemic practices for couples and families in their social contexts as well as the organization’s commitment to social justice. AFTA strives to embody the values of respect for and collaboration with clients, communities and colleagues; commitment to diversity, inclusiveness and multicultural competence; as well as accountability around issues of power, privilege and marginalization. For more information on AFTA’s core values and positions, please visit [www.afta.org](http://www.afta.org).

### Objectives:

1. To examine the processes of coupling, including the neurobiological, interpersonal, systemic, familial, cultural and societal factors influencing the functioning and resilience of contemporary couples.
2. To explore parenting as a couple and family process.
3. To integrate the clinical and cultural issues related to gender and sexuality into couple and family practice, research and policies.
4. To integrate practice-based models and theories with evidence-based practices.
5. To provide attendees an opportunity to network and share innovations in practice and research related to couple and family therapy.

### Target audience:

AFTA’s Annual Meeting and Open Conference provides an opportunity for mental health professionals, including marriage and family therapists, psychiatrists, psychologists, professional counselors, and social workers, to share the latest knowledge about relevant research, clinical best practices, and cutting-edge information in service of social justice and improving the work of mental health practitioners.

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Patrick, Joellyn Ross, Louise  
Silverstein, Alexandra Solomon,  
Amy Tuttle, Mike Ungar,  
Froma Walsh, Justine White

### Staff

Kim Cox  
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## A Guide to Meeting Events

**AFTA Café** is a new iteration of the original AFTA Town Hall Meeting that was formerly convened at the end of the Annual Meeting. This year AFTA will host lunch for members and attendees at the Annual Meeting part of the conference (sign up when you register). In a relaxed informal setting, we will have the opportunity to connect collegially, hear highlights of the membership survey and the Board Retreat and, most important, exchange ideas about our own questions, interests and how they connect to our vision for AFTA now and going forward.

**Book-Signing** is a time to meet AFTA authors. Plan to come to the book-signing event on Friday afternoon. Come to peruse the publications and to celebrate the work of members.

**Brief Presentations** gather several speakers (generally two or three) to give short presentations on their clinical work or research activity. Presentations are broadly grouped by a common theme and are facilitated by a moderator.

**Centering Practices** are an early morning gathering for meditation, yoga, and/or stretching that will help us to begin the day with energy, equanimity, and connectedness. Come breathe, stretch, and flow with your AFTA colleagues!

**Dialogues** are a new addition to the AFTA Annual Meeting and Open Conference, and Corky Becker and the planning committee are delighted to introduce them. During an "AFTA Dialogue" session, two experts will present their perspectives on a common topic. They will follow up with questions for each other. The moderator will then facilitate a conversation between the presenters, and between the presenters and the audience. Please make sure to choose one of the six Dialogues, which will include discussions on Stepfamilies; Systems of Care; Neurobiology, Attachment and Couple Therapy; Foster Care; Couples, Illness and Trauma; and International Approaches to Couple and Family Therapy.

**Early Career/Student Member Luncheon:** The Early Career Member and Student Committees will host the fifth annual Early Career/Student Member Luncheon this year in Chicago. As in previous years, this will be a great opportunity for Early Career and Student Members to meet and get to know AFTA's Senior Members. The opportunity to connect with Senior

Members of AFTA has been a highlight of the event, so we hope you will join us!

**Forums** provide an opportunity to discuss significant issues related to social policy, cultural and economic diversity, social justice, and larger systems. Each forum has a particular topic area on which a presentation is given, followed by ample time devoted to discussion by forum participants.

**Institutes** were initiated in the early 1990s to provide a setting where men and women meet separately to discuss issues particular to their gender within AFTA and in their profession. Institutes also provide an informal opportunity to get to know each other more fully.

**Interest Groups** provide an ongoing opportunity for members to discuss new developments in their particular area of focus. In addition, each interest group welcomes new members in order to enrich and enliven the discussion. The chairperson typically decides the format of the interest group.

**Keynote & Plenary Sessions** consist of invited presentations that feature the themes of the Annual Meeting and Open Conference and discuss current and/or controversial issues in the field.

**Networking Conversations** have been developed for mutual support and to assist people who are marginalized to connect with one another and to discuss issues of common interest.

**New Member Breakfast** is a meeting where New Members are introduced and will have an opportunity to meet Board Members and Committee Chairs. Early Career Members and Students are also encouraged to attend.

**Poster Sessions** feature researchers and other individuals using poster illustrations to present their work in an informal setting conducive to in-depth discussion. Types of posters will include research, larger systems and training.

## AFTA Social Media Guidelines

### Creating Sustainable and Respectful Social Spaces at AFTA Events

To ensure the sustainability of the safe and respectful environment that is a hallmark of AFTA Meetings, we ask participants to preserve the confidentiality of the clinical and personal material that is presented by doing the following:

- Freely tell others about AFTA events and your experience at them, but preserve the confidentiality of any clinical or personal sharing taking place during sessions, whether you are communicating with others electronically or in person.

- Use electronic media (like Twitter, texting, blogs, and other social media) to help AFTA build a socially just community by appropriately sharing with others your impressions of AFTA events.

- Avoid disrupting speakers or other participants and audience members with any form of electronic communication that is distracting.

## Pilar Hernandez-Wolfe, Ph.D.

### Congratulations

From former Social Justice Awardees:

Hugo Kamyra (2003), Jack Saul (2008), Hinda Winawer & Norbert Wetzal (2010), Roxana Llerena-Quinn (2011)

**AFTA AWARD**  
for  
**Distinguished Contribution**  
to  
**Social Justice**



## Wednesday, June 5

### Schedule of Events and Sessions

#### PRE-CONFERENCE WORKSHOPS

1:30 - 4:30 PM

#### Restoring Ruptured Bonds: Strengthening Parent/Child Relationships and Increasing Parental Attunement and Support

Presenters: **Marcia Sheinberg & Fiona True**

Bitter divorce, incest, substance abuse and experiences of violence often cause relational ruptures in families. For these ruptures to heal, parents need to be emotionally available, supportive and attuned to their children just at a time when they themselves may feel fragile, vulnerable, anxious, angry and hurt. At times the needs of the child and the feelings of the parent are not in sync and therapists may perceive the parent's response to the child as insensitive and mis-attuned. In this context therapists can become frustrated and parents may, in turn, feel blamed and alienated. This therapeutic impasse requires innovative approaches to what can become an intractable situation. Through specific techniques developed at the Center for Children and Relational Trauma, therapists in this pre-conference workshop will learn how to help parents move from criticism of their child(ren) to attunement and support.



**Marcia Sheinberg**, LCSW is the director of Training and Clinical Services at the Ackerman Institute for the Family, and the co-director of Ackerman's Center for Children and Relational Trauma. She is co-author with Peter Fraenkel of *The Relational Trauma of Incest: A Family-Based Approach to*

*Treatment* (Guilford, 2000). Marcia was also a co-founder of Ackerman's Gender and Violence Project. In 2004, she was the recipient of the AFTA Award for Distinguished Contribution to Family Therapy Theory and Practice, together with her colleagues Peter Fraenkel and Fiona True. Marcia's article topics include relational trauma, loyalty dilemmas, grief, chronic illness, gender dilemmas, violence in couples and using a decision dialogue in family therapy. She maintains an active private practice where she treats and consults with individuals, couples and families on a variety of clinical issues.



**Fiona True**, LCSW is a member of the senior teaching faculty and co-director of The Center for Children and Relational Trauma and a past director of International and Community Training at the Ackerman Institute for the Family. Her work at the Center helps

develop treatment programs for children and their families who have experienced relational traumas. The early work focused on the occurrence of incest within the family and in recent years expanded to address a more diverse area of presenting problems where a relational rupture has occurred. Fiona has presented her work nationally and internationally. In 2004 she was the recipient of the AFTA Award for Distinguished Contribution to Family Therapy Theory and Practice, along with her colleagues Marcia Sheinberg and Peter Fraenkel. She maintains a private practice in Connecticut and New York.

#### Techniques for Breaking Through Impasses in Couples Therapy

Presenters: **Peggy Papp & Michele Scheinkman**

In this workshop we will discuss various ways of breaking through impasses in couples therapy, including the use of the vulnerability cycle and sculpting. We will address the different factors that go into the formation of impasses such as individual vulnerabilities and survival strategies as well as the reciprocal perceptions and interactions that maintain the partners in a reactive pattern. Videotaped cases will be used to demonstrate special techniques for defining, altering and transforming the rigid assumptions and behaviors that keep the couple trapped.



**Peggy Papp**, LCSW is the director of the Adolescent Project at the Ackerman Institute for the Family, director of family therapy at Mt. Sinai Adolescent Health Clinic and maintains a private practice in New York City. She is the author of *The Process of Change*, co-author of *The Invisible Web: Gender Patterns in Family* and editor



of *Couples on the Fault Line*, and has written many articles. Peggy has trained generations of couples and family therapists all over the world.



**Michele Scheinkman, LCSW** is a faculty member at The Ackerman Institute for the Family and maintains a private practice in New York City. She is the former director of training at the Chicago Center for Family Health and lecturer at the University of Chicago.

Michele's most recent articles, all published in *Family Process*, include: *Disarming Jealousy in Couples Relationships: A Multidimensional Approach* (2010), co-authored with Denise Werneck; *The Multi-level Approach: A Road Map to Couples Therapy* (2008); *Beyond the Trauma of Betrayal: Reconsidering Affairs in Couples Therapy* (2005); and *The Vulnerability Cycle: Working With Impasses in Couples Therapy* (2004), co-authored with Mona Fishbane.

**Developing an Integrative, Evidence-Based Practice of Couple Therapy**

Presenters: **Alan Gurman & Jay Lebow**

This workshop will address four central questions relevant to the development of an integrative, evidence-based practice of couple therapy: (1) What do we already know about the efficacy of couple therapy and the mechanisms of change involved?; (2) What does it mean to be "integrative" in the practice of therapy?; (3) What both impedes and facilitates "conversations" between couple therapy researchers and practicing couple therapists?; and (4) How can couple therapists enhance their practice of an integrative and evidence-based couple therapy? Participants in this pre-conference workshop will first "listen in" on a series of brief conversations about these topics between the two presenters in order to jump-start conversations within the larger group about these issues that lie at the interface of research and practice.



**Alan Gurman, PhD** is a visiting professor of psychiatry at the Harvard Medical School/ Cambridge Health Alliance, clinical professor of psychology and a member of the teaching faculty at The Family Institute at Northwestern University, and clinical professor of psychology in the clinical psychology

doctoral program at the University of Wisconsin-Madison. A former director of family therapy training at the University of Wisconsin Medical School, he has published many influential books such as the *Clinical Handbook of Couple Therapy*; the *Handbook of Family Therapy*; *Clinical Casebook of Couple Therapy*; *Essential Psychotherapies: Theory and Practice*; and *The Theory and Practice of Brief Therapy*. A past-editor of the *JMFT* and past president of the Society for Psychotherapy Research, Alan has received the Distinguished Contribution to Family Psychology Award of the American Psychological Association and the Distinguished Achievement in Family Therapy Research Award of AFTA.



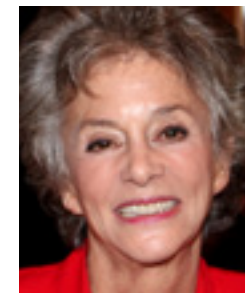
**Jay Lebow, PhD** is a clinical psychologist and couple and family therapist. He is clinical professor of psychology at the Family Institute at Northwestern University and editor-in-chief of the journal *Family Process*. Jay has engaged in clinical practice, supervision, and research

on couple and family therapy for over thirty years, and is board-certified in family psychology and an approved supervisor and clinical member of AAMFT. He is the author of six books and 100 book chapters and articles, most of which focus on the practice of couple and family therapy, the relationship of research and practice, integrative practice, and intervention strategies with divorcing families. Jay is a past president of the Society for Family Psychology of the American Psychological Association, and served AFTA for many years on the Board of Directors and as committee chairs. He was awarded Family Psychologist of the Year in 2007 by the Society of Family Psychology.

**Introductory Media Training: The Pros, Cons, and Basics of Taking Your Work Public**

Presenter: **Stephanie Coontz**

This workshop will help participants think through how to utilize the media without falling into the traps of self-promotion or over-simplifications. We will discuss and practice developing clear take-away points and constructing a clear narrative frame for messages. Stephanie will offer tips on how to talk with reporters, handle radio or TV interviews, and how to stay on message. She will also offer tips on how to craft op-ed pieces, which are an excellent way to take new research and best practice findings public and establish yourself and your colleagues as a future news source.



**Stephanie Coontz, MA** is an acclaimed scholar and social commentator on American couples and family relationships. She teaches history and family studies at The Evergreen State College in Olympia, Washington, and is the director of research and public education for the

Council on Contemporary Families. Stephanie is the author of 5 books translated into 12 languages, including the award-winning *Marriage, A History: How Love Conquered Marriage* (2005) and *A Strange Stirring: The Feminine Mystique and American Women at the Dawn of the 1960s* (2011).

**WELCOME & KEYNOTE I**

5:00 – 7:00 PM

Welcome: **Hinda Winawer**, President & **Jean Malpas**, 2013 Program Chair



**Hinda Winawer, MSW, LCSW**, Executive Director, Center for Family, Community, & Social Justice, which employs, clinically supervises and trains counselors to provide its Context-Centered Family Systems Counseling (CFSC) approach. Faculty,

the Ackerman Institute for the Family, founding member of Ackerman Institute's Alcohol, Drugs and the Family Project. Affiliations: *Family Process* editorial advisory board; former adjunct faculty, Rutgers Univ. Grad School of Social Work; member, NASW, Assn. for Women in Psychology, Collaborative Family Healthcare Assn., Fellow, American Orthopsychiatric Assn., faculty, Multicultural Family Institute Culture Conference. Hinda has taught in academic and clinical settings internationally and in the U.S., and authored various chapters and articles. AFTA: president, charter member, policy chair, program chair, Racial Domination and Privilege Interest Group chair, publications committee, monograph contributor, plenary presenter, regional meetings/fundraiser host. Co-recipient (w/ Norbert Wetzel) 2010, Distinguished Contribution to Social Justice Award.



