

**Georgia Association for
Marriage and Family Therapy**
P.O. Box 29745
Atlanta, Georgia 30359

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Georgia Association for Marriage and Family Therapy



Fortieth Annual Spring Conference

The Ideas and Practices of Narrative Therapy Within the Context of Trauma



**Paul Gallant,
PhD, LCSW, LMFT**

May 2 – 5, 2019
Jekyll Island Convention Center
Jekyll, Georgia

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CONFERENCE REGISTRATION FORM

GAMFT Fortieth Annual Spring Conference

May 2 - 5, 2019

Name (last, first) _____ Degree _____

Spouse (if registering below for conference) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Office Phone _____

PRE-CONFERENCE INSTITUTES (Choose only one)

- #1 - Walk-and-Talk Therapy: An Integrated Approach to Wellbeing
 (2 CE hours) \$ 50.00 _____
- #2 - Love Cycles, Fear Cycles: The Essence of Couples Therapy
 (2 CE hours) \$ 50.00 _____
- #3 - In Your Skin: Strength Based Therapy with Transgender Individuals
 (2 CE Hours) \$ 50.00 _____

MAIN PRESENTATION (Price includes lunches)	Postmarked By April 4	Postmarked After April 4	
The Ideas and Practices of Narrative Therapy Within the Context of Trauma (10 CE hours)			
<input type="checkbox"/> GAMFT Clinical Fellow, Member or Affiliate Member	\$260.00	\$285.00	_____
<input type="checkbox"/> Non-Member	\$310.00	\$335.00	_____
<input type="checkbox"/> Full-time Student (Include copy of student ID) or GAMFT Pre-Clinical Fellow or Associate Member	\$145.00	\$175.00	_____
<input type="checkbox"/> GAMFT Retired Member	\$180.00	\$210.00	_____
<input type="checkbox"/> Non-therapist/Non-practicing Spouse	\$180.00	\$210.00	_____

VEGETARIAN FARE

- I prefer vegetarian lunches.

ADDITIONAL LUNCH RESERVATIONS FOR GUESTS

- Friday Total # _____ (# Vegetarian _____) each \$ 25.00 _____
- Saturday Total # _____ (# Vegetarian _____) each \$ 25.00 _____

SUNDAY WORKSHOPS

- Innovative Interventions for Families in Conflict (3 CE hrs) \$75.00 _____
- Medical Family Therapy: Trauma and Women's Health (3 CE hrs) \$75.00 _____

CE FEE (Required for CE Certificate)

- Circle License(s) Held: MFT PC SW Psy \$ 10.00 _____

TOTAL ENCLOSED \$ _____

Mail-in registrations must be postmarked by April 18, 2019. No refunds can be given after April 18, 2019. Before April 19, refunds minus a \$25.00 administration fee will be granted upon notice of cancellation. For additional information call GAMFT at 404-261-1185 or visit: www.gamft.org

Please mail this form and check payable to GAMFT to:
GAMFT Spring Conference – P.O. Box 29745 – Atlanta, GA 30359

HOTEL RESERVATION INFORMATION

The Westin Jekyll Island
To make a reservation call
(912) 635-4545

Georgia Association for Marriage and Family Therapy
May 2 - 5, 2019

Please reserve rooms as specified for:

Name _____

Address _____

City _____ State _____ Zip _____

Phone
(Office) _____ (Home) _____

Number of people _____ Number of beds requested _____

Room Type (see below) _____ 2nd choice _____

Arrival Date _____ Departure Date _____

All reservations must be guaranteed by a credit card or a deposit for the first night's room rate:

Credit Card Type _____ Credit Card Number _____

Expiration Date _____ Signature _____

Deposit of \$ _____ enclosed

Deposits will be refunded only if cancellation notification is given up to 14 days prior to arrival.

Reservations received after April 5, 2019 will be provided on space-available basis.

ROOM TYPE SELECTIONS:

Island View	\$204.00
Ocean View	\$267.00
Ocean Front	\$307.00

Please call The West Jekyll Island Reservations Department at (912) 635-4545 to reserve a room.

Check-in time 4:00 p.m.

Check-out time 12:00 p.m.

WELCOME!

