

November 2020

GAMFT NEWS

The Official Newsletter of the Georgia Association for Marriage and Family Therapy



President's Message Reflections on Resilience

Andrea Meyer Stinson, PhD, LMFT

So much has changed since the last GAMFT newsletter, yet so many things have remained the same. We are all still in a stormy sea of pandemic stressors, racial injustices, and political tensions. I've heard it said that although we are all in this sea together, we are not all in the same boat. Some of us have access to support and resources that make the impact of the storm more bearable; others are holding on for their lives while trying to empty out a sinking vessel rapidly filling with water. Acknowledging the importance of context and privilege are essential to the practice of couple and family therapy in today's world.

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As I reflect on what my own privilege and resources have provided me in recent months, I am reminded of the concept of resilience. The most common definition of resilience is an ability to persevere and recover despite adversity, trauma, and stress. The process of building resilience is inherently tied to our immediate surroundings (family), larger systems (access and availability of resources and support), and context (experiences of discrimination and oppression). What underlies resilience at all levels is the ability to build and rely on supportive connections. From infancy to later adult life, we need each other, even more so during difficult times. We only learn how to regulate and manage distress as infants through nurturing and consistent interactions with an attuned caregiver. We also know that secure connections within family and intimate relationships is essential to our overall health and sense of intimacy and satisfaction in adulthood. Further, when there is a feeling of connection to the larger community, such as with neighbors and in the workplace, we feel less isolated and more supported. *Connections are essential to individual, family, and community wellness!*

When I discuss resilience with students and clients, I often talk about it as a muscle — something that requires individual effort to grow over time and must be developed within the right nurturing environment. However, I also talk about resilience in terms of the amount of stretching that a person (or system) can take before the

once flexible system breaks from extreme distress. This may be when the boat in the stormy sea can no longer take the rough waters and begins to breakdown. When we as individuals, families, and organizations are reaching this point, unable to access the

strengths and resources that help us to bounce back in difficult times, we must lean on each other and our connections to reduce the psychological and physical load. *Our connections matter!*

I have felt the stormy sea and the rough waters since taking on the role of GAMFT President in January 2020. In the months leading up to the pandemic, I discovered that our ability to financially support paid staff was no longer viable. A once thriving and resilient organization had reached a breaking point, where our financial reserves were low, and our morale was suffering. What happened over the next eleven months was amazing! As a board, we pulled together and worked as one. We leaned into our connections and tapped into our individual and group strengths. In the face this overwhelming adversity, we are steering GAMFT into becoming a more resilient organization. For that I am very proud of this board.

*A smooth sea
never made
a skilled sailor.*

-Franklin D. Roosevelt





I have learned a lot about resilience in the last year, as I have navigated being a working mother, GAMFT President, and administrator in an MFT program. I have realized how lucky and privileged I am to have my family, friends, and colleagues to help in these difficult times. Not everyone in my community can rely on these same resources and privileges. This has energized me to reach out beyond the therapy room and build collaborations with partners and organizations in middle Georgia, resulting in the [Resilient Middle Georgia](#) project. I also recently became a trained provider for [Connections Matter Georgia](#), a partnership between the Georgia Center for Child Advocacy and Prevent Child Abuse Georgia. In this work, I use my systemic thinking as a powerful tool to address inequity and barriers that prevent families in my community from accessing resources and building resilience. I am optimistic that with larger

You're Invited!

Click here
for the Zoom
link!

GAMFT PRESENTS

COFFEE WITH YOUR STUDENT REP!



FRIDAY, NOVEMBER 20TH
12PM-1PM EST

JOIN SHIRLEY SHANI BEN-ZVI TO ASK
QUESTIONS, SUGGEST YOUR IDEAS, AND
CONNECT WITH YOUR PEERS!



...Continued

community changes I will see changes in the families that walk into my therapy room. It is my hope that we all continue to face our current adversity with support from others, building connections that matter, and becoming resilient in the process!