**Jean Malpas, LMHC, LMFT** obtained his master's degrees in clinical psychology and psychotherapy from Brussels University, Belgium. He then attended NYU's psychology department on the Belgian American Educational Foundation Scholarship and completed his postgraduate

training at the Ackerman Institute for the Family. Jean is on the faculty and the director of the Gender and Family Project at the Ackerman Institute for the Family and a psychotherapist in private practice in New York City. He has presented on issues of gender, sexuality, couple and family therapy internationally

and in the U.S. Jean has published articles and chapters on his work with the LGBT community, including the *Family Process* article, "Between Pink and Blue: A Multidimensional Approach to Gender Nonconforming Children and their Families." He is on the board of AFTA and the editorial board of the *Journal of LGBT Family Studies*. Jean was given the first AFTA Early Career Award while the Family Process Institute awarded The Gender & Family Project its first Early Career Clinical Award.

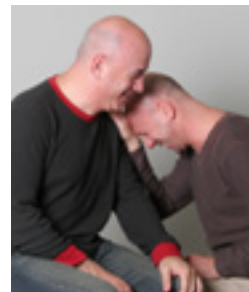
**KEYNOTE I**  
**TWO MEN TALKING**

Performers: **Paul Browde & Murray Nossel**  
Moderator: **Jill Freedman**

Co-sponsored by the Evanston Family Therapy Center

Johannesburg 1974: A teacher asks two rival schoolboys to tell each other a story. Decades later, they meet by chance in New York as Oscar®-nominated filmmaker and psychiatrist and set out to transform the world through their real life storytelling. *Two Men Talking* is a live unscripted performance in which two men weave their life stories into a production that captivates audiences. Their story takes place between South Africa and New York City touching on issues of personal identity, HIV/AIDS, being Jewish in South Africa, and the creation of a lifetime friendship. "Our intention in performing is to create a sacred space, a moment of possibility that is healing for people and inspires audience members to tell stories of their own, and to value their own relationships. Each unscripted performance is absolutely unique in this continually transforming theatrical experience."

**Paul Browde, MD** is a psychiatrist in private practice and assistant clinical professor at New York University. He is a member of the teaching faculty in the department of narrative medicine at Columbia University. Paul previously trained as an actor at Drama Studio London. He is co-founder of Narativ Inc., a storytelling company. **Murray**



**Nossel, PhD** is an Academy Award® nominated documentary filmmaker. Prior to filmmaking, he practiced as a clinical psychologist in his native

South Africa. Murray received a PhD from Columbia University, where he serves on the teaching faculty of the department of narrative medicine at the College of Physicians and Surgeons.



**Jill Freedman, MSW**, is the director of Evanston Family Therapy Center and a founding faculty member of the Chicago Center for Family Health. With her partner, Gene Combs, she has co-authored 3 books: *Symbol, Story, and Ceremony: Using Metaphor in Individual and Family Therapy*; *Narrative*

*Therapy: The Social Construction of Preferred Realities*; and *Narrative Therapy with Couples*. Jill has also written more than 30 papers. She has a therapy practice and consults to schools and organizations in the Chicago area. Jill teaches narrative therapy internationally.

**OPENING RECEPTION & AFTA MEMBER POSTER FESTIVAL**

7:00 – 9:00 PM

Poster Coordinators: **Melissa Elliott, Beth Patrick & Annie Bao**

*Come to meet and mingle during our opening night's reception and view posters created by talented AFTA members. Snacks and cash bar will be available.*

**Impact of Maternal Self-Efficacy and Community Support on Responsivity and Involvement for First-Time Mothers**

Cassandra G. Lettenberger-Klein, Christine Helfrich & Amy M. Claridge

**State Standards for Couple Treatment with Offenders of Domestic Violence: Updated Review, Theoretical Orientations, and Recommendations**

Maria M. Dominguez & Sandra Stith

**Staying Connected: The Millennial Immigrant and Emerging Technologies**

Kimberly Parker & Gonzalo Bacigalupe

**Social Media and Emerging Technologies: Opportunities and Challenges for Healthcare Teams**

Melissa England & Gonzalo Bacigalupe

**Gluten Free Diet Adherence Among Families with a Celiac Disease Child: Barriers and Successful Strategies**

Aleksandra Plocha & Gonzalo Bacigalupe

**Why Are You Punishing Us? Barriers to Navigating the Legal System To Advocate for Individuals Diagnosed with Dementia and Their Family Caretakers**

Ingrid Montgomery, Madeleine S. Abrams & Gary Kennedy

**Psychological Aspects in Anonymous and Non-Anonymous Gamete Donation in the Heterosexual and Homosexual Couple's Relationship**

Helena Prado Lopes

**In a Different Mirror: Teaching Multicultural Family Psychology and Psychotherapy Through Film**

Matthew R. Mock & Timothy Baima

**Helping Nurses Apply Family Therapy Skills During Challenging Interactions with Families in the Inpatient Oncology Setting**

Talia Zaider

**Retired Couples' Construction of Gender and Power: Patterns that Maintain and Challenge Inequality**

Lindsey Lawson

**Queer Space: Exploring Theoretical Tensions of Gender and Sexual Location in Family Therapy**

Paula Emerick

**Husbands' Forms of Address Predict Spousal Violence Against Women**

Kenji Yokotani

**Black Male-Female Intimate Romantic Relationship Experiences**

Christiana Ibilola Awosan & Kenneth V. Hardy

**Embracing Love Across the Rainbow**

Renata Carneiro & Monique Walker

Thursday, June 6

## Schedule of Events and Sessions

### CENTERING PRACTICE

7:00 – 7:30 AM

Mindfulness Meditation Group

**Jerry Gale**

The meditation that we have together will be responsive to events and people present in the group. Local and broader world events, as well as the interests and state of mind of those present will inform our practice.

### NEW MEMBER BREAKFAST

**Chris Hoff**

7:30 – 8:30 AM

New Member Breakfast is a meeting where new members are introduced and have an opportunity to meet Board Members and Committee Chairs. Early Career Members and Students are encouraged to attend.

### CONTINENTAL BREAKFAST

7:30 – 8:30 AM (Open to all attendees)

### PLENARY I

#### ADVANCES IN COUPLES THERAPY AND RESEARCH

8:30 – 10:15 AM

Presenters: **Bill Pinosof & Leslie Greenberg**

Discussant: **Virginia Goldner**

Moderator: **Ellen Berman**

Three distinguished family therapists will discuss recent developments in working with couples. Leslie Greenberg will present research supporting an expanded version of emotion-focused therapy for couples that includes affect regulation as a core motive organizing attachment, identity and attraction. Bill Pinosof will present feedback research, a technique that provides feedback about client progress to therapists throughout the course of therapy. He will introduce the STIC System, the first multi-systemic and multi-dimensional online system for tracking

change within client systems. Virginia Goldner, a feminist psychoanalyst and family therapist, will discuss these two research approaches.

#### Empirically Informed Couples Therapy: Integrating Art and Science

Presenter: **Bill Pinosof**

Patient-focused or feedback research has emerged as both an alternative and complement to the scientific grounding of psychotherapy through randomized clinical trial research. Feedback research tracks client progress and feeds it back to therapists throughout the course of therapy. This presentation will introduce participants to the STIC System, the first multi-systemic and multi-dimensional online system for assessing and tracking change within client systems. The presentation will focus on the use of the STIC System in the treatment of couples and will illustrate how feedback research can be used to improve the effectiveness and efficiency of therapy by enhancing collaborative assessment, treatment planning and progress evaluation. Going online, STIC data from an actual couple case will be used to demonstrate the process of empirically informed couples therapy.



**Bill M. Pinosof, PhD** is the president of The Family Institute, a clinical professor in the psychology department and the director of the Center for Applied Psychological and Family Studies at Northwestern University. He is a licensed clinical psychologist, licensed marriage and family therapist,

an approved supervisor of the American Association for Marriage and Family Therapy, a fellow of the American Psychological Association (Division 43-Family Psychology) and a diplomate of the American Board of Professional Psychology. Bill has been doing and studying couple and family therapy for over 35 years. In the mid-'90s, with colleagues at The Family Institute, he created The Psychotherapy Change Project to study how clients change, what therapist behaviors facilitate those changes and to find the best ways to bring this information into therapy. Bill is passionately dedicated to bringing scientific data into the therapeutic process to simultaneously enhance the art and effectiveness of multi-systemic psychotherapy.

Thursday, June 6

### Expanding Perspectives in Emotion-Focused Therapy for Couples

Presenter: **Leslie Greenberg**

A major tenet of emotion-focused couples therapy is that revealing underlying feelings based on adult unmet needs for relational closeness and identity validation is crucial to restructuring the emotional bond. In our recent book (Greenberg & Goldman 2008), we expand the original theory of EFT-C (Greenberg & Johnson 1988) to view affect regulation as a core motive that organizes three major motivations important in successful coupling—attachment, identity and attraction. Adopting a lens of affect regulation helps us understand couples' interactions in more observable and concrete terms and provides a framework for working with emotion as well as working on self-soothing and other soothing. Research from our recent emotional injury project supporting these hypotheses will be presented.



**Leslie S. Greenberg, PhD** is Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Ontario. He has authored the major texts on emotion-focused approaches to treatment of individuals and couples. These include: *Emotion in Psychotherapy*

(1986); *Emotionally Focused Therapy for Couples* (1988); *Emotion-focused Couples Therapy: The dynamics of Emotion, Love and Power* (2008); *Emotion-focused Therapy: Theory and Practice* (2010); and *Working with Narrative in Emotion-focused Therapy: Changing Stories, Healing Lives* (2011). Leslie has published extensively on research on the process of change. He has received the Distinguished Research Career Award of the International Society for Psychotherapy Research; as well as the Carl Rogers Award, and the Distinguished Professional Contribution to Applied Research of the American Psychology Association. Leslie has also received the Canadian Psychological Association Professional Award for Distinguished Contribution to Psychology as a Profession. He also conducts a private practice for individuals and couples and provides training in his approaches.



**Virginia Goldner, PhD** is Faculty Emeritus of the Ackerman Institute for the Family, and a former member of the Board of Directors of *Family Process*. She is also founding editor of the journal, *Studies in Gender and Sexuality*, and an associate editor of the

journal, *Psychoanalytic Dialogues*. Virginia is also on the faculty of the NYU postdoctoral program in psychoanalysis and psychotherapy, and of the doctoral program in clinical psychology at C.U.N.Y. She has received awards for her distinguished contributions to psychoanalysis by Division 39 of the APA (2007), and to family therapy by the American Family Therapy Academy (1996). She is the author of numerous journal articles and book chapters, and is at work on a collection of her major papers to be published in 2013.



**Ellen Berman, MD** is a clinical professor of psychiatry at the University of Pennsylvania School of Medicine. Areas of interest include couples and family of origin therapy, individual therapy, and families in which psychiatric illness occurs. She is co-director of the Center for Couples and

Adult Families in the department of psychiatry, directs couple and family therapy training for residents in the U of Penn department of psychiatry, and maintains a private practice. Ellen is president of the Association of Family Psychiatrists, and chair of the GAP Committee on the Family. She is co-author of *Marital and Family Therapy*, as well as articles on couples, sexuality, adult development, and training psychiatric residents. Ellen received the Practitioner of the Year Award from the Philadelphia Psychiatric Society in 2001, the Earl Bond Teaching Award from the department of psychiatry at U of Penn in 2005, and the Lifetime Achievement Award from AFTA in 2010.

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## PLENARY DEBRIEF

10:15 - 10:45 AM

During this plenary debrief there will be an opportunity to discuss the plenary presentations with the presenters at greater length.

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## REFRESHMENT BREAK

10:15 - 10:45 AM

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## INTEREST GROUPS

Coordinator: **David Landsman-Wohlsifer**

10:45 AM - 12:15 PM

### 1. Couples, Identity and Intersectionality

Chair: **Marsha Mirkin**

The group will explore our work with couples with a focus on how differences in power dynamics due to race, gender, gender identity, sexual orientation, ethnicity, immigration status, religion, able-bodiedness etc. affect the relationship. We will also examine what happens when couples' cultures may appear to be the same but at closer look are not, and how assumptions of sameness also impact the relationships. Discussion and vignettes include how the dynamics of the larger culture can impact the couple and how the therapists' identities affect the therapy. We will look at strategies for working with couples across both difference and assumptions of sameness. Case vignettes will be presented as "starter dough" for the conversation.

### 2. Murray Bowen: The Man and the Theory

Chairs: **Sally Eisen Miller & Carolyn Moynihan-Bradt**

Via DVD, Dr. Bowen will interview a couple to demonstrate theory, method, and technique. The invited guest presenter this year is **Robert Noone**, PhD, MSW, retired Executive Director, Family Service Center of Glenview, Northbrook, Kenilworth and Wilmette, Illinois. Besides private practice, he teaches in the postgraduate program of the Center for Family Consultation of Evanston. Robert has participated in research with families in Dominica, looking at the impact of stress on children. He will

look at how parenting is influenced by the extended family emotional system, the marital relationship and parental anxiety. A discussion of these ideas will be facilitated.

### 3. Couple Therapy

Chairs: **Martha Edwards, Mona Fishbane, Corky Becker**

**Elana Katz** will present on Emotionally Focused Therapy, a model for couples treatment that builds on systemic, experiential and attachment based therapies. Building on the work that Sue Johnson has developed over the last 25 years, this model helps couples reclaim, or create afresh, a closer and more satisfying emotional bond using both a left-brain understanding and a right-brain emotional experience. We will have the opportunity to both discuss this model and view an excerpt from a tape that shows a couple making a key shift in their relationship using this approach.

### 4. The Narrative of the Therapist: Significant Stories

Chair: **Robert Carroll**

In this Interest Group we will share our Significant Stories, the ones in which our clinical work has changed us. One of the privileges of work in the healing arts is that we are given access to situations and life circumstances that we have yet to face, and, indeed may never face, except in the realities presented to us in our clinical lives. What do our patients teach us through their courage, ingenuity, resilience, and perseverance as they go through the challenges posed them by life's circumstances? Who have we admired and who has made us reach to be better than ourselves in the course of our work with them? Who has tested our beliefs, our commitments to our own families, and our place in the larger community? Clinical cases, vignettes, and poems will be presented to illustrate how our involvement in our clinical work exposes us to existential and developmental change that requires our own personal growth and transformation. Attendees will be invited to share their own Significant Stories and participate in the subsequent discussions. They will also be able to apply skills developed in the group to their own practice, teaching and other professional settings.

