

JANUARY/FEBRUARY 2018

PRESIDENTIAL THOUGHTS
Bowden Templeton, PhD, President



Happy New Year to all of my MFT colleagues throughout Georgia. This is my first newsletter article and opportunity to say how honored I am to represent you and our profession. This role drew my attention because of GAMFT's rich tradition of leadership, collegiality, education, and advocacy. As I thought about these, I noticed my excitement for working together to re- envision our organization in light of changes happening at AAMFT. I confess I don't necessarily have answers; what I offer is a willingness to share conversation, think critically about options, and work with others as more decisions are made about the future of our organization.

At risk of sounding corny, the New Year is always a time of transition and renewal for me. Yes, there are the obligatory resolutions to move more and eat less. I also like to free psychological energy by cleaning all the physical clutter that is gathered in my office. This self-care makes me more available for the challenges of the coming year. In each of these situations, my approach is to take what's been learned through trial and error, apply it to my current needs, and move forward. In my

experience, GAMFT has a similar tradition of meeting challenges by taking the strengths of the past, blending them with the present, and charting a renewed future.

With that in mind, I think of the accomplishments of prior leaders from our local communities and on the GAMFT Board of Directors. Many smart people made many smart choices given what they knew at the time the decisions were made. There is much for us to learn from them. Most immediately please join me in thanking Dr. Michele Smith for her leadership through a period of uncertainty as AAMFT worked toward a new organizational structure. Working with the GAMFT Board of Directors, Michele's steady presence helped the organization navigate a difficult period and, as a result, GAMFT is situated to move forward from a position of strength. Please join me in thanking Michele and each board member for their willingness to serve and the contributions they make.

I am also aware of the wisdom and strengths available to GAMFT through the recent graduates of our training programs, emerging professionals, and new board members. You represent the future of the organization and GAMFT needs your voices; it needs to know what you think, what you need, and what you want. We need to hear your solutions and ideas for implementing them. I thank each of you for engaging and look forward to our conversations.

GAMFT is in the midst of several transitions and the future is bright. We remain dedicated to carrying on the long history of the division in being the leader in Georgia for the MFT profession by providing professional development opportunities and dedicated advocacy efforts in the state. We are strengthened by the enthusiasm and organizational skills of Holli Kelly, Ph.D., our Executive Director. We are strengthened by a committed board of directors and actively engaged membership.

PRESIDENTIAL THOUGHTS
Bowden Templeton
(Continued)

These will serve us well as GAMFT transitions to an Independent Affiliate in the new structure of AAMFT.

In 2018, our activities will include:

- A bimonthly Newsletter to apprise members of news in the state regarding the profession
- Chapter meetings and workshops with CEUs
- Dedicated advocacy and professional representation in the state legislature
- Annual Spring Conference at the Jekyll Island Convention Center featuring Dr. Andrea Whittenborn and Salia Subramaniam

In closing, this is a critically important moment for GAMFT, and, in my assessment, we need to return to a core value of the organization, relationships. When I first got involved in GAMFT in 2000, what struck me most was the strength of the relationships among members across the entire state. Each year, members eagerly anticipated traveling to the spring and winter conferences to learn from and relax with friends and colleagues. Chapter meetings posed similar opportunities. I saw members routinely turn to one another for guidance and support. I do not mean to imply we are neglecting our professional relationships, but in light of the changing structure of AAMFT, I ask us to think about how we might strengthen them. What can you do to get to know your professional neighbors and engage your professional organization? How might you nurture new relationships and encourage new colleagues to join our organization? What can GAMFT do to help?

Maintaining the strength of the organization will require concerted effort from every member. As of June 2018, GAMFT membership will no longer be coupled with AAMFT membership. National dues are \$216.00 and you will have the option to tailor your AAMFT membership benefits by opting in to join GAMFT and other engagement programs at an additional charge. Geographic groups such as GAMFT will continue to focus on advocacy, networking, and education. Beginning in 2019, topic focused groups will bring together like-minded therapists focused on the growth of dedicated areas of the profession. Fees to join these groups provides access to networking, specialized education and training, and advocacy.

Because of these changes, it is no longer the case that by joining AAMFT you join GAMFT. GAMFT will be an Independent Affiliate of AAMFT and we want all members to know that initiating or renewing GAMFT membership requires the additional step of selecting GAMFT on the application or renewal form. Please continue to support GAMFT and the profession by selecting this option. As a reminder, benefits of membership are outlined later in this newsletter. As more specifics are learned, we will keep you informed, but in the meantime please do not hesitate to call Holli or me with questions.

I look forward to seeing everyone at Jekyll. Thanks for all you do for the profession!