On behalf of the GAMFT Board of Directors and the Conference Planning Committee, I am excited to extend an invitation for you to attend the 40th annual GAMFT Spring Conference. Due to strong and committed membership in Georgia, the GAMFT spring conference is one of the most successful of the AAMFT divisional conferences. The program this year will provide a variety of topics for advancing professional clinical skills; encourage meaningful networking; and the opportunity to meet professional continuing education requirements. In our fifth year at Jekyll Island, there is also ample opportunity to enjoy the beautiful setting while learning, connecting, and reconnecting to other passionate professionals. My hope is that you leave this conference inspired and reinvigorated about the profession of family therapy and your place within the field of mental health!

Our keynote speaker, Dr. Paul Gallant, is well-known in the field of mental health and to couple and family therapists. Paul is an international speaker and Co-Founder of the Narrative Therapy Institute. He also served as an Associate Professor in the Marriage and Family Therapy Program at Mercer University for 27 years. Paul will present the topic: "The Ideas and Practices of Narrative Therapy Within the Context of Trauma." This timely topic will provide great learning in support of your clinical and professional practice with couples and beyond. Attendees will learn the power, effectiveness, and practicality of narrative therapy in treating clients struggling through traumatic experiences. Truly, this is an exciting opportunity to learn from an experienced, passionate, and relevant scholar-practitioner in the field!

Pre-conference workshops were carefully selected to further your opportunities for learning and growth. The pre-conference sessions are: "Walk and Talk Therapy: An Integrated Approach to Wellbeing"; "Love Cycles, Fear Cycles: The Essence of Couples Therapy"; "In Your Skin: Strength Based Therapy with Transgender Individuals." Additional workshops will be offered on Sunday. They are as follows: "Innovative Interventions for Families in Conflict" and "Medical Family Therapy: Trauma and Women's Health." Between sessions, be sure to meet and network with our outstanding conference sponsors. These organizations share a wealth of knowledge about services and resources to enhance your professional practice.

As always, the conference schedule is intentionally designed to maximize your learning opportunities and facilitate your enjoyment of the beach setting and other leisure activities. Continental breakfast and lunch are conveniently offered at the Jekyll Island Convention Center for attendees during the conference. Attendees are encouraged to discover Jekyll Island's many delightful dining establishments for dinner with friends and colleagues. Whether you enjoy lounging by the sea, biking, shopping or history, Jekyll Island offers a wealth of options for relaxation and fun!

Finally, we invite you to kick off your conference at the Friday evening cocktail party. Connect with old friends and colleagues and make new ones at this casual and fun social. We look forward to seeing you at this year's conference!

Sincerely,

Michael Lee Cook, VP of GAMFT, Conference Chair

CONFERENCE PROGRAM

Thursday, May 2, 2019

12:00 – 5:00 p.m.	REGISTRATION	Jekyll Convention Center
3:00 – 5:00 p.m.	PRE-CONFERENCE INSTITUTES	
	#1 Walk-and-Talk Therapy: An Integrated Approach to Wellbeing Denice Crowe Clark, LMFT, BC-TMH	Jekyll CC
	#2 Love Cycles, Fear Cycles: The Essence of Couples Therapy David Woodsfellow, PhD	Jekyll CC
	#3 In Your Skin: Strength Based Therapy with Transgender Individuals Nina M Kennedy, LMFT	Jekyll CC
5:15 – 6:00 p.m.	GAMFT Executive Committee Meeting	Westin Hotel
6:00 – 7:00 p.m.	GAMFT Board Dinner	Westin Hotel
7:00 – 9:30 p.m.	GAMFT Board Meeting	Westin Hotel

Friday, May 3, 2019

8:00 – 8:30 a.m.	REGISTRATION and COFFEE	Jekyll CC
8:30 – 10:00 a.m.	WELCOME Bowden Templeton, President	Jekyll CC
	INTRODUCTIONS Michael Lee Cook, Vice-President	
	MAIN PRESENTATION The Shift to Healing Centered Care in Trauma Work and the Principles of Narrative Therapy Paul Gallant, Ph.D.	
10:00 – 10:15 a.m.	BREAK	
10:15 – 11:45 a.m.	The Power of Double Listening in Bringing Forth Stories of Resilience, Courage, and Hope (Video demonstration) Paul Gallant, Ph.D.	