## 5. Film & Family Therapy

Chair: **Lascalles Black**

Discussants: **Evan Imber-Black & Sanja Rolovic**

This year we will look at sections of "The Invisible War," a groundbreaking investigative documentary examining the shameful secret of sexual assault in the U.S. military, and the cover-up, victim-blaming and abuse of psychiatric labeling that routinely occurs. Twenty percent of women in the military are sexually assaulted, as are many men. This film has already begun to change military policy. The film illustrates the terrible toll on couples and families who experience this ultimate betrayal.

## 6. Relationship-Centered Family Therapy & Bio-Psychiatry

Chair: **Norbert A. Wetzel**

A conversation about the underlying epistemologies, the science, social construction, and political context of scientific claims, the DSM-V, the use of psychoactive drugs in therapy, the continuing inequalities in (mental) healthcare, and, especially, the collaboration between family therapists and psychiatrists. Each segment will start with a brief introduction by one of the participants. Norbert Wetzel will continue with the overall facilitation of the conversation. This year's meeting will continue the lively exchange of ideas we had last year. We hope to focus particularly on an update regarding the development of a new DSM-V and AFTA's statement about it and on a more collaborative relationship between family therapists and psychiatrists based on new developments in "community psychiatry" and primary care medicine. During last year's conversation participants felt strongly that the focus on these issues is vital for the future of family therapy and that AFTA is an essential forum for this dialogue.

## 7. Research: Big Boys Don't Cry, Black Boys Don't Feel

Chairs: **Louise Silverstein**

Presenter: **Waldo Johnson**

African-American boys and young men are especially vulnerable to the crumbling educational, economic, safety and social infrastructures of decaying urban neighborhoods. They encounter these stressors at

an earlier age than their male and female peers. The cumulative effects of these experiences often result in a context-driven construction of masculinity that may have negative implications for their transitions to future developmental stages, family engagement and the assumption of neighborhood and civic roles.

## 8. Boundaries & Self Care: Conversations among Therapists of Color

Chairs: **Narumi Taniguchi, Blanca L. Lugo & Phuong Tu Quach**

In the mental health field, therapists often promote self-care and boundary setting in order to help clients alleviate stress and increase resiliencies. Therapists are also expected to apply these concepts for themselves in order to prevent burnout. They are core professional beliefs and values reflective of Western individualism. Substantial literature exists validating the importance of these Western concepts. However, literature discussing these concepts from a non-Western perspective is limited. Therefore, in order to understand the concepts of self-care and boundaries, a group of therapists from diverse backgrounds engaged in a series of conversations. The emergent themes include: lack of a word equating to "self-care" or "boundaries" in the non-U.S. born therapists' native languages, thoughts of selfishness, feelings of inadequacy, working longer hours than White coworkers, and conflict between cultural and professional expectations. These themes indicate mental health professionals may be contributing to perpetuating oppression by blindly accepting concepts of self-care and boundary setting rather than relying on resiliencies.

## 9. Surviving the Couples Treatment for Trauma and Violence

Chair: **Mary Jo Barrett**

The couple may enter treatment burning each other down with rage, or with such bitter coldness it freezes the air. Fight, Flight or Freeze is in the air. By the time they seek therapy, they are being crushed by the echoes of childhood abuse, but the causes may be buried, even from themselves. Yet statistics support that fifty percent of adults in treatment are survivors of childhood abuse or sexual abuse and this trauma can infiltrate adult relationships in an alarming and

destructive path. As clinicians grapple with restoring couples to loving respectful relationships, few know how to recognize the symptoms of early trauma in the context of marital therapy. This interest group will explore our arsenal of tools for uncovering traumatic origins, negotiating intimacy, creating and respecting boundaries, empowering emotional safety, developing marital survival skills, conflict resolution, and meeting the needs of both partners as a couple and individually.

#### 10. Ambiguous Loss

Chairs: **Ellen Landau & Pauline Boss**

A marriage with a special (psychiatric) needs child comes under the chronic pressure of ambiguous loss. Parents of a seriously depressed teen or young adult experience a psychological ghost of their child. Both parents grieve and cope with the lonely reality of ambiguous loss, yet may not find comfort in each other. The familiarly reported divorce statistics (variously cited at 50-80%) beg a new look when viewed by subset. What never makes it into the popular press is the constancy of risk. Generally, the divorce rate for marriages with children drops after year eight. But for marriages with children with a psychiatric or neurodevelopmental disorders (such as autism spectrum), the rate of divorce remains high throughout the son/daughter's childhood, adolescence, and early adulthood. My oldest son has given me a remarkable gift by allowing me to share his story of emotional illness and recovery (now a prepublication manuscript). This presentation is also my story of the challenges a couple commonly experiences by the ongoing demands of parenting, the many uncertainties, and the loss of an assumed future for their child.

#### 11. Narrative Practice with Heterosexual Couples: Examining Power Relations

Chairs: **Duncan Wigg & Victoria Dickerson**

Narrative Therapy concerns itself with ways that power relations manifest in heterosexual relationships. Setting aside considerations of authority in its most obvious forms of domination and hierarchy, privilege and entitlement can be granted to men and denied to women in the context of intimate relationships. It can be helpful to reach beyond individualistic interests

such as self-esteem and assertiveness in efforts to re-author identity positions in couple relationships. In the fourth year of this particular interest group we will explore a variety of considerations addressing power relations with heterosexual couples with a focus on exposing the workings of patriarchy and investigating alternative conceptualizations of self-in-representation.

#### 12. Families, Health and Wellness: Interdisciplinary Training to Promote Family Systems Services in Healthcare Settings

Chairs: **John Rolland & Annie Bao**  
Presenters: **Laura Sudano & Randall Reitz**

This session will reconvene the previous "Families, Health, and Illness" Interest Group. We anticipate that the discussion will appeal to professionals of many disciplines who practice in integrated care or training settings. The discussion moderators will include two trainers and two trainees. **Randall Reitz** is the director of behavioral sciences at the St Mary's Family Medicine Residency in Grand Junction and **Laura Sudano** is the St Mary's Medical Family Therapy fellow. **John Rolland** is the executive co-director of the Chicago Center for Family Health and **Annie Bao** completed a fellowship with the Chicago Center this year.

#### AFTA CAFÉ: TOWN HALL LUNCHEON

Facilitators: **Saliha Bava, Corky Becker, Hinda Winawer**  
12:15 - 1:45 PM

AFTA Café and Town Hall Meeting: In a relaxed informal setting, we will lunch and connect collegially. Introduced with a brief presentation by the AFTA Linked Poetry Project, the primary focus of this year's AFTA Café is the AFTA All-Year-Around initiative, designed to help us organize regional informational or social gatherings. We will also provide user-friendly instructions and support for creating virtual meetings for those not in easy geographic reach of AFTA members. For those who have not ordered the plated lunch, tables will be provided for you to bring lunch and join the meeting without charge.

#### CULTURAL AND ECONOMIC DIVERSITY FORUM

2:00 - 3:30 PM

##### Family Therapy Training and Transnational Learning: Reflections from Evolving Practices

Facilitator: **Pilar Hernández-Wolfe**

Both globalization and local issues impact most aspects of family life and wellness. In what ways is family therapy evolving in response to the interconnections between global and local change, as it also continues to attend to issues of power and the effect of social location? How are family therapists in the United States thinking about training and clinical work across international boundaries? How are the opportunities for transnational learning and cross-fertilization with other fields being integrated into theory and practice? In this forum we will examine how we address these issues and learn collaboratively, both in training and clinical practice.

#### BRIEF PRESENTATIONS

Coordinators: **Karni Kissil & Shawn Giammattei**  
2:00 - 3:30 PM

##### 1. New Perspectives in Training and Teaching

Moderator: **Paula Emerick**  
— A Sociocultural Practice in Action: Learning from Students to Teach Students  
**Justine White, Beth Patrick & Melissa Wells**  
— Professor as Supervisor: Facilitating Personal and Clinical Growth in Academia  
**Michael Sude & Laura Eubanks Gambrel**

##### 2. Advances in Couple Therapy

Moderator: **Kyriaki Polychroni**  
— The Power of Time in Couples  
**Peter Fraenkel**  
— Relational Justice of Affairs: A Clinical Model  
**Kirstee Williams & Trevor Milliron**  
— Restoration Therapy: Restoring Love and Trustworthiness through Relationship Contexts  
**Miyoung Yoon Hammer**

##### 3. Families and Family Therapy in Context

Moderator: **Nydia Garcia-Preto**  
— Families and School Together (FAST) with Latino Families  
**Volker Thomas**  
— Coupling: Coming Apart and the Injustices of the Legal System Today  
**Phyllis Miller Palombi**  
— Thinking Systemically about Families  
**Edith "Winx" Lawrence**

##### 4. Couples, Families & Communities across Cultures: Insights for Family Therapy

Moderator: **Linda Longo-Lockspeiser**  
— Exploring Strength-Based Transformation: African-American Mothers' Progressive Responses to Cumulative Adversity  
**Stephanie Jacobs**  
— East Asian American Christian Families: The Parents, the Family, their Context  
**Jessica Chen**  
— Community Consultation: Linking Lives through Sharing Documents  
**Jill Freedman & Gene Combs**

##### 5. Parenting as Relationship

Moderator: **Martha Edwards**  
— Parenting as Relationship: Theory and Framework for Assessment and Practice  
**Amy Tuttle, Lana Kim & Carmen Knudson-Martin**  
— Parenting as Relationship: How Second-Generation Korean-American Parents Manage Hierarchy and Connection  
**Lana Kim, Amy Tuttle & Carmen Knudson-Martin**  
— Parenting as Relationship: Clinical Application of the Relational Orientation Framework  
**Carmen Knudson-Martin, Lana Kim & Amy Tuttle**

##### 6. Complexity of Sexual Orientation and Identity

Moderator: **Salvatore Dámore**  
— Hold Me Tight: Exploring the Experiences of Shame for Gay Men in Relationships  
**Robert Allan, Russell Westhaver & Erica McGill**  
— Beyond Pride: Examining Gay Privilege  
**Rebecca Bright & Shruti Poulsen**  
— The Story of a Mixed Orientation Marriage: A Complex Equation  
**Shoshana Bulow**

Thursday, June 6

### 7. Couples and Trauma

Moderator: **John Lawless**

— Collaborative Stage Model: Couple Therapy with Complex Trauma

**Mary Jo Barrett & Linda Stone Fish**

— An Updated Feminist View of Intimate Partner Violence

**Jayashree George & Sandra Stith**

— Gender Differences in Experiences with Couples Treatment for IPV

**Sandra Stith & Marcie Lechtenberg**

### REFRESHMENT BREAK

3:30 – 4:00 PM

### OPEN CONFERENCE BEGINS

### CONFERENCE WELCOME & KEYNOTE II

THE REVOLUTION IN INTIMATE RELATIONS

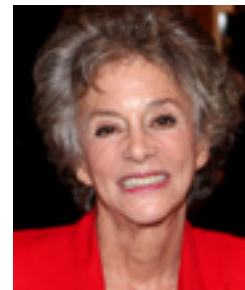
4:00 – 6:00 PM

Welcome: **Hinda Winawer**, President & **Jean Malpas**, 2013 Program Chair

Presenter: **Stephanie Coontz**

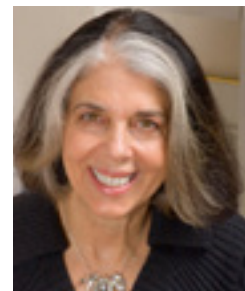
Discussant: **Lois Braverman**

The dynamics of entering and sustaining—or dissolving—intimate relationships have changed more in the past 40 years than in the previous 4,000, with paradoxical consequences for marriage. For thousands of years, marriage was not about love and mutual respect but about property, power, and male dominance. It was only 200 years ago that love began to be central to the definition of marriage, only 100 years ago that companionship and sexual satisfaction became central, and just 40 years since we began the long march to real equality between men and women. Even as marriage has become fairer and more fulfilling than in the past, it has become more optional and fragile, while alternatives to marriage have multiplied. Stephanie will discuss the trade-offs and variations in contemporary patterns of coupling and uncoupling.



**Stephanie Coontz**, MA is an acclaimed scholar and social commentator on American couples and family relationships. She teaches history and family studies at The Evergreen State College in Olympia, Washington, and is the director of research and public education for the Council

on Contemporary Families. Stephanie is the author of 5 books translated into 12 languages, including the award-winning *Marriage, A History: How Love Conquered Marriage* (2005) and *A Strange Stirring: The Feminine Mystique and American Women at the Dawn of the 1960s* (2011).



**Lois Braverman**, MSW is the president and CEO of the Ackerman Institute for the Family. Lois' many publications and international presentations challenge the assumptions implicit in major schools of family therapy about women's role in the family, in the workplace, and

in the psychotherapeutic setting. Her special areas of interest are women's friendships and marital relationships, depression and marital dynamics, couple therapy with marginalized couples, and issues of power in couple therapy. She was the founding editor of the *Journal of Feminist Family Therapy*; serves on the board of advisory editors for *Family Process*; and is the author of *Women, Feminism, and Family Therapy*.

### BREAK

6:00 – 6:30 PM

Thursday, June 6

### SPECIAL EVENT

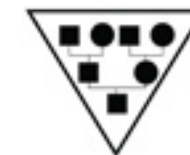
DINNER AND ARCHITECTURE BOAT TOUR

6:30 – 9:30 PM

This year's Special Event will have something for everyone. We will be spending the evening on the Leading Lady cruise boat, enjoying the great Chicago skyline. The evening will begin with an architectural tour given by an official guide from the Chicago Architecture Foundation. We will then continue with a catered sit-down dinner, which features plenty of options to suit every palette (both carnivores and vegetarians). We will have the opportunity to network and talk about the experiences of the day around small dinner tables. We will end the evening on the roof of the boat, in a fantastic dance party under the stars! Bring your dancing shoes and come join us! **Tickets can be purchased on registration form.** **Directions will be provided in on-site materials.**



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The Western Pennsylvania Family Center is a private, non-profit 501c (3) educational organization.

