

MAY/JUNE 2018

PRESIDENTIAL THOUGHTS
Bowden Templeton, PhD, President



WOW, what a wonderful conference! Please join me in thanking our speakers, Dr. Andrea Whittenborn and Saila Subramaniam, for their thoughtful and informative presentation. I've heard numerous comments about the strength of their work and the warm, engaging style in which it was presented. And please join me in thanking our pre and post-conference presenters from across Georgia: Kathryn Klock-Powell, Rachel McCrickard, Ashley Moore, Courtney Geter, Jaclyn Brandt, Brooke M. French, Andrea Meyer, and Steve Livingston. Last, but certainly not least, thank you to the staff, conference committee and student volunteers whose hard work contributed to a successful conference. Just as we had hoped, it was a period of community, collegiality, learning, rest, and relaxation. And it was fun too! The work in planning future conferences is always ongoing so please let us know topics and specific speakers that are of interest to you. Feel free to write Holli with suggestions. Holli_kelly@gamft.org

In the coming weeks, GAMFT will submit documents required to finalize its transition to the status of an Independent Affiliate of AAMFT. In many ways, members won't notice any changes in day to day operations, but the transition to Independent Affiliate clearly marks a new period for the organization.

This is reflected in Georgia's MFT landscape wherein, as I've mentioned before, there is such strong history and tradition and so many new, eager, and invested faces with fresh ideas. It's also reflected in the GAMFT Board of Directors comprised of members who have been around awhile and members who are newer to the profession. This is wonderful, but also concerning in that we may be making assumptions about a shared vision of purpose and priorities. Help us further the conversation and create a shared vision of purpose and priorities by sharing your ideas. Change represents opportunity.

In the February newsletter I wrote about GAMFT's "tradition of meeting challenges by taking the strengths of the past, blending them with the present, and charting a renewed future." In April I wrote that GAMFT's purposes "include promoting the professional interests of MFTs, representing MFT interests to the public and before government bodies, establishing and maintaining professional standards, and furthering the MFT profession." Obviously our future has been on my mind, and now it's time for action. At the next Board of Directors meeting in August, we will continue the process of fostering shared vision and establishing related objectives born of the coupling of the history and tradition of GAMFT with new energy and fresh ideas. To that end...

NOW is when we need to hear from you. Each of you represent the future of the organization and GAMFT needs and welcomes your voices; we need to know what you think, what you need, and what you want. We need to hear your solutions and ideas for implementing them. Please take time to talk with one another about your ideas and share them with chapter leaders and board members. They are critical to our successful planning. We're here for you. Please call or write. My office number is 478-301-4077; templeton_gb@mercer.edu.

A WORD FROM THE TREASURER

James Bickers
Treasurer, GAMFT

I know what you are thinking. Oh, no! A report from the Treasurer. In the words of Nedemeyer from Animal House, "Remain Calm! All is well!". There are only two quick things that I would like to call your attention to.

With the restructuring of AAMFT, please encourage LMFT's who are renewing their membership to "opt in" for GAMFT when they do their renewal. Dues are an important factor in our survival and maintaining the quality of work that GAMFT provides its members.

Secondly, some may not be aware that we have a Political Action Committee. During this election year, it is important to have money in this account as we push for legislation for LMFT's in Georgia. The other reason that we need to add to this account is that we are losing \$15 a month in bank dues if our account is below \$500. It doesn't sound like much until you total that for the year, and we are trying to save money in any way that we can. We are just below that \$500.



I hate to sound like a current Jerry Lewis and to beg for money. However, if you can find a way to donate to this account it would be greatly appreciated. I don't care if it is \$1 or \$5. If you find that you can do this, please use a personal check (no business checks or Chapter Checks) made payable to GAMFT PAC. You can mail that to me at 3826 Winchester Pl, Valdosta, Ga. 31602 or to the GAMFT Office at PO Box 2975, Atlanta, Ga., 30359-0745. Thank you for your consideration to this matter. It is my pleasure to serve as treasurer and I appreciate everyone's support to this organization.