CONFERENCE INFORMATION

All sessions will be held at the Jekyll Island Convention Center.

All hotel accommodations will be at the West Jekyll Island.

Accommodations are available at a discounted rate for conference participants at the Westin Hotel Jekyll Island – (912) 635-4545. A block of rooms will be held for conference participants until then. **After April 5th, these rooms will be released to the general public and reservations will be taken on a space available basis.**

Other nearby accommodations includes:

Days Inn: 60 S Beachview Dr, Jekyll Island, GA 31527, (912) 635-9800, Single and Double rooms

Best Western: 301 Main St, Saint Simons Island, GA 31522, (912) 638-7805, Guest rooms and Suites

Holiday Inn Resort: 701 N Beachview Drive, Jekyll Island, GA 31527, (877) 859 5095, Guest Rooms and Suites

Quality Inn and Suites: 700 N Beachview Dr, Jekyll Island, GA 31527, (912) 635-2202, Guest Rooms and Suites

Hampton Inn: 2204 Demere Rd, Saint Simons Island, GA 31522, (912) 634-2204, Guest Rooms and Suites

The Friday evening Cocktail Party will be held from 5:00 to 6:30 p.m. at the Westin Hotel Jekyll Island Hotel. There will be a cash bar and light hors d'oeuvres will be served.

Books will be on display and for sale at the Jekyll Island Convention Center. Book sales are being offered by Charis Books and More of Atlanta.

CE hours are automatically Core hours for Georgia MFTs because this conference is sponsored by GAMFT. CE approval has been applied for from the Georgia Chapter of NASW and LPCA of Georgia. This conference meets the requirements of Area III Continuing Education for Georgia psychologists. **Please be sure to add the \$10.00 CE fee on your registration form to obtain your CE certificate.**

POSTER PRESENTATIONS:

In order to encourage student participation in GAMFT, and in order to provide a forum for students in Georgia's MFT graduate programs to present papers and research to a broad professional audience, we offer student poster presentations as part of the conference. Proposals regarding research projects or non-research papers were solicited from Student Members of GAMFT, and submissions were reviewed blindly by a committee of readers. The poster presentations that were selected will be displayed during our Friday night cocktail hour and student presenters will answer questions and discuss their presentations. CE credit is also available for this portion of the conference to any attendees.

Call for Abstracts: GAMFT encourages dialogue and the sharing of information and knowledge within its membership. Toward that end, we invite all members to submit proposals for the 2-hour Pre-Conference Institutes and Student Members to submit proposals for Poster Presentations at the 2020 Spring Conference. For more information, check the *GAMFT Newsletter*, contact the GAMFT office at (404) 261-1185, or look for the "Call for Presentations" handout in the conference folder that you receive when you register.

SPONSORS

The GAMFT Annual Spring Conference is a well-known, respected conference in a relaxed resort setting attended by therapists from all mental health disciplines from across the Southeast.

- Each year we welcome approximately **200-250 conference attendees** with various levels of training and a wide variety of special interests and needs for your services and products.
- We offer **six levels of sponsorship** from which to choose in order to meet your marketing goals and budgets.

Platinum Sponsor (\$2,250)

Diamond Sponsor (\$1,500)

Presidential Sponsor (\$1,250)

Premiere Sponsor (\$1000)

Gold Sponsor (\$750)

Silver Sponsor (\$500)

Many of our sponsors return year after year and we are pleased to welcome previous and new companies and organizations. We value the relationships and the support of our sponsors who are an integral part of our annual gathering. Call us for more information and we're happy to discuss our remaining sponsorship opportunities still available. Don't delay! Space is limited. Contact the GAMFT office at: 404-261-1185. Or email us at: office@gamft.org.