Friday, June 7

## Schedule of Events and Sessions

### CENTERING PRACTICES

7:00 – 7:45 AM

Mindfulness Meditation Group

**Rachel Dash**

We will cultivate well-being and compassion through the practice of intentionally paying attention to the present moment without judgment. We will sit together, attending to our breath, thoughts, sensations and emotions as they move through us, gently returning to the present each time we become aware of our naturally wandering thoughts.

Gentle Flow Yoga

**Laura Roberto-Forman**

Laura is a 200-hr Registered Yoga Teacher. This class is multilevel for those who seek a gentle morning flow to soft music. Asana (postures), simple mudra (hand gestures) and breathwork open the hips, wake the spine, release tension (and airplane flu), and clear the mind; the last 10 minutes will be sivasana (yogic “sleep” or relaxation). Bring a bath towel as your mat!

### CONTINENTAL BREAKFAST

7:30 – 8:30 AM (Open to all attendees)

### PLENARY II INNOVATIONS IN PARENTING INTERVENTIONS

8:30 – 10:15 AM

*Sponsored by the Family Process Institute*

Presenters: **Ruben Parra-Cardona & Martha Edwards**

Discussant: **Amy Tuttle**

Moderator: **Marianne Wamboldt**

Combining cutting-edge research and clinical wisdom, this plenary will present the latest developments in clinical application of parenting interventions. Ruben Parra-Cardona from Michigan State University will share the findings from his research designed to culturally adapt an evidence-based parenting intervention for Latino population. Martha Edwards from the Ackerman Institute in New York will talk about the processes by which children come to be

known, know others and know themselves through caregiver-child interactions, and the application of our understanding of these processes in family therapy. Amy Tuttle will be the discussant for this plenary and share her own research on parenting. Marianne Wamboldt, the president of the *Family Process* Board and a child psychiatrist for over 20 years who has conducted research on the parent-child relationship, will moderate the session.

#### Testing Cultural Relevance and Efficacy in a Culturally Adapted Parenting Intervention for Latinos/as

Presenter: **Ruben Parra-Cardona**

Evidence-based treatments (EBTs) aimed at promoting mental health have benefited large segments of the U.S. population. However, culturally adapted EBTs continue to be out of reach for a large proportion of Latino/a populations. The purpose of this presentation is threefold: (1) justify the importance of cultural adaptation research as a key strategy to disseminate efficacious interventions among underserved Latino/a populations; (2) describe an NIMH-funded program of prevention research with Latino/a immigrants aimed at culturally adapting an evidence-based intervention informed by parent management training principles; and (3) discuss preliminary findings of a randomized controlled trial (RCT) which demonstrate the relevance of achieving high cultural relevance as well as fidelity to the original efficacious intervention.



**Ruben Parra-Cardona, PhD** is an associate professor in the program of couple and family therapy at Michigan State University. He is currently the principal investigator of an NIMH-funded study focused on the cultural adaptation of an evidence-based parenting intervention (i.e., PMTO) for Latino populations. Ruben is also a violence researcher, focused on evaluating the cultural relevance of services for Latina survivors and Latino men who batter and abuse. He serves on the editorial boards of three leading journals in the fields of family therapy and family studies (*Journal of Marital and Family Therapy*, *Family Process*, and *Family Relations*). He is also a member of the board of directors of a

Friday, June 7

leading family therapy institute in Mexico and Latin America (Centro de Investigación Familiar A.C; CIFAC) and adjunct clinical faculty and researcher in a leading family therapy institute in northern Mexico (Instituto Regional de Estudios de la Familia, IREFAM).

#### Knowing Self; Knowing Others; Being Known

Presenter: **Martha Edwards**

Starting from the first moments of life, children search for connection with their caregivers. They need it not only for physical sustenance but also for emotional and psychological sustenance. Through this connection, they come to be known, know others, and know themselves, which provides a foundation between caregiver and child for the other tasks of parenting: promoting exploration and learning, and guiding towards interdependence. In this presentation, we will explore the processes of knowing and being known in the parent-child relationship and in family therapy. What is this process of knowing? What are its cognitive, emotional, and physiological roots? How is it connected to the difficulties that children sometimes exhibit and that bring them into therapy with their families? We will then examine how to explore and deepen knowing of self and others in family therapy in order to release adaptive action tendencies, strengthen connections among family members, and address these difficulties.



**Martha Edwards, PhD**, is the founder and director of the Center for the Developing Child and Family at the Ackerman Institute for the Family. Her interests have centered on child and adult development, prevention, and integrative approaches to family therapy (especially integrating ideas from family systems, psychodynamic theory, affect-focused therapy, and neurobiology). Martha is the creator of the Bright Beginnings Parent-Child Program, a manualized prevention program for families with infants and toddlers. She has served as a consultant and staff development specialist for Head Start and Even Start programs in New York City and New York State, and been awarded numerous grants to develop and implement programs for young

children and their families. Martha is Chair of AFTA's Task Force on Membership, on the editorial board of *Family Process*, a Board Member of the Zero-to-Three New York Network, and an Advisory Committee member for the Adelphi University Institute for Parenting.



**Amy Tuttle, PhD, LMFT** is an associate professor at Pepperdine University and an AAMFT-Approved Supervisor. She joined AFTA in 2008 as an Early Career Member and recently transitioned to regular member. Amy is on AFTA's board of directors and she has served on several AFTA committees, including chair of the ECM committee, the membership task force and the conference program committee. Her professional interests include multicultural and contextual issues, postmodern theories, intergenerational processes around issues of trauma, and intervention with marginalized communities. Amy is currently working on the Family Legacy Project, research examining relational and interactional processes around issues of trauma and resilience. She has published research on families in CPS, the larger social context and relational orientations, recovery from sexual abuse, and parenting as relationship. Amy was the recipient of AFTA's 2012 Early Career Member Award.



**Marianne Wamboldt, MD** is a professor of psychiatry at the University of Colorado, where she holds the Vollbracht Family Endowed Chair for Stress and Anxiety Disorders. As a child psychiatrist for over 20 years, she has a keen interest in parent-child relationships, and tested a fuller description of parent-child relationship problem within the DSM-V field trials in order to try to develop a more reliable description for clinical, teaching and research purposes. Marianne is currently the president of the *Family Process* board. Her own research has examined how family factors, including parent-child relationships, moderate and mediate asthma outcomes in children.

Friday, June 7

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## PLENARY DEBRIEF

10:15 - 10:45 AM

During this plenary debrief there will be an opportunity to discuss the plenary presentations with the presenters at greater length.

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## REFRESHMENT BREAK

10:15 - 10:45 AM

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## BRIEF PRESENTATIONS

10:45 AM - 12:15 PM

Coordinators: **Karni Kissil & Shawn Giammattei**

### 8. Assessing and Working with Resilience

Moderator: **Froma Walsh**

- Counseling Children and Families with Complex Needs: A Social Ecological Approach (S.E.A) to Nurturing Resilience Across Cultures and Contexts  
**Michael Ungar**
- Teachers and Children Healing Together: An Exploration into Vicarious Resilience Processes  
**Victoria Acevedo & Pilar Hernández-Wolfe**
- Development and Validation of the Vicarious Resilience Scale  
**Kyle Killian & Pilar Hernández-Wolfe**

### 9. Race and Relationship

Moderator: **Deidre Ashton**

- The Impact of Racism on Couples of Color: Burdens and Refuge  
**Kiran Arora & Kenneth Hardy**
- “We Did it Together”: How a Dual-career Moslem Couple Negotiates Marital Equality  
**Karen Quek & Carmen Knudson-Martin**
- The End of Racism as we Know it? What the Rise of Interracial Relationships Can Tell Us  
**Shruti Singh Poulsen**

### 10. Multicultural Perspectives on Training in Family Therapy

Moderator: **David Trimble**

- Multiracial Recruitment in the Field of Family Therapy: A Training Program at the Ackerman Institute for the Family  
**Laurie Kaplan & Aquilla Frederick**

- Utilizing Reflection, a Collaborative Dialogical Process for the Training of Multicultural Family Therapy

**Crystal Taylor & Amber Hewitt**

- Diversity Lab: A Postmodern Approach to Teaching Diversity  
**Kate Warner, Lana Kim & Martha Laughlin**

### 11. Special Issues in Couples Therapy

Moderator: **Vicki Dickerson**

- Military Wives Coping with the Separation from their Husbands During Deployment  
**Bryan Cafferky & Lin Shi**
- The Interpersonal Context of Depression in Couples  
**Lynn Knobloch-Fedders**
- Creating Space: Balancing the “I” and the “We” in a Couple Plagued by Mistrust  
**Heather Dickinson**

### 12. Relational Approaches in Treating Addiction

Moderator: **Judith Landau**

- Involving Families in Problem Gambling Treatment  
**Toula Kourgiantakis & Joel Tremblay**
- Youth Drug Prevention in Clinical Family Practice  
**Phil Boissiere**
- Three Critical Concepts for Implementing Relational Skill-Building Interventions when One Partner Experiences Sexual Addiction  
**M. Sue Butler**

### 13. Restoring Family Bonds

Moderator: **Joshua Coleman**

- A Comprehensive Approach to Working with Families Involved in Foster Care  
**Catherine Lewis & Andrea Blumenthal**
- Repairing the Family: Therapeutic Work with Youth Offenders and their Families  
**Alicia White**
- Putting Children First: Restoring Safe Bonds Following the Disclosure of Incest  
**Keren Ludwig**

### 14. Relational Approaches to Assessment

Moderator: **Al Gurman**

- Toward a Relational Understanding: Interviewing Using the Ackerman Relational Approach  
**Mary Kim Brewster**
- An Integrative Model for Assessing Couples: The Four Session Evaluation  
**Anthony Chambers**

Friday, June 7

- Systemic Family Constellations, Relevance in Family Therapy?

**Linda Longo-Lockspeiser**

### 15. New Perspectives on Supervision in Family Therapy

Moderator: **Evan Imber-Black**

- Group Supervision in Community-Based Programs for Families  
**Christine Reynolds**
- Unheard Voices: The Experiences of Couple and Family Therapy Supervisors in Training  
**Christine M. Helfrich, Armeda Wojciak & Ebony Okafor**
- Conversations Across Difference in the Clinical and Supervisory Settings  
**Jane Ariel**

### 16. Working with Families with Gender Nonconforming Youth

Moderator: **Shawn Giammattei**

- Working with Transgender Youth and their Families: Expanding Family Attunement and Exploring Gender Transition Options  
**Deb Coolhart & Dara Shipman**
- Ethical Dilemmas in Working with Families of Gender Non-Conforming Children  
**Arlene Lev**
- Supporting Families with Transgender Youth  
**Michele Angello**

### 17. Couple and Family Therapy across Cultures - Part II

Moderator: **Celia Falicov**

- Celebrando La Familia: A Holistic Approach to Treatment for Latino Families that have a Child with a Developmental Disorder  
**Martha Citlaly Gonzales & Corina Bianca Ratz**
- Multicultural Couples: A Mosaic  
**Janessa Dominguez, Dominique Leveille & Maria Davis-Pierre**
- Couples Living in Poverty  
**Michal Shamai**

### 18. Sex, Gender and Sexuality in Couples Therapy

Moderator: **Andrea Neumann Mascis**

- Why is Monogamy the Gold Standard? Open Marriages and a History of Successful Coupling  
**Kyle Zrenchik**

- Some Like it Not: Working with Sexually Avoidant Couples

**Sari Eckler Cooper**

- The Aquarian Man in Love: Understanding Modern Men in Relationships  
**David Klow**

### 19. Creative Approaches in Training: The Self of the Therapist

Moderator: **Martha Sullivan**

- Creating Possibilities for Change: How Therapists Play  
**Saliha Bava**
- Embracing a Transformative Perspective: Inquiring of Ourselves and Our Professional Practices  
**Nieema Alford & Saliha Bava**
- CFT Students' Experiences of Growth in the “Person of the Therapist Training” (POTT) Class  
**Alba Niño & Karni Kissil**

### 20. Collaborative Inquiry and Approaches

Moderator: **Bill Madsen**

- Revised Interventive Interviewing  
**Karl Tomm**
- Looking Through the Mirror: Furthering our Understanding of the Use of Reflecting Teams in Family Therapy with High-Conflict Families  
**Justine Underhill & Ken Epstein**

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## LUNCH

12:15 - 2:00 PM (on your own)

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## NETWORK CONVERSATIONS

12:15 - 2:00 PM

### People of Color

Facilitator: **Deidre Ashton**

The People of Color Network is a place for inspiration, connection, support and dialogue for people of color. It serves as a catalyst for moving forward issues of societal justice and change within AFTA. Members have rich ideas and talents and can share and receive support for how issues of multiculturalism, race and inequality are addressed in our various work environments. A primary goal is to facilitate continuity of networking throughout



the year. We invite your input in shaping the upcoming meeting. Please send your ideas and suggestions to poc@afta.org.

**White Privilege and Accountability**

Facilitators: **Jane Ariel, David Trimble & Sarah Stearns**

This ongoing conversation provides a setting for AFTA members who choose to take responsibility for exploring their White racial privilege, as it operates in the world and in the AFTA organization. We cooperate to sustain a supportive, nonjudgmental environment for honest exploration of difficult experiences. We invite people with all levels of experience in dealing with race. We are committed to the principle that each of us can learn something new from every other participant.

**KEYNOTE III**

**"IT'S COMPLICATED:" THE INTIMATE UNIONS OF LOW INCOME MOTHERS**

2:00 - 4:00 PM

Presenter: **Linda Burton**  
Discussant: **Kenneth V. Hardy**  
Moderator: **Monica McGoldrick**

Guided by symbolic interaction theory, Burton uses longitudinal ethnographic data on low-income African-American, Latino, and White urban (N=256) and rural (N=101) mothers to explore emergent patterns in their intimate union behaviors over time. This work is a departure from the usual discourse on the topic in that she does not focus principally on how socio-structural factors (e.g., limited pools of marriageable men) impact mothers' intimate unions, but rather on how what mothers say about their desires for stable healthy marriages is reflected in the courses-of-action they take to achieve that goal. The data indicate that mothers' situated actions are indeed contoured by their daily life experiences with poverty and uncertainty, but that the romantic relationship courses-of-action mothers pursue are rarely consistent with the "truths" they verbalize about having avid desires to marry. In light of this paradox, Burton discusses the complicated pathways mothers' intimate unions follow over time as mothers navigate their life course experiences with domestic

violence and sexual abuse, their antithetical use of generalized and situated interpersonal trust in choosing romantic partners, and the challenges they face in their attempts to bifurcate risky romances and mothering via multiple partner fertility and serial non-marital cohabitation.