Sincerely,



Andrea S. Meyer Stinson, Ph.D., LMFT
GAMFT President



Board Adopts New Diversity & Inclusion Statement

The GAMFT Board of Directors is proud to share our newly adopted Diversity and Inclusion Statement. Special thanks go to Cecil Walker and our Multicultural Issues Committee for taking the lead on capturing such an important message.

We at the Georgia Association for Marriage and Family Therapy recognize and acknowledge the impact that systems of power and privilege have on family health, individual healing, and relational wellbeing, especially the detrimental effects of oppression. We believe that inclusive practices that embrace diversity of identity and ideas greatly contribute to dismantling systems of injustice and enhance our personal and professional perspectives. Therefore, we strive to always value the multitude of voices in our organizational action and to fulfill our duty to advocate for the populations we serve. We are committed to promoting diversity and inclusion in all aspects of the organization, as well as the profession of marriage and family therapy in Georgia.



Member Spotlight

GAMFT's quarterly Member Spotlight features a member within our community who is contributing to the field of Marriage and Family Therapy in Georgia through leadership, advocacy, or service work. This quarter's newsletter is proud to feature Rachael Heinsen, LMFT, in Columbus, GA.

Where are you from and where do you currently practice?

RH: I was born and raised in California. I completed my undergrad and graduate programs in San Diego. I completed my internship and obtained licensure there before moving to Georgia in 2012 with my husband. I am currently in private practice in Columbus, GA and am licensed in AL, CA, and GA.

Where have you practiced as a MFT in the past, and what was that like?

RH: While in graduate school, I completed my practicum at Harmonium Counseling Center in San Diego where I worked with children, teenagers, adults, families, and couples. I taught parenting classes, led teenage behavioral management groups, and worked with youth involved in the juvenile justice program with the San Diego Police Department to decrease recidivism rates.

I completed my internship at the San Diego Center for Children (SDCC). I worked with children in foster care and children returning home from residential care. These children often had multiple diagnoses, had suffered from abuse, and displayed a wide variety of behavioral problems. I enjoyed working with children as they reunited with their families. I was fortunate to receive advance training in Trauma Focused CBT (TF-CBT) and I

completed courses to become a Certified Positive Discipline Parent Educator while working at SDCC. I moved to Columbus in 2012. I worked at the Department of Veteran Affairs (VA) Columbus Vet Center for several years. Being so close to Ft. Benning, I worked with active duty

service members and veterans from all combat zones since the Korean War. A unique aspect of the Vet Center allowed me to work with family members and not just the service member/veteran like traditional VA roles. I specialized in Military Sexual Trauma (MST) and obtained the STEP qualification to work with this special population. I completed additional training and supervision to become certified in Cognitive Processing Therapy (CPT) which is an evidence based treatment program for PTSD. Through veteran/community outreach I was able to become familiar with many local resources for Veterans and the service connection claims process.

Currently, I am excited to have my own practice. At this time I focus on PTSD and perinatal mental health. I bring my previous experiences to the sessions and am constantly learning new therapy techniques to best serve my clients. I recently completed the Postpartum Support International (PSI) Certificate Training in Perinatal Mood and Anxiety Disorders and the PSI Advanced Perinatal Mental Health Psychotherapy Training to provide evidence based treatments to the mothers in our community. I have assisted in organizing the Columbus Climb Out of Darkness event for PSI to



RACHAEL HEINSEN, LMFT

...Continued

bring awareness to perinatal mental health in Georgia. I am trying to make positive impacts for the mental health of the mothers not just within my office but within the Columbus community and state of Georgia.

Why did you decide to become a MFT?

RH: System theory fits how I see the world and those that I work with. I am excited when I can positively influence an entire family system by working with just one person. Sometimes when looking at a world with so many problems things can seem overwhelming, but systems theory is a great way to relate to these problems and have an impact on them.

What does being a Marriage and Family Therapist mean to you?

RH: Being a MFT means that I am here to help others have healthy and meaningful relationships whether that is with themselves or with others. I am here to support others in my office and within my community.