NEWS FOR APPROVED SUPERVISORS

Pat Harwell, MN, LMFT
Approved Supervision, Chair

Rule Changes at the Composite Board: In 2017, MFT members of the Composite Board began the process of reviewing and updating rules related to AMFT and MFT licensure. A public hearing was held at the December Composite Board meeting but adoption was tabled in order to give time for further review. Presently, the proposed changes are in review by the State Attorney General's office and when that part of the process is completed, the rules will be posted on the Board website for 30 days for public review. Several of the proposed changes relate to the practice of supervision and to the documentation of supervision hours required of supervisors and applicants. Therefore, it is of *upmost importance* for Approved Supervisors to visit the Composite Board's website and begin the process of familiarizing themselves with the proposed changes. Having reviewed the first draft of the new rules, I believe they will be of great help in clarifying time lines and expectations of both the Supervisor and the supervisee. For example, some of the proposed changes clarify time frames for *starting the clock on accumulating post graduate experience hours* and for the submission of *Contract Affidavits for Post Graduate Experience and Supervision*. Further changes include the requirement that Supervisors will have been licensed a minimum of 3 years before their supervision qualifies to meet an applicant's requirement for licensure. Other changes include rules which explicitly prohibit Supervisors from providing supervision for family members or others with whom they have dual relationships. **Now is the time for Approved Supervisors to begin the process of familiarizing themselves with the changes which have been proposed and will soon be voted upon. If a Supervisor has concern about the rules as currently proposed, he or she may express that concern by emailing Brig Zimmerman, Executive Director of the Composite Board at: jzimmerman@sos.ga.gov**

AAMFT Update on the Supervision Refresher: AAMFT continues to retain ownership of both the 30-hour Fundamentals of Supervision course and the 6-hour Supervision Refresher. At the present time, the **30-hour Fundamentals** course is offered *online* and in *COAMFTE accredited doctoral programs* and the **Supervision Refresher** is offered *only online* and at the *Spring Leadership Conference* and the *Fall National Convention*. Presently, AAMFT is *not accepting applications* for instructors of Supervision Refresher. This means that when the time comes to renew their designation, GA Approved Supervisors must make arrangements to take the Refresher

through AAMFT. The AAMFT website states that anyone wishing to apply to teach these courses may email AAMFT at learning@aamft.org to express interest and request notification as to when applications may be submitted.

SELF-CARE...THE OTHER S-WORD
Tequilla Hill, LMFT, PhD
Continuing Education, Chair



The practice of psychotherapy is unique, creative, and multifaceted. Although therapists are trained to care for others, we often do a poor job of care for ourselves. Self-Care is defined as the integration of a therapist's emotional, social, physical, and spiritual health. In essence therapist self-care encompasses understanding and attending to the needs of one's self; balance in one's life; the quality of one's life; serves as protection against burnout; influences client care; and is related to connecting to social support systems.

Creating a daily/weekly self-care plan would be a great way to start giving attention to and managing your self-care. Take some time to ask yourself what you need on a daily basis to refuel and reset in order to operate at your apex in your clinical work. However, before you do that, please take a few moments to explore your current thoughts and practices about self-care.

Therapist Self-care Self-Assessment

1. How important is self-care to you?
2. What do you need to refuel and refocus daily?
3. What shifts do you need to make to meet your self-care needs?
4. How would your clinical work be influenced if you were attending to your self-care?

5. How would your personal life be influenced if you were managing your self-care?

The practice of self-care is an intentional, ongoing, and advantageous practice. Although the above-mentioned statement may seem obvious, it is easy to fall into a routine of daily life which may deny the energy needed to attend to caring for the self. Caring for ourselves deserves to be looked upon from the perspective of resource management. Likewise, therapists must continually develop and cultivate their most precious resource which is ultimately themselves.

HAVE A GREAT SUMMER!



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.**

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