Westin Jekyll Island & Jekyll Island Convention Center



CONFERENCE PROGRAM

Friday, May 3, 2019

11:45 – 12:30 p.m.	LUNCH <i>Included in the conference fee.</i>	Jekyll CC
12:30 – 2:30 p.m.	The Skills of Externalizing, Rich Story Development, and the Absent but Implicit in Action Paul Gallant Ph.D.	Jekyll CC
5:00 – 6:30 p.m.	COCKTAIL PARTY <i>Light hors d'oeuvres and cash bar</i>	Westin Hotel
	STUDENT POSTER PRESENTATIONS (1.0 CEU avail) <i>Light hors d'oeuvres and cash bar</i>	
	❖ Please join us and mingle with fellow GAMFT Members and Students	

Saturday, May 4, 2019

8:00 – 8:30 a.m.	ANNUAL GAMFT BUSINESS MEETING	Jekyll CC
8:00 – 8:30 a.m.	COFFEE	Jekyll CC
8:30 – 10:00 a.m.	The Contributions of Memory Theory and Neuroscience to Healing from Trauma (Video demonstration) Paul Gallant Ph.D.	
10:00 – 10:15 a.m.	BREAK	
10:15 – 11:45 a.m.	Outsider-Witnessing and other Definitional Ceremonies (Video demonstration) Paul Gallant Ph.D.	
11:45 – 12:30 p.m.	LUNCH <i>Included in the conference fee.</i>	Jekyll CC
12:30 – 2:30 p.m.	Reclaiming Safety, Mastery, Joy, and Consistency in Addressing Children with Complex Trauma Histories (Video demonstration) Paul Gallant Ph.D.	

Sunday, May 5, 2019

9:00 – 12:00 p.m.	SUNDAY WORKSHOPS: Innovative Interventions for Families in Conflict Elizabeth A. Bizzell, LMFT Medical Family Therapy: Trauma and Women's Health Beverly Smith, Ph.D, LPC	Jekyll CC
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MAIN PRESENTATION

The Ideas and Practices of Narrative Therapy Within the Context of Trauma Paul Gallant, Ph.D.

Current trauma research confirms what we know from our clinical experience: that interpersonal abuse, whether physical or psychological, is associated with the most severe and enduring negative effects. People who have experienced significant trauma struggle with feelings of emptiness, desolation and despair. People report being overwhelmed by a sense of hopelessness and paralysis and the belief there is little they can do to affect the shape of their lives. Trauma restructures our bodies and our brains in ways that disrupt the ability to fully experience safety, trust, mastery, and joy in our lives.

In this presentation, we will examine the significant contributions of Narrative Therapy in assisting people to minimize and abate these negative effects of trauma. Drawing on interpersonal neuroscience and memory theory to support the work, Dr. Gallant will highlight the many innovative therapy practices of Michael White. He will use clinical video and live demonstration in presenting the skills of re-authoring conversations, definitional ceremonies, outsider-witnessing, externalizing the problem, the absent but implicit, categories of questions, rich story development, double listening, and other practices used in the revitalization of a person's sense of self and strengthening of one's place in the world.

Learning Objectives:

In this presentation, participants will:

1. Learn Narrative Therapy practices and skills;
 2. Learn the philosophical and theoretical underpinnings of Narrative Therapy;
 3. Learn to apply Narrative Therapy ideas to the work of healing from trauma;
 4. Learn what interpersonal neuroscience research and memory theory contribute to trauma work.
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SUNDAY WORKSHOPS (3 hours)

For all interested therapists.

Innovative Interventions for Families in Conflict Elizabeth A. Bizzell, LMFT

Families are increasingly held captive by serious patterns of negative interactions. These interactions are characterized by responses of avoidance and abdication of roles. Children and adolescents are at risk of serious consequences when families remain trapped in this gridlock. Therapists often feel unequipped to affect change when presented with a family in high conflict. Intensive community supports are often needed but the high frequency of the services required can easily lead to "more of the same" interventions.

In this workshop, participants will learn how to get excited about providing dynamic and fresh interventions to support families in crisis. These key growth-promoting interventions, otherwise known as enactments, will help families practice new responses to familiar challenges.



Elizabeth Bizzell, LMFT is Clinical Director at Dynamic Interventions, Inc. in Warner Robins, Georgia and is also an AAMFT Approved Supervisor. Elizabeth specializes in home-based therapy with children, adolescents, and their families. A graduate of Mercer University School of Medicine, Elizabeth is committed to building family process in the underserved areas of Georgia.