STUDENT LOBBY DAY
SET FOR FEBRUARY 22

Carl Johnson, Chair
Legislative/Governmental Affairs Committee

I believe that to succeed individually as marriage and family therapists, we must also succeed collectively; that is, in order to obtain jobs and grow our practices, we must work together to defend and advance the profession of marriage and family therapy. In large measure this involves being active politically – including getting to know our State Representatives and Senators, supporting those whose values we share and, when necessary, advocating with them regarding issues that affect the health and welfare of our profession.

Those of us who worked to obtain licensure, privileged communication protection, insurance reimbursement and, most recently, specific authority to diagnose for marriage and family therapists know this well. But if our profession is to remain strong we must pass this value on to the next generation of MFTs. To this end, in 2011 GAMFT began sponsoring Student Lobby Day in order to help the newest members of our profession become familiar with the process of legislative advocacy. At this year's gathering participants will be lobbying their State Senators and Representatives in support of our bill to authorize MFTs to sign 1013/2013s – certificates that require emergency transportation by a peace officer of clients who are a danger to themselves or others to an emergency receiving facility to be evaluated by a psychiatrist or psychologist for possible commitment..

And so we are again encouraging all GAMFT Student Members to join us at the Central Presbyterian Church, across Washington Street from the Capitol in Atlanta, from 9:30 am to 1:00 pm on Thursday, February 22 for our eighth annual Student Lobby Day. We will meet in the Brotherhood Room. The program will begin with an explanation of the fundamentals of legislative advocacy and a discussion of “talking points” regarding our bill. We will then go across the street in order to tour the Capitol and allow student participants to meet their Senators and/or Representatives and ask for their support.

Learning how to be an effective advocate for MFT is a significant part of being a member of this profession. And authorizing MFTs to sign 1013/2013s is important to the ongoing health of the profession. Consequently, I urge every student member to attend.

EMBRACING TRANSITION

Michael Lee Cook, Vice-President

On August 28, 1963, Dr. Martin Luther King, Jr. delivered his famous “I Have a Dream” speech at the Lincoln Memorial in Washington, D.C. That day, he spoke to a hopeful but anxious nation. The heartbeat of his message was an invitation to America to embrace sweeping cultural, social, and psychological transition.

Dr. King knew that he was up against the odds in his quest, but was passionate about moving the nation from a state of segregation and inequality to a place of integration and equality. He knew that anything less would hamper the long-term viability and relevance of America. It was simply transition that had to be embraced.

If history teaches us anything, it teaches that meaningful transition is often very difficult and challenging. Indeed, transitions often press us to rethink, reevaluate, and reimagine our identities, histories, relationships, callings, and priorities. As family therapists, we regularly bear witness to such challenges in the lives of the individuals, couples, and families we care for, and even in our personal and organizational lives.

GAMFT, along with AAMFT, is in the process of profound transition. As an organization, GAMFT is transitioning from a *Division* of AAMFT to the position of an *Independent Affiliate* of AAMFT. Naturally, this transition inspires legitimate hope, anxiety, and uncertainty, but is also pregnant with boundless opportunities.

Most profoundly, the transition provides us the opportunity to strengthen our identity in the field of mental health; bolster employment opportunities for the next generation of family therapists; maintain strong state and national legislative activities; open the way to greater diversity and inclusion in both theory and practice; and challenge us to lay a strong and sustaining foundation for systems thinkers for generations to come.

The only constant in life is transition. Those who embrace transition often flourish, while those who reject or resist transition often flounder. Every generation, organization, and nation must be prepared to deal constructively with transition. Practically, this means seeing transition as an opportunity to grow rather than a threat to a cherished past.

To be a family therapist is to be a profound dreamer and systems changer. We are trained to see things not as they were or are, but as they can be. Dreaming requires an open heart, open mind, and open spirit. Most of all, dreaming requires embracing transition. Let us dream and transition together and make GAMFT a better professional home for all. Will you accept the invitation?

SAVE THE DATE

GAMFT 2018 Spring Conference

Strengthening Bonds: Using Emotionally Focused Couple Therapy to Treat Depression

Andrea K. Wittenborn, Ph.D. & Saïla Subramaniam, M.C.



The GAMFT Annual Spring Conference will be held at the Jekyll Island Convention Center, May 3- 6, 2018.

CLASSIFIED ADVERTISEMENTS

EMPLOYMENT OPPORTUNITY: Seeking Fully Licensed Professional Counselor, Marriage & Family Therapist or Clinical Social Worker: Eagle Ranch, a Christian children's home in Georgia, has an immediate opening to work in their girls' program.
eagleranch.org/employment/counselor

EMPLOYMENT OPPORTUNITY: Accelerated Recovery Centers is seeking experienced LMFTs for Full-Time and Contract openings in our Family Systems Program. For more information, please contact Scott Ferguson at 678-429-3958 or at sferguson@iwanttostopnow.com. Days, Nights and Weekends.