**Linda Burton** is the James B. Duke Professor of Sociology at Duke University. She currently serves



on the editorial board of the *American Sociological Review* and was recently a member of the National Center for Marriage and Family Research, the Board of Directors for the Family Process Institute, and the Council of Contemporary Families. Linda's research integrates ethnographic and

demographic approaches and examines the roles that poverty and intergenerational family dynamics play in the intimate unions of low income mothers and the accelerated life-course transitions of children and adults in urban and rural families.

**Kenneth V. Hardy**, PhD is a professor of family therapy at Drexel University in Philadelphia, and is the director



of the Eikenberg Institute for Relationships in New York City. His workshops focus on family therapy with oppressed and traumatized populations. Ken is the co-author of *Revisioning Family Therapy: Race, Class, Gender and Culture*; *Teens Who Hurt: Clinical Interventions for Breaking the Cycle of*

*Youth Violence*; and *Minorities and Family Therapy*. He serves on editorial boards for several journals that focus on family counseling, couples therapy, and divorce, including the *Journal of Marital and Family Therapy*, the *Journal of Family Psychotherapy*, and the *Psychotherapy Networker*. Ken is a former recipient of AFTA's Distinguished Contribution to Social Justice Award. He is featured in several therapy videotapes as well as a documentary devoted to slavery. Ken's videotape, "The Psychological Residuals of Slavery," serves as a catalyst to promote conversations about race relationships. He maintains a practice in New York City.



**Monica McGoldrick**, MA, LCSW, PhD (h.c.), is the Director of the Multicultural Family Institute in Highland Park, NJ, and on Psychiatry Faculty of the Robert Wood Johnson Medical School. For 5 years she was the Co-Director of the Cultural Competence Training Center for Central New Jersey, a grant

to provide organizational consultation and training for mental health agencies in New Jersey. Her books include: *The Changing Family Life Cycle*, 2011; *Ethnicity and Family Therapy*, 2005; *Genograms: Assessment and Intervention*, 2008; *Living Beyond Loss*, 2005; *Revisioning Family Therapy: Race, Culture, and Gender in Clinical Practice*, 2007; and *The Genogram Journey: Reconnecting with your Family*, 2011.

presented nationally and internationally and written chapters and articles on stepfamily life, most recently in *Family Process*.



**Patricia Papernow**, EdD is a nationally recognized expert on stepfamilies, integrating 35 years of clinical experience with current research. She is the author of many articles and book chapters, as well as the award-winning *Becoming a Stepfamily*. Her newest book is *Surviving and*

*Thriving in Stepfamily Relationships: What Works and What Doesn't*.

Conversation about stepfamilies has been limited to wicked stepmothers and TV portrayals of blended bliss. The realities are much more complex, and much more interesting. We will talk about the five unique challenges that this family structure creates and describe specific strategies for forging thriving stepfamilies.

**REFRESHMENT BREAK**

4:00 - 4:30 PM

**DIALOGUES**

4:30 - 6:00 PM

Coordinator: **Corky Becker**

We are excited to introduce the AFTA Dialogues, a new addition to the 2013 AFTA Annual Meeting. Two experts will present their perspectives on various topics. They will follow up with questions for each other. The moderator will facilitate a conversation between the presenters, and between the presenters and the audience.

**1. Stepfamilies**

Moderator: **Anne Bernstein**

Presenters: **Patricia Papernow & Sarah Stearns**



**Anne C. Bernstein**, PhD is a family psychologist and mediator in Berkeley, CA. A professor at The Wright Institute, she is the author of *Yours, Mine, and Ours* and *Flight of the Stork*. An AFTA Charter Member, she has



**Sarah Stearns**, PhD is a senior therapist practicing in NJ after 23 years in the San Francisco Bay Area. She has consulted, taught, and written about diversity, gender, and social justice.

As a family therapist for over 25 years, I felt my training and clinical experience were adequate to help my stepfamily clients. It was only when, ten years ago, I became the stepmom in a family transitioning from heterosexual marriage to lesbian partnership that I was humbled by the complexity and nuance of these new relationships. I am excited to connect my personal journey with the concepts and practices that Patricia offers in her approach to making sense of these new family forms.

**2. Neurobiology, Attachment and Couple Therapy**

Moderator: **Mona Fishbane**

Presenters: **Ellen Safier & Brent Atkinson**



**Mona Fishbane**, PhD is a psychologist in private practice who directs couple therapy training at Chicago Center for Family Health. She is an AAMFT Supervisor and has been an AFTA Board member. Mona's published articles focus on couples and neurobiology; she is completing a book on this topic for Norton, to be published in 2013.



**Ellen Safier**, LCSW is a social worker and family therapist in private practice in Houston, TX. She is adjunct faculty and teaches family therapy in the department of psychiatry, Baylor College of Medicine, and serves as family therapy consultant at the Menninger Clinic.

Mentalizing, which develops in the context of attachment, refers to that capacity to reflect on behavior in ourselves and our loved ones as connected to intentional mental states based on needs, desires, emotions and beliefs. This presentation will focus on that tenuous ability to hold our intimate partner's mind alongside our own and what neuroscience reveals about the factors that make this possible.



**Brent Atkinson**, PhD, is author of *Emotional Intelligence in Couples Therapy: Advances from Neurobiology and the Science of Intimate Relationships*. He is Professor Emeritus of marriage and family therapy at Northern Illinois University and director of postgraduate training at the

Couples Research Institute in Geneva, Illinois.

This presentation will address how to motivate clients to engage in practices that foster brain

processes known to be related to the formation and maintenance of securely attached relationships. Specifically the focus will be on practices for helping clients improve body regulation, response flexibility, empathy, attunement, emotional balance, and fear modulation.

**3. Systems of Care: A Shift from Family Therapy to Family-Centered Services**

Moderator: **Paulette Hines**

Presenters: **John Sargent & William Madsen**



**Paulette Hines**, PhD is the Executive Director of the Center for Healthy Schools, Families & Communities, University of Medicine & Dentistry of NJ. Past president of AFTA (2005-2007), she received AFTA's Distinguished Contributions to Cultural & Economic Diversity Award in

2001, and the American Psychological Association Carolyn Attneave Award for Distinguished Services to Diverse Families in 2008.



**John Sargent**, MD is the director of Child and Adolescent Psychiatry at Tufts Medical Center and Professor of Psychiatry and Pediatrics at Tufts University School of Medicine. He served as the Clinical Director of the System of Hope in Houston, Texas. He is currently a member of the

Massachusetts Children's Behavioral Health Advisory Council, and is immediate Past President of the American Family Therapy Academy.

Community based Systems of Care are federally-funded programs sponsored by the Substance Abuse Mental Health Services Administration (SAMHSA) to organize services care for children and adolescents and their families with serious emotional disturbance (SED). Programs emphasize the lived expertise of these families. Parent Partners (non professional parents with their own experience of raising challenging children) and the team of providers involved adhere to a philosophy of family driven

youth guided services. This presenter will review the strengths and challenges central to the Systems of Care movement.



**William Madsen**, PhD is the founding director of the Family-Centered Services Project, devoted to helping community and state agencies develop more respectful and responsive ways of serving youth and families. He is the author of *Collaborative Therapy with Multi-Stressed*

*Families*, and is currently completing another book, *Collaborative Helping: A Practice Framework for Home-Based Outreach Services*, which offers a generic practice framework for helping across many contexts.

Systems of Care represents a profound shift in helping efforts at a macro-programmatic level that attempts to bring the service delivery system more in line with collaborative and systemic principles. This presenter will highlight family-centered services as a shift in how services are provided as well as what services are provided and emphasize the utility of moving from training family therapists as systems of care workers, to incorporating collaborative and systemic thinking in the training of family-centered workers.

**4. Foster Care**

Moderator: **Gina Miranda Samuels**

Presenters: **Norma Scarborough & Catherine Lewis**



**Gina Miranda Samuels** is an Associate Professor at SSA and Affiliate of the Race Center at the University of Chicago. Her scholarship focuses on transracial adoption, ambiguous loss, multiethnic identity, and well-being in fostered and adopted persons. Her social work practice

background includes child welfare, juvenile probation, and group therapy.



**Norma Scarborough**, DMFT, LMFT is currently an assistant professor in couple and family therapy at Alliant University, the Los Angeles campus in Alhambra, CA. In addition, she is also the program administrator for Secure Transitions Foster Family Agency, an agency that serves

the needs of abandoned, neglected, and abused children/adolescents.

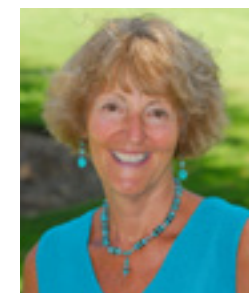
The majority of children placed in foster care are disproportionately African-American and Latino. These children and adolescents often do not have a voice in their placements or in the treatment they receive. It is important that clinicians working with these children listen to their needs and advocate for them.



**Catherine Lewis**, LCSW, MS is the director of Community and International Training at the Ackerman Institute for the Family and a co-director of the Ackerman Foster Care and Adoption Project. She serves as the co-director of the Fairfield Chapter of A Home Within, a national network of

volunteer mental health professionals who provide therapy for children in foster care.

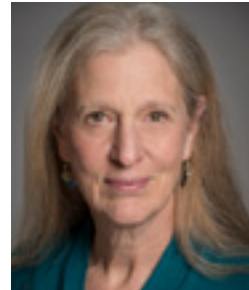
Once involved in foster care, parents are told to "improve their parenting skills" through going to parenting classes. Children are told to "behave" when they have little information about their future. This dialogue will explore strategies and interventions workers can use to address these often crazy-making paradoxes.



**5. Couples, Illness and Trauma**  
Moderator: **Karen Skerrett**  
Presenters: **Kaethe Weingarten & John Rolland**

**Karen Skerrett**, PhD has practiced marital and family therapy for the past 30 years with a special interest in the

impact of chronic illness on the lives of couples. Her forthcoming book is *Couple Resilience Across the Lifespan: Emerging Perspectives* (co-editor Karen Fergus). She is on the faculty at the Family Institute of Chicago.



**Kaethe Weingarten, PhD** is founder and director of The Witnessing Project. She directed the Program in Families, Trauma and Resilience at the Family Institute of Cambridge. Kaethe has over 90 publications, including six books; *Common Shock* is the most recent. Her current work

focuses on reasonable hope, chronic illness and sorrow.

The threat of no longer being the person one wants to be hovers over each ill person and plays out relationally for couples. Witnessing each other's physical and emotional pain may be traumatizing or re-traumatizing for each member of a couple. Therapists can serve couples better if they take a fully collaborative stance; appreciate the dilemmas of witnessing and help couples manage their trauma reactions.



**John Rolland, MD**, is professor of psychiatry, University of Chicago and co-director, Chicago Center for Family Health. Recognized for his conceptual model and clinical work with families facing serious physical disorders, his publications include: *Families, Illness, & Disability:*

*An Integrative Treatment Model*, and co-editor, *Individuals, Families, & the New Era of Genetics: Biopsychosocial Perspectives*.

Serious illness and disability are among the greatest challenges couples face. The Family Systems Illness model, which highlights the intertwining of illness, individual, and family development and the power of belief systems, can help couples approach the illness experience as "our challenge," and minimize relationship imbalances that can emerge. This approach facilitates living well in the face of loss; and relational healing and growth.

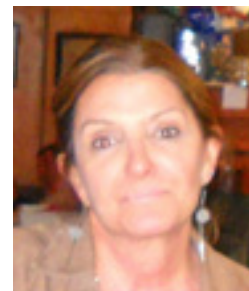
### 6. International Approaches to Couple and Family Therapy

Moderator: **Fiona True**  
Presenters: **Lia Ganc & Salvatore D'Amore**



**Fiona True, LCSW** is a member of the teaching faculty and co-director of the Center for Children and Relational Trauma at the Ackerman Institute for the Family. She directed Ackerman's International and Community training program for twelve years. In that role she developed programs in

Hong Kong, Chile, Argentina, and Japan.



**Lia Ganc** has been part of a team at Therapy Family Sector at Federal University of Rio de Janeiro- Institute of Psychiatry since 1980. She works with groups of all kinds, and her family therapy training mainly deals with mental illness, alcohol and substance abuse and misuse, loss, grief,

and PTSD situations. Lia sees mostly adolescent and adult family issues.

As family therapists we learn important lessons from our students, clients and the context in which we work. This presentation will explore personal and clinical examples of a timeline experience in a psychiatric hospital in the city of Rio de Janeiro. Working with this diverse population poses many challenges to students and staff.



**Salvatore D'Amore** is currently assistant professor at the faculty of psychology and educational sciences (University of Liège, Belgium), and has a private practice in Brussels. As a speaker and writer he presents and publishes widely on issues of family diversity and same-

sex couples and parenting; among many other publications he has written *New Families, Clinical Approaches*. He is a member of the European Family

Therapy Association and other family therapy organizations.

Born in the USA, family therapy has never stopped evolving. In Europe, tremendous socio-political and economic changes affect couples and families who bring this complexity and diversity to the therapeutic context. The aim of this presentation is to understand—from epistemological, methodological and practical points of view—how European systemic therapy answers the question: How to be a couple and a family today?

### DEMYSTIFYING WRITING FOR PUBLICATION

4:30 - 6:00 PM  
Presenter: **Evan Imber-Black**

This session will provide an opportunity to share writing ideas, look at manuscript development from start to publication and demystify the process of submission to publication of a fully realized manuscript. We will focus on both scholarly articles and popular magazine pieces. New authors, including those whose manuscript is still a twinkle in their eyes, as well as experienced and well-published authors are encouraged to participate. This presentation and discussion will include a focus on publishing work with social justice and diversity content, as well as what journals may be most appropriate for such work.