Medical Family Therapy: Trauma and Women's Health Beverly Smith, Ph.D, LPC

This session discusses the vital role of Medical Family Therapy in the comprehensive healthcare system for women. With the various celebrations and challenges of life, women often have traumatic experiences that are suitable for specialized mental healthcare services from a system's perspective. Thus, this session will address the necessity for Medical Family Therapy for women across the life span that is inclusive of essential components of individual health and population health.



Dr. Beverly Smith is the owner of BSmith Consulting Group and has over 22 years of Behavioral Healthcare experience in a variety of settings. She is a keynote speaker, psychotherapist, adjunct professor, behavioral specialist, coach and consultant. She has presented to different audiences across the lifespan in helping families, individuals, and organizations achieve wellness. Dr. Smith has several national and state credentials for the professional services in which she provides with compassion and excellence.

ABOUT THE MAIN PRESENTER

Paul Gallant, Ph.D, LCSW, LMFT



Dr. Paul Gallant is Co-Founder of the Narrative Therapy Institute, LLC with his wife, Virginia Maxfield, LCSW. They are in full time practice working with children, adolescents, adults, couples, and families in Athens, Georgia. In addition, they provide training, supervision, and consultation on Narrative Therapy ideas and practices at the local, national, and international level. Paul recently retired from 27 years of academic teaching, most recently as Associate Professor, Masters of Family Therapy Program, Department of Psychiatry and Behavioral Sciences, Mercer University in Macon and Atlanta. He served as Clinical Director in the family therapy clinics at Barry University, Orlando campus and at Mercer University, Macon. He also served

as Coordinator of the Narrative Therapy Research Consortium while at Nova Southeastern University in their masters and doctoral family therapy programs.

Paul has worked at developing his craft as a family therapist and educator since earning his MSW degree from Dalhousie University in 1975, and his Ph.D. in Marriage and Family Therapy from Florida State University in 1988. With over 40 years of direct clinical experience, Paul has offered workshops and training in Narrative Therapy in the United States, Canada, Cuba, Mexico, Colombia, and England. Passionate about applying the ideas and practices of Narrative Therapy, Paul has written numerous articles and book chapters about his work with people who have been challenged by habits of self-harm, people whose self-identities have been affected by trauma and abuse, couples whose relationships have been threatened by conflict, and young people whose lives are governed by hopelessness. He is known for his use of the “metaphor of strength” in work with children.

Paul is an AAMFT Clinical Fellow and Approved Supervisor.

PRE-CONFERENCE INSTITUTES (2 hours)

#1. Walk-and-Talk Therapy: An Integrated Approach to Wellbeing Denice Crowe Clark, LMFT, BC-TMH

For all interested therapists.

Walk-and-talk therapy, where psychotherapy sessions occur outdoors in a natural setting while client and therapist walk side-by-side, is gaining popularity as evidenced by increased media attention (Chillag, 2017; English, 2015) and recent academic research (Jordan 2015; Revell & McLeod, 2016; Revell & McLeod, 2017). Therapists who incorporate walk-and-talk therapy in their practices believe in the benefits of physical activity, nature exposure, and psychotherapy, for overall wellbeing including mental and physical health, and the literature supports benefits to wellbeing for each component individually and in combination. Researchers studying walk-and-talk therapy from the therapists’ perspective uncovered perceived benefits, as well as hindering factors associated with the practice.

This presentation will explore the research to date regarding walk-and-talk therapy, as well as address potential risks and benefits of the practice. In addition, the presenter will discuss ethical and practical considerations for therapists desiring to incorporate walk-and-talk therapy sessions into their therapeutic repertoire.

OBJECTIVES:

1. Explore research regarding physical activity, nature exposure, and psychotherapy individually and in combination for overall wellbeing.
2. Explore the research to date regarding the practice of walk-and-talk therapy.
3. Discuss potential risks, benefits, ethical, and practical considerations for integrating walk-and-talk therapy into one’s practice.



Denice Crowe Clark is a 2008 graduate of Mercer University and owner of Sole to Soul Therapy & Consulting in Atlanta, GA. Denice’s private practice is a dedicated walk-and-talk therapy practice where she takes her sessions off the couch, outside, and walks side-by-side with her clients in scenic Piedmont Park in midtown Atlanta. Denice is currently pursuing her doctorate with Walden University where she is researching the clients’

perspective of walk-and-talk therapy.