What do you do when you aren't practicing Marriage and Family Therapy?

RH: When I am not at my office I can be found coaching my four year old on the soccer field,

**WANT TO NOMINATE
SOMEONE FOR OUR NEXT
MEMBER SPOTLIGHT?**

Click here to fill out
a brief form!

"System theory fits how I see the world and those that I work with. I am excited when I can positively influence an entire family system by working with just one person."

trying to read the last few pages before my monthly book club, learning new cooking recipes with my husband, trying to climb the leaderboard on the Peloton, having impromptu dance parties with my 2 year old, or cuddling up with my 85 lb. lap dog to watch *This Is Us*.

Are there any hopes you have for the future of the Marriage and Family Therapy field in Georgia?

RH: I would hope that the MFT field in GA could be as widely recognized as it is in California. I think if the MFT licensure could be as prominent in all of the states as it is in CA there would be better understanding for appropriate provider referrals, legislature changes, and potential to increase reimbursement for the specialized services that we provide. Additionally, I would like for networking and CE events to continue to grow within the state to share our knowledge with each other.

Rachael can be reached at her website, www.rlhtherapy.com, or by email at RLH@RLHtherapy.com.

2020 GAMFT ELECTION

RESULTS ARE IN!

The 2020 GAMFT Board of Directors Election closed on August 3rd, and the results are in! Thank you for casting your vote for President, Secretary, and Elections Committee. GAMFT is proud to introduce these new leaders:

President-Elect Kara McDaniel



Over the past 24 years, Dr. Kara McDaniel has worked in a variety of clinical, healthcare, and academic settings. Dr. McDaniel is the founder and owner of Lifescapes Counseling Services, LLC located in Alpharetta,

Georgia. In addition to being in private practice, Dr. McDaniel is an Adjunct Faculty member within the Department of Marriage and Family Sciences at Northcentral University, provides post-graduate supervision to therapists seeking licensure as MFT and/or LPC, and conducts supervision of supervision. Since 2016, Dr. McDaniel has been actively involved with GAMFT, serving as an Elections Committee member, Elections Committee Chair, and currently, Supervision Chair. In her spare time, Kara enjoys spending time with her family and friends, traveling, watching favorite tv shows, and playing tennis.

Secretary Jennifer Vann



Jennifer has been involved with GAMFT since she moved to GA in 2006. After graduating from the University of Kentucky she found her home in GA and has served in many capacities including student

representative, chapter secretary, membership chair, North Metro Chair, and elections committee. Currently Jennifer is the GAMFT secretary. She has been in private practice in Roswell at Cornerstone Family Services, LLC for 10 years working with families, adolescents, couples. She is also an AAMFT approved supervisor.

Elections Committee Tabitha McCoy



Tabitha is a licensed marriage and family therapist and AAMFT approved supervisor. Tabitha received her Master of Science degree in Marriage and Family Therapy from Valdosta State University and is currently working

towards her doctorate degree in Marriage and Family Therapy from Northcentral University. Tabitha has worked as an MFT for over five years and in addition to being the Clinical Coordinator for the Marriage and Family Therapy program at Valdosta State University, she also owns a small private practice located in South Georgia.



GAMFT would not have been able to accomplish all that it has this year without the hard work of its executive council, committee chairs, and committee members. We, the GAMFT board, would like to thank the following individuals for their contributions on our various committees:

- Elizabeth Bizzell - Supervision Committee
- David Blanchard - Legislative Committee
- Michael Caputo - PR Committee
- Aaron Clawson - Student Rep Committee
- Kendall Davis - PR, Communications, & Student Rep Committees
- Tommy Hampton - Legislative & Student Rep Committees
- Rachael Hopkins - Membership Committee
- Heather Maldonado - Legislative Committee
- Christy Martin - Membership Committee
- Candace Reagin - Membership Committee
- Ashley Stephens - Membership Committee
- Dan Upshaw - Legislative Committee
- Vasettria Williams - Student Rep Committee

**GAMFT HAS A
NEW PHONE NUMBER**

Call (678) 664-3233
to contact us

welcome NEW BOARD MEMBERS

Elections Committee Tiana Teague



Tiana Teague is associate licensed Marriage and Family Therapist. She received her Master's degree from Mercer University School of Medicine after completing her Bachelors at Howard University. Tiana works for

an agency with Health Connect America in Dallas GA where she provides therapy within marginalized communities. Tiana also works in a private practice with Cura for Couples where she treats individuals, couples, and families.