**Evan Imber-Black, PhD** is full professor and program director of the marriage and family therapy master's program at Mercy College, Dobbs Ferry, NY, director of the Center for Families and Health and a senior faculty member at the Ackerman Institute for the Family. Evan was the editor of

*Family Process*, from 2004 to 2011, and is the author of over 50 original scholarly papers, articles in the popular press, as well as several books, including: *The Secret Life of Families* (1998), *Secrets in Families and Family Therapy* (1993), *Rituals in Families and Family Therapy* (1988) and *Families and Larger Systems* (1988). Evan maintains a private practice in couple and family therapy in New York City and Westchester County.

### INNOVATIVE APPROACHES WITH ANIMALS IN THERAPY AND IN PROGRAMS FOR AT-RISK KIDS

4:30 - 6:00 PM



Introduction: **Froma Walsh**  
Froma will briefly highlight how cutting-edge research and practice applications demonstrate the powerful impact of human bonds with animals for healing, wellbeing, resilience, and positive growth.

Co-Therapy with Lola - **Susan Sholtes, LCSW**

The support of therapy dogs can promote deeper connections, compassion and safety in the therapeutic setting. Stories of collaboration with adults, families and children will be co-presented with Lola, a 75-pound German Shepherd.



**Susan Sholtes, LCSW**, is a CCFH faculty member who teaches and supervises in the Families, Illness & Healthcare Program. A Licensed Clinical Social Worker, she specializes in individual, couples and family therapy related to chronic medical illness, disabilities and loss, and psychosocial aspects of medical care.



**Sit/Stay/Read - Liz Burgess**, Executive Director SitStayRead staff will describe their innovative dog-centered program for kids struggling to read. Founded in 2003, SitStayRead improves reading fluency, makes reading fun, and inspires children to become lifelong learners. Using a

curriculum designed with the University of Illinois at Chicago (UIC) Center for Literacy, trained volunteers and certified dog teams bring reading help to children, ages 7-9, in Chicago inner-city schools and community facilities. Research finds the program improves literacy skills and fosters a love of learning in at-risk children.

Friday, June 7

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## BOOK SIGNING AND POSTER FESTIVAL 2

6:00 – 7:00 PM

Coordinators: **Melissa Elliott, Beth Patrick & Annie Bao**

*Co-sponsored by Springer*

Authors will be present to discuss their books and to sign and sell copies. Come to meet and mingle! In the same space, the second poster festival will gather posters featuring clinical work and research on couples & family therapy, larger systems, training and supervision from AFTA members and non-AFTA members from around the world.

### Effects of Autism Spectrum Disorders on Families

Maria Marti, Ellen Landau & Andrew Gerber

### “Independence” in the Context of Welfare

Wan-Juo Cheng

### Redefining Resistance: Learning from Women Who’ve Learned from Women

Kate Warner & Martha Laughlin

### Southern Women of a Certain Age: An Oral History that Explores the Intersection of the Personal and the Political

Martha Laughlin & Kate Warner

### Court Mandated Divorce Education On-line: How Effective Is It?

Kjersti Olson

### A Feminist Content Analysis of Bestselling Marital Advice Literature

Lauren Rzepka

### Discussing Inequalities: How Same-Sex Adoptive Parents Navigate Discussions Around Legal Inequalities with their Children

Elizabeth R. Weber

### The Power of Supportive Co-parenting: Mediation of Negative Consequences of Unplanned Pregnancy on Child Behavior Problems

Amy Claridge, Jenna Scott & Casey Chaviano

### Treating Adult Children of Narcissistic Parents: Group Therapy Using Control Mastery Theory

Elizabeth B. Cleves & Charlotte Jevons

### Class and Classism in Family Praxis: A Neo-Marxist Feminist Approach

Kyle Zrenchik

### Seeing Eye to Eye: Interpersonal Perception and Depression in LGB Couples

Asya Grigorieva

### Preliminary Evaluation of the Outcomes of a Domestic Violence Treatment Approach for Men who Have Received an Axis I Diagnosis

Magamet R. Borlakov

### Experiences of Couples Having a Young Child with Cleft, Comparing Prenatal and Postnatal Diagnosis Groups: A Phenomenological Study

Senem Zeytinoglu

### Utilizing Family Systems Interventions to Provide Equal Access to Transplantation in a Psychosocially Challenged Population

Paula Marcus

### Helping Bereaved Couples Confront Contemporary Challenges

Cadmona A. Hall

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## SHABBAT SERVICE

7:00 – 8:00 PM

Convenor: **David Landsman-Wohlsifer**

We invite those attending the conference to take time and join with others for spiritual reflection. The activity planned is a Shabbat Service, which has over the years included people from many different faiths joining together in fellowship during the AFTA Meeting.

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## NEW MEMBER MEET UP

7:00 – 8:00 PM

**Chris Hoff**

Friday, June 7

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## WOMEN’S INSTITUTE

8:00 – 10:00 PM

Chairs: **Corky Becker & Laura Roberto-Forman**

Presenters: **CharlesEtta (Charlee) Sutton, Sueli Petry & Angelina de Belli Borges do Carmo**

Based on core beliefs from the Turtle Island Project’s Women’s Healing Journey and work of the Multicultural Family Institute on cultural healing and resilience, Charlee, Sueli and Angelina are honored to be your facilitators for the Women’s Institute. It will be an evening that bonds us as women, a time to suspend time, stick our necks out and commune around a vision of healing and celebration. Bring one THING of special significance to you—a picture, a charm, rock, or figurine—something that evokes joy, happiness or a good feeling. Dress and adorn yourself, bring or wear a shawl. It is time to celebrate our gifts as women.

We will blend indigenous and other transcultural teachings in ways that connect us to our inner strength so that we can share our teachings with those with whom we walk.

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## MEN’S INSTITUTE

8:00 – 10:00 PM

Chairs: **Roger Lake, James Verser & Robert Garfield**

Men of AFTA explore with each other issues of personal and professional development, through the lens of responsible reflection on gender. We will meet as a whole group to address a discussion question, then take the conversation to dinner tables for deeper connection with each other, assembling again before we close to reflect on what we have learned from each other.

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## KC CENTER FOR FAMILY SYSTEMS

Margaret Otto, LSCSW Director

Kathy Riordan, LSCSW Associate Director

Dedicated to  
providing quality education and training  
programs in **BOWEN FAMILY SYSTEMS THEORY.**

For information on academic programs  
contact the center at:

[www.kcfamilysystems.org](http://www.kcfamilysystems.org)

3100 NE 83<sup>rd</sup> Street, Suite 2350

Kansas City, Missouri

64119

816-436-1721

Saturday, June 8

## Schedule of Events and Sessions

### CENTERING PRACTICE

7:00 – 7:45 AM

Gentle Flow Yoga  
**Laura Roberto-Forman**

Laura is a 200-hr Registered Yoga Teacher. This class is multilevel for those who seek a gentle morning flow to soft music. Asana (postures), simple mudra (hand gestures) and breathwork open the hips, wake the spine, release tension (and airplane flu), and clear the mind; the last 10 minutes will be sivasana (yogic “sleep” or relaxation). Bring a bath towel as your mat!

### COMMITTEE MEETINGS

7:00 – 8:00 AM

### CONTINENTAL BREAKFAST

7:30 – 8:30 AM (Open to all attendees)

### PLENARY III

#### MONOGAMY & NONMONOGAMY: COMMITMENTS, VARIATIONS & VIOLATIONS

8:30 – 10:15 AM

Presenters: **Janis Abrahms Spring, Esther Perel & Michael LaSala**  
Moderator: **Cheryl Rampage**

Infidelity in a couple that has pledged faithfulness is often traumatic. In this plenary, we will consider affairs from several different viewpoints. We will explore ways to help couples heal after a betrayal. What facilitates forgiveness and trust after an affair? Is an affair only a betrayal, or can it be a source of growth? Is infidelity always a sign of a troubled relationship? Should affairs always be disclosed? Finally, can negotiated nonmonogamy work in a committed relationship?

#### Infidelity – and Forgiveness?

Presenter: **Janis Abrahms Spring**

After a significant relationship violation such as an affair, forgiveness can feel cheap and disingenuous

– or necessary, but impossible. The presenter will reconceptualize forgiveness to make it more human and attainable and spell out specific steps unfaithful partners can take to earn forgiveness, such as showing appreciation for the trauma of infidelity and confronting why the affair happened. Janis will address what hurt partners can do to foster forgiveness and why they may choke on the process. She’ll also address how trust can be rebuilt in cyberspace and in the flesh, and how partners can work to reconcile and recommit, even when they don’t yet feel particularly loved or loving.



**Janis Abrahms Spring**, PhD, ABPP is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. Her first book, *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*, has sold more than half a million copies. A

completely updated second edition was just released with a new chapter on affairs in cyberspace. Janis’ other books include *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*, and *Life with Pop: Lessons on Caring for an Aging Parent*. In private practice for 35 years, she is a recipient of the Connecticut Psychological Association’s Award for Distinguished Contribution to the Practice of Psychology. Janis is a former clinical supervisor in the department of psychology at Yale University and popular guest expert for *NPR* and *The New York Times*, [www.janisaspring.com](http://www.janisaspring.com).

#### The State of Affairs: Rethinking Infidelity

Presenter: **Esther Perel**

Infidelity is generally regarded as a symptom of a troubled relationship, and the revelation of an affair triggers a crisis of trust and connection. Conventional practices mandate therapists to insist upon full disclosure, never keep secrets, and view the infidelity as a traumatic event. This presentation will operate from the premise that, when it comes to affairs, there is no “one size fits all.” Infidelity is understood from a dual perspective of growth and betrayal, an act to balance emotional and erotic needs. How can couples rebuild trust and intimacy? Are affairs sometimes aimed at stabilizing a marriage and prevent its

Saturday, June 8

dissolution? This talk will explore the multiple motives and meanings behind affairs and examine the cost/benefit analysis of truth-telling and transparency. In particular, we will focus on how couples can turn the crisis into an opportunity.



**Esther Perel**, LMFT, is recognized as one of the world’s most original voices on couples and sexuality. She is the author of the international bestseller, *Mating in Captivity*, translated into 24 languages. Fluent in nine of them, she brings a rich multicultural perspective to

her clinical practice, her teaching and in her many publications. Esther is a master trainer, lecturer and workshop leader invited around the globe. Trained and supervised by Dr. Salvador Minuchin, she serves on the faculty of the family studies unit, department of psychiatry, New York University Medical Center, the International Trauma Studies Program, and the Ackerman Institute for the Family, as well as the Scandinavian Institute for Expressive Arts Therapy. Esther is an AASECT certified sex therapist, a member of AFTA and the International Society for Sex Therapy and Research, and the recipient of the 2009 book award from the Society for Sex Therapy and Research as well as the 2012 Vicky Woodhull Sexual Freedom Award.

#### Monogamy Not Required: Lessons from Gay Male Couples

Presenter: **Michael LaSala**

Sexual monogamy in a committed relationship is thought to be “sine qua non” and thus, is rarely questioned. But perhaps now is the time to revisit the seemingly irrefutable connection between love, commitment, and sexual exclusivity. Therapists might find it surprising (and hard to believe) that a sizeable proportion of gay male couples maintain happy, satisfying unions while enjoying sexual relationships with others. Beginning with his research and clinical experiences working with the sexual agreements of gay male and other types of couples, Michael will discuss what can be learned from these relationships, including how to determine when such an option might be viable, how to introduce the topic for discussion and ways to help the

couple establish boundaries to protect the primary relationship.



**Michael LaSala**, PhD, LCSW, director of the MSW program, Rutgers University, is a seasoned psychotherapist, teacher/trainer and researcher. His current work examines gay and lesbian family relationships and also parental influence on gay youth’s safe sex behaviors. Michael’s book,

*Coming Out, Coming Home: Helping Families Adjust to a Gay or Lesbian Child*, describes the findings and practice implications of a study of 65 gay and lesbian youth and their families. Other examples of his work can be found in *Social Work, Family Process, the Journal of Marital and Family Therapy, Families in Society* and the *Journal of Lesbian and Gay Social Services* and also at *Psychology Today* (<http://www.psychologytoday.com/blog/gay-and-lesbian-well-being>). Michael is a sought after speaker on gay and lesbian couple and family issues and has presented workshops, keynotes, and plenaries in Sweden, Canada, Finland, Estonia, Italy, and throughout the United States. For further information visit [www.comingoutcominghome.com](http://www.comingoutcominghome.com).



**Cheryl Rampage**, PhD is the executive vice president and a licensed clinical psychologist at the Family Institute at Northwestern University. She is also an associate clinical professor of psychology at Northwestern University. In addition to her administrative responsibilities Cheryl

maintains an active clinical practice specializing in the treatment of couples and individuals. Her clinical interests include couple conflict and marital satisfaction, gender, adoption, LGBT issues, and posttraumatic stress. Cheryl received her PhD in clinical psychology from Loyola University of Chicago in 1978. Prior to coming to the Family Institute she was an associate professor of behavioral sciences at the University of Houston-Clear Lake, where she taught in and directed a master’s degree program in marriage and family therapy.

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## PLENARY DEBRIEF

10:15 - 10:45 AM

During this plenary debrief there will be an opportunity to discuss the plenary presentations with the presenters at greater length.

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## REFRESHMENT BREAK

10:15 - 10:45 AM

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## INTEREST GROUPS

10:45 AM - 12:15 PM

Coordinator: **David Landsman-Wohlsifer**

### 13. Evaluating Poststructural Therapies (aka Evaluating Postmodern/Narrative/Constructionist Therapies)

Chairs: **Michael Ungar & Victoria Dickerson**

For a 5th time we will host a conversation about ways to create an evidence base for postmodern, narrative and constructionist therapies. Past discussions have explored the dilemma of using traditional approaches to research to evaluate the effectiveness of interventions while still challenging the philosophical roots of these approaches to research. Both of the Chairs for this Interest Group will provide updates on their own evolving thinking and research in this area, and provide a forum for participants to exchange information on their evaluation projects and questions about methodologies. In the past we have looked at both "in the box" conventional approaches to evaluating the effectiveness of poststructural therapies and "out of the box" methodologies that are themselves less conventional. Participants should bring both questions as well as stories of their challenges and successes.