PRE-CONFERENCE INSTITUTES (2 hours)

#2. Love Cycles, Fear Cycles: The Essence of Couples Therapy

David Woodsfellow, Ph.D.

For all interested therapists.

Many people come to therapy troubled about their relationships. They're usually stuck in some negative cycle that they can't get out of, no matter how hard they try. Our ability to see, understand and help them change these relentless cycles is an essential component of successful therapy.

This workshop presents an extremely user-friendly model for understanding these vicious cycles. The model is interesting, insight-producing and easy-to-remember. Clients like it and find it easy to understand. It clarifies what needs to change. Therapists find this model easy to use, even during a fast-moving session. This workshop is appropriate for couples therapists and individual therapists. It is also appropriate for therapists' life-partners. You and your partner might want to learn this model together so that you can apply it to your relationship together.

In time, every relationship finds its own negative cycle - the worst possible combination of the two people's issues. In this cycle, things worsen quickly. Each person threatens the other- again and again - leaving both people frustrated and hurt. Clients need to understand this negative cycle, so they can interrupt it and change it. In this workshop, we'll show you how to help them do that. We call this changing a fear cycle into a love cycle. When you help someone change their negative cycle to a love cycle, you've really helped them change their life. We'll give you a tool that has helped a lot of people do this.

Objectives:

Participants will be able to

1. Diagram the unique Fear Cycle in any client's relationship.
2. Clarify which behavior each person needs to change.
3. Clarify which feeling each person needs to learn to regulate.
4. Explain the unique Love Cycle in any client's relationship.



David Woodsfellow, Ph.D. For the last 25 years Dr. Woodsfellow's practice has been exclusively couples therapy. He's done 25,000 hours of couples therapy. In 2018, he co-authored [Love Cycles, Fear Cycles: Reduce Conflict and Increase Connection in Your Relationship](#), published by Select Books, NY. David is a graduate of Harvard, Antioch New England, UC Santa Barbara, and Georgia State University. He has trained extensively with Harville Hendrix, John Gray, John and Julie Gottman, and Terry Real.

#3. In Your Skin: Strength Based Therapy with Transgender Individuals Nina M. Kennedy, LMFT

For all interested therapists.

The workshop outlines important aspects to consider when providing competent strength-based therapy with transgender individuals and their families. The unique complexity and considerations required in effective therapy range from appropriate use and context of language. Language allows for understanding, acknowledgement, and validation of a transgender individual's experience. This is a key indicator of successful transition and treatment. A working knowledge of medical transitioning processes and resources is paramount. This includes aspects involving insurance coverage or procedures, participating providers, legal issues, requirements, and involvement of families where mandated. On a level of cultural competency, a therapist benefits from understanding the breadth of dominant social discourse shaping not only the individual and family, but all the systems involved. Negative impacts of prejudice and discrimination including suicide lethality rates, growth of hate crimes against transgender individuals, continued legislation prohibiting transgender individual rights, substance abuse, and ongoing significant mental health issues are ever present. As professionals, our due diligence requires us to understand and manifest an awareness of this growing visible population.

Continuing education for therapists in treating transgender and non-binary identifying individuals is minimal considering the growing need and spreading social discourse. In Georgia, transgender individuals seeking medical transition are required to receive mental health counseling, assessment and recommendation by a licensed provider. Competency in strength-based treatment requires current education and information relevant in areas of language and terminology, assessment tools, medical knowledge of transition procedures and resources, as well as growing relevant social impacts and influences.

OBJECTIVES:

1. Importance of Language with Identity
2. Therapist Self-Assessment of Competency
3. Assessment of Transition Readiness (ex reviewed: Adolescent and Family)
4. Understanding Growing Social Impacts and Place in the Therapy Process



Nina Kennedy is a Licensed Marriage and Family Therapist who is currently practicing with C. Williams and Associates, LLC in Savannah, Georgia. Nina received her master's degree in Marriage and Family Therapy at Valdosta State University and has been practicing in the field for over 15 years. Nina is a strong advocate and support for the LGBT community and provides continuous person-centered therapy services to this population and support systems in her practice.