Personnel Committee Michael Williamson



Michael is a recent addition to GAMFT, and is looking forward to increasing the progressive nature and actions of the board. After working in the corporate world for GEICO for a number of years, Michael recognized

that he was not fulfilling his potential. He graduated from Mercer University in Macon GA in 2018 and began working in an integrative healthcare setting with a diverse range of clients. He currently works in private practice in Warner Robins at Southern Bridge Counseling with a great team of colleagues. Michael works with families, and couples, but hopes to specialize in working with the LGBT+ community and eco-minded therapeutic approaches .

Legislative Committee Update



Making Progress with the Behavioral Health Reform and Innovation Commission

The Legislative Committee comprised of **Michael Chafin, Michele Smith, David Blanchard, Dan Upshaw, Heather Maldonado, and Tommy Hampton** has made significant progress with Representative Kevin Tanner's Behavioral Health Reform and Innovation Commission.

The Committee continues to work with three Commission Sub-Committees: The Involuntary Commitment Sub-Committee chaired by Judge Brian Amero, the Hospital and Short-Term Care Facilities Sub-Committee chaired by Dr. Brenda Fitzgerald, and the Workforce and System Development Sub-Committee chaired by Gwen Skinner.



Michael Chafin

Great progress has been made as two of the Sub-Committees will be recommending that MFT's be allowed to sign 1013's and 2013's. Brenda Fitzgerald (Hospitalization) is a strong advocate, as is Gwen Skinner (Workforce), who is an MFT.

While Judge Amero has voiced his support of our agenda, we do not have a commitment from him yet on whether he will recommend.

In addition, we have made progress regarding Medicaid. While MFT's can bill Medicaid if we are participants in a CMO, we cannot bill directly. In working with the Gwen Skinner, we have requested that LPC's and MFT's be able to bill Medicaid directly, which would add several thousand therapists to the workforce. We are hoping that she will add this recommendation in her report. The Commission meeting that was scheduled for



Michele Smith

Thursday, October 29 was canceled because of Tropical Storm Zeta and will be rescheduled. It is the intent of the Legislative Committee to be in attendance when that meeting is set.

Since Student Lobby Day from last February, the Legislative Committee has expanded to include two very enthusiastic Valdosta State students: **Heather Maldonado** and **Tommy Hampton**.

They have been very active in the Valdosta area, meeting with Legislators and encouraging other chapter members to contact their Senators and Representatives. They introduced themselves and developed a relationship with the South GA GAMFT Chapter, Chair, Leah McMillan, to collaborate on legislative issues and increase advocacy in the area.



Dan Upshaw

While they were not successful in securing a representative from the Valdosta area to meet with the Chapter and other mental health and community professionals for a local community meeting, they decided to focus their efforts to create an introduction letter to their legislators to develop these relationships. They formed a VSU MFT Legislative Committee and wrote introduction letters to meet with their district representatives. They contacted James Burchett of District 176 and Darlene Taylor of District 173 and discussed the potential for 1013/2013 legislation, Medicaid expansion, and asked for their support. They also formed the following legislative goals:



David Blanchard

...Legislative Committee Updates continued

- Promote student involvement with their local GAMFT chapters to promote grassroots efforts for LMFTs and clients
- Educate VSU MFT program students about the legislative process and issues important to MFTs
- Prepare students for Lobby Day 2021 participation to develop relationships with their legislators
- Invite legislators to speak to the GAMFT chapters and VSU MFT community

The Legislative Committee would like each Georgia MFT to use the **excellent introduction letter on the following page**, send it to their Representative and Senator, and request a meeting to discuss our legislative initiatives.