### 14. Supervision

Chairs: **Paula Ochs & Jude Webster**

Traditionally, supervision for family/couples therapy reflects the verbal process most therapists employ during their sessions with their clients. However when clinicians feel stuck in their work, addressing the obstacles may go beyond words. Research has

demonstrated the effectiveness of using experiential techniques in supervision with therapists. Using non-verbal techniques such as sculpting and translating language into action can be very helpful in unblocking therapists who have reached an impasse with their couples and families. This workshop will demonstrate how experiential techniques such as sculpting, role-playing, concretizing metaphors, and movement can help supervisors and clinicians to move beyond limits that can be imposed by language alone. Clinician/client differences around gender, race, sexual orientation, ethnicity and religious beliefs will be explored. This workshop consists of two parts: the first is a demonstration of how to use experiential techniques with supervisees. In the second part the trainers will have the group experiment with various experiential techniques.

### 15. Senior Couples

Chairs: **Adi Loebl, Madeline Abrams & Allesandra Scalmati**

Despite the steady increase in longevity, little has been studied about the impact on couples in their later years and on the evolving dynamics of families. Over the next few years 70 million baby boomers will be entering their senior years. The implications for couples and family therapy for those coping with such complicated issues of aging as the impact of role changes, illness, loss, resources, couple and family relationships, and decision-making is significant. The goal of this first-year Interest Group will be to create a unique multidisciplinary experiential opportunity to share what we have learned from working with our elders. We will focus on the challenges and rewards of clinical work with this unique population. Amongst the many possible topics, we will explore resilience, loss, illness, sexuality, blended families and myths about aging. We will also examine the personal and societal assumptions that may be inadvertently impacting our work as well as review the limited research related to senior couples.

### 16. Family Therapy Training for Psychiatry & Child Psychiatry Trainees

Chairs: **John Sargent, Anne Fishel & Ellen Landau**

Knowledge and skill development in family systems based treatment is often marginalized in psychiatry and child and adolescent psychiatry residency

training. Despite these skills are essential in the successful practice of providing psychiatric care to individuals and their families. Training programs are required to include exposure to these skills during the residency. Psychiatrists, child and adolescent psychiatrists, psychologists and social workers lead this training. This Interest Group will provide an opportunity for those providing these training experiences to engage in a conversation about what methods they use to teach family interventions in their programs, how they engage with the program leadership and other faculty and the challenges they face in their training programs. Strategies that individual faculty find useful will be shared during the discussion and methods of dealing with challenges will be developed by the participants.

### 17. Pregnancy, Delivery, and the Transition to Parenthood

Chairs: **Daniel Kusnir & Katharine Caldwell**

As we did in Baltimore, we invite you to share experiences and knowledge regarding how to help couples strengthen their relationship and promote parental attachment during this critical period. This transition gives the couple multiple opportunities for growth but also can bring multiple stresses, including: exhaustion, trauma re: medical complications surrounding birth, renegotiating division of labor, decreased time together, alienation of the father, depression, difficulty breast feeding, deterioration of marital satisfaction, affairs, and often domestic violence. We want the Interest Group to be a place to share research findings, as well as to reflect on developing private and institutional preventive models. We hope to create a group for yearlong exchange and reflection.

### 18. Masculinities & Stepfamilies: Challenges for Men in Stepfamilies Today: Losses and Loyalty Binds For Recoupled Dads

Chairs: **Rob Garfield, David Landsman-Wohlsifer, Patricia Papernow & Betty Pristera**

This meeting brings together members from two of our AFTA Interest Groups: Masculinities and Stepfamilies. We will focus on themes that address respectively how clinicians can help family members deal with the problems unique to stepfamilies, and

how they can help men today face changing norms for masculinity that impact on their individual health and relationships. We will acknowledge the prevalence and diverse forms of stepfamilies that exist today, along with the variety of circumstances that lead men to becoming stepfathers. Through clinical and personal examples, we will identify a number of common themes that emerge as men become stepfathers and how these can best be addressed in the clinical setting. Toward this end, we identify how traditional masculine norms can interfere with men making this transition. Themes will include: a) how recoupled dads can maintain contact with their children from their old family; b) how they can emotionally advocate for their needs with a new partner; c) how they can establish appropriate role relationships with stepchildren; d) how they can support stepmom's central role in the relational system; e) how they can deal with loss issues as a sole parent; and f) how they can revisit step-parenting issues with adult children. All men and women are invited to attend and share their clinical and personal stories.

### 19. Training Family Therapists

Chairs: **Douglas C. Breunlin, William Russell & Anthony Chambers**

In 1979, the Charter year of AFTA, many members were pioneers and/or founders and staff of freestanding institutes. Those institutes that ran postgraduate training programs were the source of much of our family therapy training. Three decades later, most of these institutes and the training they offered are gone. Family therapy training now takes place primarily in degree granting graduate and doctorate level academic settings. Some, but not all of the faculty of these programs are members of AFTA. This Interest Group invites AFTA members to join with teachers in COAMFTE accredited programs to discuss the training of family therapists in the 21st century. Four faculty members from the master's MFT program at The Family Institute at Northwestern University will provide a brief overview of the training model used that is grounded in Integrative Problem Centered Metaframeworks (IPCM). Core training issues highlighted from this brief presentation include: training a scientist-practitioner, managing the classic family therapy models, creating competence working with individuals when becoming a family therapist, growing the self of the therapist, securing

an adequate number of relational cases for practice, supervisory method, core competencies, outcome based education and more. These issues will serve as an introduction for a group discussion that will tackle the training of a 21st century family therapist.

**20. Racial Domination and Privilege**

Conveners: **Jodie Kliman & Marsha Mirkin**  
Consultation: **Gloria Lopez-Henriquez & Lisa Bibuld**

Authentic conversation across differences in racial experience and location poses a paradox within communities like AFTA. All “generations” of AFTA members and guests are welcome to join a collaborative exploration of our collective and individual accountability for unintended expressions of racism in teaching, treatment, research, and within AFTA. While acknowledging multiple forms of oppression, this group focuses specifically on the effects of experiences of racism on our professional and personal lives, at AFTA and within dominant discourse. In the Interest Group’s tradition, two White leaders will take primary responsibility for facilitating the group, and two People of Color will collaborate by helping keep the White facilitators accountable in prior planning for the group and in the group process of the Interest Group meeting. Facilitators will strive for a conversational space where people can speak honestly and respectfully, and will encourage authentic, productive multiracial discussion. A brief history of the group will be provided, along with guidelines for respectful dialogue. Group discussion and experiential exercises will be used.

**21. Mindfulness & Family Therapy**

Chairs: **Laura Eubanks Gambrel, Elizabeth G. Brenner & Paul M. Jones**

There is a growing body of research showing that mindful awareness practices are effective in relieving the suffering of those who seek help for a wide range of issues. They are increasingly being integrated into couple and family therapy, therapy training programs as well as services for stressed and traumatized communities. Many members of this Interest Group are integrating these practices into their work and personal life in exciting ways. This year we will engage together in mindfulness practice, have time for members to share with each other about personal

meditation practices and integration of mindfulness with clinical work, and discuss possible solutions to common challenges of using mindfulness and acceptance-based approaches.

**22. Systemic Response to Natural or Manmade Disasters**

Chairs: **Elana Katz & Sanja Rolovic**

The intention of this session is to organize a discussion of our professional and personal knowledge and experience working with disaster victims – ranging from war to natural disasters – in order to further develop a systemically informed disaster relief curriculum. As family therapists we have unique skills and practices – ones that move away from PTSD-oriented medical models and instead focus on ways that allow individuals, families and communities to access their resiliency at a time of crisis. This can include helping people to articulate their stories of loss and catastrophe while amplifying their moments of survival and even triumph. Additional attention will be focused on ways to help people work as a community and develop rituals in the immediate aftermath of a disaster.

**23. Community Based Interventions**

Chair: **Peter Fraenkel**

This year we will discuss principles and practices of developing and evaluating community-based programs for families. To start the discussion, Peter Fraenkel will present a collaborative framework (from the Collaborative Family Program Development) and demonstrate how it has been applied to working with families that are homeless or precariously housed. Steps in the approach include: engaging senior mentors as cultural and methodological consultants, intensive interviewing of family members, intensive interviewing of agency professionals, phrase-by-phrase qualitative coding, creating program formats and contents, piloting of group with session-by-session evaluations by participants, revising the program and manual, intensive interviewing of families for each subsequent group cycle, evaluating the effectiveness of the program in matched comparison or randomized designs, and disseminating and adapting program to other settings.

**24. Transgender Interest Group**

Chair: **Arlene Lev**

As increasing numbers of people are seeking services for trans and gender-related concerns, often their family members have been ignored and marginalized. Some AFTA members have been leaders in writing and speaking about how to integrate family members (spouses, children, parents) into the trans identity process, while others have just begun to work with trans clients. The Transgender Interest Group is a place to explore clinical and teaching challenges related to trans issues, to offer support for those of us deemed “experts,” as well as those just exploring work with this community.

**LUNCH**

12:15 – 2:00 PM (on your own)

**LGBTQI NETWORK CONVERSATION**

12:15 – 2:00 PM

Coordinators: **Sheila Addison & Colleen Maguire**

Please join the networking meeting for LGBTQI clinicians. The meeting provides an opportunity for members to meet, learn about each other’s work, and share goals for future AFTA initiatives. This meeting sets the stage for valuable social and professional collaborations throughout the conference and beyond.

**EARLY CAREER & STUDENT MEMBER LUNCHEON**

12:15 – 2:00 PM

**Martha Edwards, Sarah Stearns, Amy Tuttle & Justine White**

As in previous years, this will be a great opportunity for Early Career Members and Student Members to meet and get to know AFTA’s senior members. The opportunity to connect with Senior Members of AFTA has been a highlight of the event, so we hope you will join us!

**FAMILY PROCESS BOARD MEETING LUNCH**

12:15 – 2:00 PM

**PEARLS OF WISDOM**

2:00 – 3:30 PM

Coordinators: **Amy Tuttle & Justine White**

Moderator: **Chris Hoff**

Panelists: **Pauline Boss & Karl Tomm**

The fourth annual Pearls of Wisdom panel event will feature two esteemed pioneers in the field, **Pauline Boss** and **Karl Tomm**. The panelists will share about the personal and professional influences that have led them to think, write, and work with couples and families, and they will share “pearls,” “nuggets,” and “tid-bits” of their experiences and knowledge. The Pearls event provides an opportunity for early career and student members to hear from pioneers in the field and (1) promotes cross-generational transmission of ideas and discoveries in the field of family therapy; (2) increases knowledge of critical moments of the history of the field of family therapy; and (3) connects the history of family therapy with the history of the pioneers who have shaped the field.

**Amy Tuttle**, PhD, LMFT, See page 29.



**Chris Hoff**, MFT is a family therapist with the Narrative Project of Orange County where he consults with young people, women, men, couples and families in response to a wide range of concerns. He is also interested in applying a narrative approach and relational practices to

leadership and organizational development in an effort to improve organizational performance and functioning. Chris currently serves on the Human Relations Task Force for the City of Huntington Beach and is a past California state board member of the American Association of Marriage and Family Therapists. He has also served on several nonprofit boards serving both the arts and issues of social justice. Chris presents across the country on topics such as social justice, social entrepreneurship and narrative therapy. He has also been a guest lecturer at

Pepperdine University, Vanguard University, Chapman University and is adjunct faculty at Argosy University.



**Pauline Boss, PhD**, a family therapist since 1974, earned her BS, MS, PhD and tenure as professor from the University of Wisconsin-Madison, where she did co-therapy with Carl Whitaker, who served as her mentor and on her doctoral committee. Today, as an Emeritus Professor from the

University of Minnesota, she continues a private practice as a family therapist in Saint Paul. Pauline is the principal theorist in the study of ambiguous loss and first summarized her work in *Ambiguous Loss: Learning to Live with Unresolved Grief*, and then for family therapists in *Loss, Trauma, and Resilience*. Her training workshops are based on work with families of the missing during the Vietnam War, after 9/11, in Kosovo, Zurich, on the Gulf Coast, and most recently in Japan. Pauline's latest book, *Loving Someone Who Has Dementia*, outlines strategies for managing the stress and grief from having a loved one physically present but psychologically absent.

**Karl Tomm, MD**, is a professor in the department of psychiatry at the University of Calgary, where he founded the family therapy program in 1973. He is well known in the field of family therapy for his work in clarifying and elaborating new developments in systems theory and clinical practice. Karl was at the forefront of a new approach to therapy



that emerged from systemic, constructivist, and social constructionist ideas. This approach is collaborative rather than hierarchical and emphasizes therapeutic conversations to deconstruct problems and to co-construct healing and wellness. He has organized many workshops, conferences, and seminars at the University of Calgary, as well as numerous workshops throughout North America, Europe, Australia, Asia, and South America. Karl's articles have been published extensively in international family therapy literature and he has been on the editorial boards of several family therapy journals. He received the 2006 Lifetime Achievement Award from the American Family Therapy Academy.