EMPLOYMENT OPPORTUNITY: Seeking Fully Licensed Professional Counselor, Marriage & Family Therapist or Clinical Social Worker: Eagle Ranch, a Christian children's home in Georgia, has an immediate opening to work in their boys' program.
eagleranch.org/employment/counselor

EMPLOYMENT OPPORTUNITY: Seeking Fully Licensed Therapist To Join Private Practice in Roswell
Wellview Counseling is seeking a fully licensed therapist to join a growing private practice in Roswell. I am seeking a 1099 contractor who is a fully licensed therapist in GA (LPC, LCSW, LMFT). Experience with children, adolescents and families preferred. Clinician would have flexible hours for initially a PT caseload and opportunity to grow to a FT caseload if desired. Some evening and/or weekend hours are required. Office is located in Roswell/Alpharetta area in warm and friendly office space with several other mental health providers serving children and families. This is a contractor position without any health benefits, and contractor is responsible for paying own taxes. Please send questions and resume to ashleybobo@wellviewcounseling.com or call (678)288-6221.

NORTH GEORGIA SUPERVISION: Safe, encouraging and non-judgmental learning with Mary Carlson, PhD., LMFT. Many Years Experience. AAMFT Approved. 770-393-8964

SPACE: Comfortable, quiet, fully furnished 12' x 14' office in a two-office suite in North Decatur. Just inside I-285 on Lawrenceville Hwy. Wi-fi, fridge, copier-fax. Part-time Monday, Tuesday and/or Wednesday. One day, \$150/mo. Two days, \$275/mo. All three days, \$375/mo. Charles Matthews, LMFT, (770) 414-5800, or email to GetMarriageHelp@gmail.com.

Attention GAMFT Members! We'd love to hear from YOU!

In addition to sharing relevant information with our members, the goal of the GAMFT newsletter is to strengthen our MFT community by supporting and promoting connection and inclusiveness through sharing our collective wisdom, resiliency and enthusiasm. Therefore, the more of us who contribute our knowledge, experience, and ideas, the richer our GAMFT family becomes.

We encourage members to make submissions including clinically related articles that offer educational and/or inspirational insights to your colleagues, reviews such as books or movies that may be valuable to MFT's, or any relevant information on issues involving the GAMFT community. Please note that this does not include advertisements for workshops, employment or office space so please refer to the protocol for these submissions in the advertisement section. All submissions will be printed in full as received whenever possible but are subject to editing for length, clarity, readability, grammar, spelling, biased language, and appropriateness. Opinions expressed in the GAMFT newsletter do not necessarily reflect the opinions of GAMFT. Submission of an article does not guarantee its publication.

Submission Guidelines are as Follows:

Guidelines and recommendations for an article is maximum word count of 920 for full page; recommend maximum 750 word count with photo. Word counts also include approximately 690 for 3/4 page, 460 for 1/2 page, 230 for 1/4 page. We do recommend and encourage including a professional photo of the author, as well as specific listing of name and credentials as they should appear with the article. Please submit a 1-2 line biography of the author as well to be added at the end of the article.

The Newsletter is published on the 1st of February, April, June, August, October, and December. Submissions need to be received by noon on the 20th of the month prior to the newsletter going out that you would like your submission included in. Therefore, if you want to publish in the April newsletter, you will need to have your submission in by March 20th.

Articles can be submitted in Word format to Holli_Kelly@gamft.org and any questions can be directed to our Executive Director, Dr. Holli Kelly, at the above email address or by calling 404-374-4192.

We look forward to hearing from you and including your voice in this process! Thank you!

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Georgia Association for Marriage and Family Therapy

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ADDRESS SERVICE REQUESTED

**Please call GAMFT to report changes
in your address, phone, etc.
at 404-261-1185 or 404-506-9553.**

**The GAMFT newsletter is published
bimonthly. A subscription is included
with GAMFT membership. Non-
members may receive the newsletter by
paying an annual subscription fee of
\$15.00.**

**Submit articles and ads to:
GAMFT NEWSLETTER
P.O. Box 29745
Atlanta, GA 30359
FAX: 404-506-9553
e-mail address:
office@gamft.org**

**Deadline is the 1st day of odd numbered
months.**

Advertising Rates

Classified (up to 35 words) \$35.00
1/4 page (3 1/2 x 4 5/8) \$70.00
1/2 page (7 5/8 x 4 5/8) \$140.00
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