Tommy Hampton



Heather Maldonado justfacts.votesmart.org, put in your home address, to discover who your Representatives are.

There is no better time for each of you to get to know your Senator and your House member to develop a relationship with them. If you do not know your representatives go to

**CLICK HERE
TO DOWNLOAD THE LETTER**
Read it on the next page

—●—

Dear Representative/Senator _____,

My name is _____. I live, work/go to school, and vote in your district. I am a _____ (Licensed Marriage and Family Therapist, MFT graduate student, a constituent concerned about mental health care) and have been very involved with my statewide professional association – The Georgia Association for Marriage and Family Therapy (GAMFT).

I am writing to you as an advocate and on the behalf of health professionals to improve healthcare in our district and surrounding rural areas. There are a couple of very important legislative issues that involve public safety and access to mental health services that I think will be of interest to you.

First, as highly experienced mental health professionals trained in psychotherapy and licensed to diagnose and treat mental and emotional disorders and other behavioral problems, MFTs should be healthcare providers authorized to sign 1013s/2013s to keep clients safe during a mental health crisis. Under current Georgia law, 1013s/2013s are certificates that require emergency involuntary transportation by a peace officer to an emergency receiving facility of a patient who is experiencing a mental health crisis that poses a danger to themselves or others for evaluation by a psychiatrist or psychologist for possible hospitalization for treatment of their mental health difficulties. 1013s are for mental health crises, while 2013s are for mental health crises because of substance use. This bill will ensure that individuals in crisis will receive the care they need sooner and there will be less delay and less risk of the client hurting themselves or others in the time it takes to obtain a transport order through another provider. Additionally, the added number of transports directly correlates to increased number of lives saved. We have the responsibility to protect the public and provide them adequate access to healthcare in emergency situations.

Second, LMFTs and Licensed Professional Counselors (LPC) cannot directly bill Medicaid for services. This means that LMFTs and LPCs cannot treat clients who are on straight Medicaid. Although MFTs and LPCs in-network with a Care Management

Organization (CMO) in which they are credentialed and/or work for an approved community facility can bill and receive reimbursement for services, this represents a limited proportion of the population who are using Medicaid to be served and have access to care. Allowing MFTs and LPCs to directly bill Medicaid would add 7,033 clinicians to Georgia's mental health work force and provide access to care for those individuals who will benefit from their services.

The GAMFT Legislative committee is working very closely with members of the Behavioral Health Reform and Innovation Commission to create these two pieces of legislation. GAMFT is waiting on this commission to review information GAMFT has shared with them and to make their recommendations.

Since the governor formed this commission to improve service delivery throughout Georgia's behavioral health system, GAMFT feels this is our best strategy to create legislation for these two issues and the best way for you to vet legislation for MFTs. GAMFT is in close contact with commission members—Gwen Skinner, Judge Amero, Representative Sharron Cooper, and Representative Deborah Silcox—who are vetting GAMFT's proposals. We hope to have your support!

I would be honored to have a chance to speak with you, get to know you, and discuss these important issues that affect our district. My contact information is below.

Sincerely,

Name

Email

Phone number

Address



Classifieds

EMPLOYMENT OPPORTUNITY: Successful counseling practice in Alpharetta looking to add a skilled couples counselor. Experience working with couples in graduate school and/or clinical settings required. Marriage and Family Therapy license an advantage. Must have scheduling flexibility to be willing to see some clients on Fridays and Saturdays. Please send cover letter and resume to andrew@mcconaghiecounseling.com

SUPERVISION: New post graduate supervision group forming this spring. Meets the 2nd Friday of the month 9-11am in Roswell. Cost is \$60. Consultation prior to group start is required. Led by Jennifer Vann, LMFT, AAMFT Approved Supervisor.