## REFRESHMENT BREAK

3:30 – 4:00 PM

## BRIEF PRESENTATIONS

4:00 – 5:30 PM

Coordinators: **Karni Kissil & Shawn Giammattei**

### 21. Loss, Resilience and Hope in War Zones and Beyond

Moderator: **Jodie Kliman**

- Palestinians in the West Bank and in Israel  
**Khawla Abu-Baker**
- Resilience, Racial Socialization and Intergenerational Transmission Processes as They Relate to African American and Palestinian families  
**Amber Hewitt & Devin Atalla-Guiterrez**
- Eritrean Refugees  
**Nyssa Green**

### 22. The Different Facets of Adoption

Moderator: **Norma Scarborough**

- Supporting Birth Parents in Adoption: A Couple Treatment Approach  
**Amy Claridge**
- Adoption: An Identity Between Two Worlds  
**Leah Bloom**
- Daddy, Papa and Me: What Gay Fathers Can Teach Us About Affirming Practice with LGBT Families  
**Mohan Krishna Vinjamuri & Adam Benson**

### 23. Relational Applications of Mindfulness

Moderator: **Rachel Dash**

- The Relational Effects of Mindfulness Training: A Phenomenological Study  
**Bob Gillespie**
- Using Mindfulness in Couples Therapy  
**Marcie Lechtenberg**
- Treating Parental Mental Health and Child Behavior through Mindfulness-Based Interventions  
**Jenna Scott**

### 24. Challenging Issues in Couples Therapy

Moderator: **Derek Ball**

- Couples and Money  
**Judith Stern Peck & Markie Sallick**
- “You Do it Too”  
**Cheryl Berg**
- Couples and Mild Cognitive Impairment  
**Stefan Pasymowski**

### 25. Perspectives on Parenting

Moderator: **Eric Johnson**

- The Parenting Challenge: Parenting Adolescents with Broken Attachments  
**Angelle E. Richardson**
- Towards a Theory of Parenting  
**James Verser**
- Facing the Death of a Young Adult as a Family  
**Carolyn Fulton**

### 26. Expanding the Boundaries: Polyamory & Non-Traditional Family Forms

Moderator: **Sari Cooper**

- Supporting Intentional LGBTQ, Non-Monogamous, and Non-Traditional Family Structures  
**Diana Adams**
- Exploring the Psychological, Relational, and Social Issues of Polyamorists: A Clinical View  
**Rami Henrich**
- Queering the Nuclear Family: Family Therapy with Alternative Family Structures and Polyamorous Relationships  
**Shannon Sennott**

### 27. Couples Therapy: Integrative Models

Moderator: **Peter Fraenkel**

- Courage, Compassion and Basic Goodness: An Affirmation-Based Couple Therapy  
**David Greenan & Gil Tunnell**
- Sharing Peace of Mind: How Do Levels of Couples Conflict Change Over Time and What Predicts Change  
**Ken Epstein**

### 28. Family Treatment: Socio-psychological Contexts and Contexts of Care

Moderator: **Jane Ariel**

- Focusing on Families: Working with Families at the Columbia Day Treatment Program  
**Karen Frieder, Mary Kim Brewster, & Alex Crumbley**
- Intergenerational Transmission of Trauma: Its Impact on Families' Ability to Access Care  
**Alessandra Scalmati & Anne Rohs**
- Working with Estranged Parents: What Hurts and What Helps?  
**Joshua Coleman**

### 29. New Frontiers: The Intersection of Technology and CFT

Moderator: **Gonzalo Bacigalupe**

- M-A-P-S-E-T: An App for “Synching” Couples  
**Chitra Subrahmanian**
- Engineering Consciously, Engineering Equitably: Toward an Informed and Justice Creation of “The Designer Baby”  
**Carizma Chapman & Brian Distelberg**
- iPhones in the Baby Bag, Toddlers' Tweets and Adolescents Chat Roulette: A Developmental Perspective for Understanding Parental Challenges in Using Technology  
**Anne Fishel & Tristan Gorrindo**

### 30. Special Issues in Medical Family Therapy

Moderator: **Mary Kelleher**

- Facilitating “We-Coping” in Couples with Cancer  
**Karen Fergus & Karen Skerrett**
- Couples Therapy in Advanced Cancer: Using Intimacy and Meaning to Reduce Existential Distress  
**Talia Zaider**
- Facilitating End of Life Discussions Between Patients and Family Members  
**Helena Shanahan Schwartz**

### 31. Beyond the Binary: Families and Complex Identities

Moderator: **Eli Neally**

- Supporting the Families of Transgender Teens and Young Adults  
**Melissa MacNish**
- Identity Politics in MFT: Deconstructing the Binaries  
**Jackie Hudak & Sarah Stearns**
- Compelling Adjectives: How Complex Identities and Complicated Bodies Redefining Connection  
**Andrea Neumann Mascis**

### 32. International Advances in Couples Therapy

Moderator: **TBA**

- Gender and Couple Therapy in Urban India  
**Yun Pang**
- Insights from Disseminating Relationship Education in Multiple Asian Countries  
**Wei-Jeng Huang**
- Maps for Couple Therapy  
**Javier Vicencio & Judith Gomez de Leon**



Saturday, June 8

### 33. Understanding Relationship & Resilience in Context

Moderator: **Heather Martarella**

— Family Community Bonding and the Neurobiology of African American Resilience

**Suzanne Midori Hanna, Deepu George, & Morgan Stinson**

— Love your Love Life: Co-creating a Best Practices Program Empowering Black Youths' Healthy Romantic and Sexual Decision-making

**Katherine Tyson McCrea**

— Family Therapists in Multiple Contexts: A Relational Approach to Social Justice

**Matthew Mock**

### FACILITATED LISTENING CIRCLE

5:30 – 6:30 PM

**Phuong Quach & David Trimble**

The Facilitated Listening Circle is a witnessing circle. It provides an opportunity for people who wish to share an experience during the Meeting for which they would like support, recognition, or empathy. At AFTA we are committed to respectful and inclusive participation with one another. We hold ourselves to a high standard. Sometimes someone feels hurt or excluded by the actions or attitudes of others. We wish to be accountable for any ways we hurt or exclude others and to be open to experiences that may be invisible to us. In the Circle, these difficult moments can be rendered visible, and we can increase our awareness and learn more about relating in respectful and inclusive ways.

### MEETING OF PRESIDENTS

5:30 – 6:30 PM

AFTA hosts a conversation among presidents and officers of allied professionals associations.

### AWARDS BANQUET AND DANCING

6:30 PM – 12:00 AM

From 6:30 until 7:00 join us for cocktails on The Deck. Doors will open at 7:00 for our Awards Banquet and dancing.

## General & Information

### LETTERS OF ATTENDANCE

Letters of attendance are available to meeting participants upon request (cost \$10.00, U.S. funds). Please contact the AFTA office if you would like to purchase one (afta@afta.org).

### CANCELLATION POLICY

Before or on April 30, 2013, there is a \$50 processing fee for cancellations.

After April 30, 2013 there is a 50% cancellation fee on all registrations.

## The Awardees

AFTA Congratulates the 2013 Awardees



**SCOTT HENGGELER, PhD**

Distinguished Contribution to Family Systems Research



**PILAR HERNANDEZ-WOLFE, PhD**

Distinguished Contribution to Social Justice



**WILLIAM MADSEN, PhD**

Distinguished Contribution to Family Therapy Theory & Practice



**JOSE RUBEN PARRA CARDONA, PhD**

Early Career Award



**ARLENE ISTAR LEV, LCSW-R, CASAC**

Innovative Contribution to Family Therapy



**BRAULIO MONTALVO, MA**

Lifetime Achievement Award

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We provide financial support for doctoral students and research assistantships may be available for master graduate students.

***Congratulations to our own Professor Gonzalo Bacigalupe for his election to President of AFTA!***

**More information at: <http://www.umb.edu/academics/cehd/counseling>**



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Murray Bowen, M.D.  
hangs a shingle outside his home in  
Cumberland Homesteads  
Crossville TN  
(circa 1937-1938)

**LEADERS FOR TOMORROW  
INVITES YOU TO JOIN  
IN CELEBRATING  
THE LIFE & WORK  
OF  
Murray Bowen, M.D.  
DURING 2013  
THE CENTENNIAL OF HIS BIRTH  
(JANUARY 31, 1913)**

**PLANS TO CELEBRATE HIS LIFE & LEGACY:**

- Completing transfer of the manuscript collection to the Murray Bowen Archives of the National Library of Medicine ("NLM"),
- Organizing & co-sponsoring with NLM a symposium about Murray Bowen's life and work, to be held on the NLM/NIH campus in Bethesda, MD, & open without charge to the public (DATE TBD), &
- Celebrating scholarship based on Murray Bowen's natural systems theory of human emotional functioning.

LFT, a 501(c)(3) public charity, contributions to which are tax-deductible & welcome in any amount, has established as The Murray Bowen Archives Project, (TMBAP of LFT) in order to:

- provide NLM with the resources it needs to achieve opening of NLM's Murray Bowen archival materials to researchers, educators & interested members of the public;
- promote & support preservation & processing of archival material; aid development of a web-based & internet-based search & access capability, in cooperation with NLM & consistent with NLM standards & requirements for its non-book collections;
- facilitate additions to the archival material; &
- foster archival-based scholarship & its dissemination.

**IF YOU ARE INTERESTED IN SUPPORTING TMBAP OF LFT'S MISSION BY:**

- Volunteering: Contact LFT's Volunteer Program Coordinator, Monika Baege: [monika.baege@uvm.edu](mailto:monika.baege@uvm.edu). TMBAP of LFT seeks volunteer across a broad range of disciplines.
- Participating in LFT's 1<sup>st</sup> 100 Capital Campaign: Contact the Chair of LFT's Fundraising Committee, Walter H. Smith, Jr. ([savidosmith@sprynet.com](mailto:savidosmith@sprynet.com)). To donate to the Campaign, make checks payable to Leaders for Tomorrow & mail to LFT Treasurer, William K. Dwyer, M.D., 301 Belvoir Avenue, Chattanooga, Tennessee 37411; Tel.: 423-698-7373; E-Mail: [wkdsenior@aol.com](mailto:wkdsenior@aol.com). OR
- Access LFT's Website to use PayPal: [www.murraybowenarchives.org](http://www.murraybowenarchives.org).
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**CHILDREN'S BOOKS**

By  
Mollie Schmidt

**Willem of Holland** (Goose River Press, 2008)

A Dutch boy has to live in the woods and serves in the Underground during the Nazi occupation of Holland in World War II.

**Levi** (Goose River Press, 2012)

A biracial boy grows up in America at a time when mixed marriages were not as common as they are today.

**Heather** (iUniverse, 2012)

A teenage girl trains her Frisian horse for trails, dressage, and team-penning, not always with success, through a Maine winter.

**It Happened in Maine** (Goose River Press, 2013)

Short bedtime stories about animals in Maine that really happened.

These books are available from Amazon, Barnes & Nobel, or the publishers. Further description at the author's website:  
[mollieschmidt.com](http://mollieschmidt.com)



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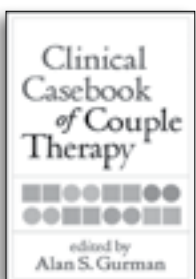
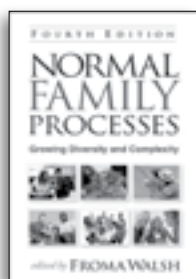
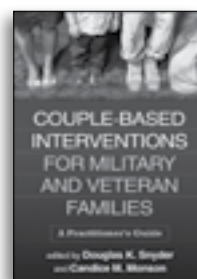
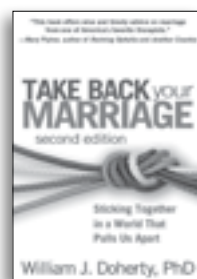
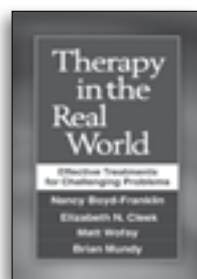
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## THE ORIGINS OF FAMILY PSYCHOTHERAPY: THE NIMH FAMILY STUDY PROJECT

By Murray Bowen; Edited by John Butler



"Dr. Jack Butler's collection of original writings of Dr. Murray Bowen from 1954 to 1959 is a gemstone for undergraduate and graduate students, clinicians, researchers, and serious students of Bowen family systems theory. Through compiling Dr. Bowen's papers, Dr. Butler illustrates how the development of family systems theory was influenced through research in hospitalizing families of schizophrenics in The Family Study Project at NIMH. Particularly significant from this period is the groundbreaking idea of the family as an emotional unit, the development of family psychotherapy, and the emergence of a new role for the therapist. These writings provide a fascinating look at a new paradigm about human functioning which was divergent from traditional psychoanalytic ideas. This book is well worth the read to track a period of immense creativity in family theory, to observe how new ideas develop, and to learn more about the foundations of Bowen family systems theory."  
—Anne McKnight, PhD, Director of the Bowen Center for the Study of the Family

"Dr. Butler's compilation of seminal papers from Dr. Bowen's family study project at the NIMH represents a major contribution to the literature available on the origins of family psychotherapy, and specifically on the origins of the Bowen theory. The clinician may find the theoretical explanations of the family as a unit or single organism linked to specific descriptions of the goals and behavior of the clinic an helpful. The description of functional helplessness and the shifting patterns of strength and weakness in family relationships conveys family struggles far more accurately and efficiently than the more conventional diagnostic schema still currently employed. This volume conveys to the contemporary the excitement of discovery and of new approaches that energized Bowen's research effort, highlights the value of observational research for the clinician, and provides theoretical challenges to the modern clinician to expand thinking and to consider the family as the unit of treatment."  
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"Dr. John Butler's commentary on original papers takes the reader on to the research ward of Bowen's NIMH project and into the staff of sessions and observations. How the research operated, difficulties encountered, and how the ideas were presented within NIMH and within the field of psychiatry can be found in these papers. Discovery awaits the reader in matching the observations and understandings with the last seven concepts of Bowen's theory. Using Dr. Bowen's own words, this book fills the knowledge gap that prompts the question 'Where is the research?' It is here thanks to Dr. Butler's quest."  
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**ABOUT THE BOOK**  
Family therapy has become a well-established treatment modality across many mental health disciplines including clinical social work, psychology, psychiatry, nursing, and counseling. This book tells the story of how family therapy began based on the work of one of the pioneers of family theory and therapy, Murray Bowen, M.D. Bowen's psychiatric training began at the Menninger Foundation in 1948. It was during the later part of his eight years at Menninger's that he began his transition away from conventional psychoanalytic theory and practice. Bowen left Menninger's in 1954 and began a historic family research program at the National Institutes of Mental Health (NIMH) in Bethesda, Maryland. This program, called the Family Study Program, involved hospitalizing entire families on a specialized research ward. He was interested in families with a child diagnosed with schizophrenia. The psychotherapist tried to achieve a balance when working with the families by making emotional connections while staying out of intense emotional reactions. They also worked diligently to avoid psychologically replacing parents. This book details the story of how these transformative changes came about by highlighting the original papers of the project.

**ABOUT THE EDITOR**  
John Butler, PhD, maintains a private practice at Rowe Street Mental Health Care in Wichita Falls, TX. He is a licensed clinical social worker, a marriage & family therapist, and an AAMFT clinical member and approved supervisor. Dr. Butler trained at the Georgetown Family Center (now the Bowen Center for the Study of the Family) for five years. He is the recipient of Caskie Research Award from the Bowen Center in 2010 for his work on the Bowen Archives at the NIMH.

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