<https://www.cornerstonefamilyservices.com/copy-of-jennifer-vann-lmft>

EMPLOYMENT OPPORTUNITY: Thriving private practice in Woodstock, Georgia seeking licensed clinician to perform intake, therapy, and possible assessment/testing responsibilities. Clinician must be willing to join major insurance panels if not already a participating provider. Warm, friendly work environment with administrative and collegial support. Significant independence and ability to plan own work hours. Please contact office manager, Teresa Ingram, if interested at 770-592-0150.

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.

OFFICE SPACE: BEAUTIFUL OFFICE SPACE NEAR CLAIRMONT AND I-85. Amenities include office supplies, equipment, free parking and handicap access. Reasonably priced. Contact Jeanne Montgomery MA, LMFT 404-633-3347.

TREATMENT PROGRAM: Paul Anderson Youth Home in Vidalia, GA, is a residential program founded in 1961 focusing on young men between the ages of 16 to 21 years of age. Treatment focuses on substance abuse, mental health and failure to thrive issues. Call (912-535-2128) or find us at PAYH.org.



Upcoming Continuing Education

11/14	Listening to Jung in These Trying Times	2 Core Hrs	Live synchronous webinar; Jeffrey T. Kiehl, PhD	Van Waddy 404-233-4401
11/17	Electroconvulsive Therapy (ECT) in the 21st Century	2.5 Core Hrs	Live synchronous webinar; Aurielle C. Williams, PhD, LMFT, Kadesha Evans, DNP, RN, Jare Roe, LCSW	Aurielle Williams 678-977-1661
11/20	Alzheimer's Disease & Other Dementias Certification Training	6.25 Core Hrs	Live synchronous webinar; PESI, Inc.	Abby Klingberger 800-844-8260
11/20	The Anti-Racist Therapy Room: Addressing Racial Equity, Race-Based Trauma and Racism	6 Core Hrs	Live synchronous webinar; Telsie Davis, PhD	Jordan Barbeau 404-913-2005
11/23-24	Certified Clinical Trauma Professional: 2 Day Trauma Competency Conference	12.5 Core Hrs	Live synchronous webinar; PESI, Inc.	Abby Klingberg 800-844-8260
12/4	Know Thyself: How Self-Awareness and Diversity Experiences Inform Our Cultural Competence with Clients	5 Core Hrs	Ridgeview Institute; Shatavia Alexander Thomas, DMFT, MFT, LMFT	Latosha Lawler 770-434-4568 ext. 3001
12/11	OCD Subtypes: Creative Treatment Strategies Using Exposure & Response Prevention	5 Core Hrs	Live synchronous webinar; Patrick McGrath, PhD	Jordan Barbeau 404-913-2005
12/12	Racial & Cultural Diversity: Approaching Ethical and Culturally-Informed Intervention in Counseling and Supervision	6 Ethics Hrs	Live synchronous webinar; Dr. Sonja Sutherland	Dr. Sonja Sutherland 404-835-6119

For more upcoming CEU opportunities, please visit:
<http://gamft.org/upcoming-workshops-and-conferences/>



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 quarterly, in February, May, August, and November. 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 May newsletter, you will need to have your submission in by April 20th.

Articles can be submitted in Word or PDF format to **StephanieJordanLMFT@gmail.com** and any questions can be directed to our **Social Media/Communications Chair and Newsletter Editor**, Stephanie Jordan, at the above email address.

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



Stephanie Jordan

Board of Directors

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South Atlanta: K. Nichole Hood, LMFT, 678-671-9908
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West GA (Columbus): Fred Remick, LMFT, 706-577-2725



ABOUT

The GAMFT Newsletter is a quarterly publication for GAMFT members and MFTs in the state of Georgia.

SUBMIT AN AD

Please direct inquiries to:

office@gamft.org

Submission deadlines:

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and October 15

RATES

1/4 page (3 1/2 x 4 5/8) \$70.00
1/2 page (7 5/8 x 4 5/8) \$140.00
Full page (7 5/8 x 9 7/8) \$280.00

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