



SPECIAL POINTS OF INTEREST:

Connections is featuring a brand-new format! See p. 5 for details about how you can contribute to our next issue!

Find information about our Annual Conference featuring Bill O'Hanlon in the insert

Check out our new website at www.MADMFT.org

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PRESIDENT'S REPORT

Dear Members,

I hope that in spite of the various geological events, you had a good summer and you are now ready to start the fall with its many activities. We are. We have a wonderful group of people who are part of the board and others who just joined it. Laurel Fay and I want to let you know that we are committed to maintaining a collaborative, transparent and active division. We are now meeting at University of Maryland, Department of Family Science at College Park. We had a dynamic, well-attended and enjoyable meeting this month. I want to remind you that we meet the 1st Friday of every other month. Our next meeting will be on November 4th, 2011.

The Middle Atlantic Division board, committee members and other volunteers have been working hard to introduce new and attractive means of communicating with its members and the general public. We have a new website and a new newsletter that introduce ways of communicating with all of you in a more direct and effective way. Lindsey Hoskins has led the search for a new company to host and redesign our website and update our logo and worked with them throughout the process of developing the site. Morgan Childers has reformatted the newsletter, which now offers different topics and opportunities for collaboration. The newsletter will be sent electronically, unless members request a paper copy in writing. You will find information

on the website and about the newsletter in this issue.

Our conference in February will be our next big event. Bill O'Hanlon will be talking to us about respectful ways of working with trauma. The conference will take place in the Alumni Center at University of Maryland, College Park. The Center offers a larger room, so we are accepting more registrations this year. It should be a wonderful event. Leidy Mena and April McDowell are working very hard to ensure the success of the conference. You should be getting the brochures soon. Registration will soon be available on our website.

With the same spirit of generating opportunities to expand our clinical skills, the Division continues to sponsor additional opportunities for learning. Lunch-and-Learn presentations are scheduled every other month, immediately after our board meetings. We have speakers listed until May, 2013. Reena Bernards presented this month on Emotionally Focused Therapy for individuals. Other interesting topics and speakers will follow. Shawna Lindberg has been leading the committee that organizes these free talks, which provide attendees with Category A CEUs. Jon Winter and Nicki Drotleff again led another well-attended Supervisor Refresher Course this month. Thanks to both of them for this exceptional service to the Division's membership!

The Middle Atlantic Division has submitted a proposal to AAMFT

to be discussed at the Council of Division Presidents. The proposal requests a general membership vote on a change in the AAMFT bylaws, so that the Central Board will be bound to act on proposals approved by a majority vote of the Council of Division Presidents. As stated in the current bylaws, even when the majority of the Division Presidents approve a proposal, the AAMFT Board can choose not to act on the approved proposal, therefore creating a situation where the Division Presidents (and those who elect them) have little power to influence the direction of the organization. The proposal can be found on our website.

Our Division is now a member of the Maryland Health Association. We have been in touch with the Parity Project and have joined the
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"Our conference in February will be our next big event. Bill O'Hanlon will be talking to us about respectful ways of working with trauma."

**Conferences, Workshops,
& Upcoming Events**

- } Nov. 4, 2011 - Board Meeting; Lunch & Learn: Featuring Cynthia Rebolz "Working with the Angry, Resistant, Frustrating Client using the Solution-Focused Model"
- } Jan. 13, 2012 - Board Meeting; Lunch & Learn: Featuring Emory Baldwin "Narrative Therapy with Children"
- } Feb. 24, 2012 - Annual MAD-AAMFT Conference: Featuring Bill O'Hanlon "Trauma without Drama"
- } March 2, 2012 - Board Meeting; Lunch & Learn: Featuring Dr. Abby Morris "Pharmacology Trends"
- } May 4, 2012 - Board Meeting; Lunch & Learn: Featuring Dr. Stephanie Weiland Knarr presenting her new book "The Marriage Biz" a solution focused approach for couples in marital therapy

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All Board Meetings are open to the membership of the Division. Meetings are held at 9:00am in 0142 of the School of Public Health Building at the University of Maryland, College Park. We encourage you to join us!



LUNCH & LEARN

THE EMOTIONAL CYCLE OF DEPLOYMENT

Shawna Lindberg, LCMFT

MAY 2011

I attended the May 6th MAD-AAMFT Lunch and Learn event called "The Emotional Cycle of Deployment" by Shawna Lindberg. In this presentation, Shawna outlined the seven stages in the emotional cycle of deployment and provided a detailed description of what types of emotions and behaviors could be expected at each stage. We were asked to split into groups and discuss what types of interventions we would plan at each stage and then share our ideas with the group. I liked how this activity was included in the presentation, as it allowed us to be more engaged with contributing ideas rather than just listening to a lecture. It was very interesting to hear from a variety of clinicians from different theoretical perspectives contribute ideas about interventions that they might use with military families. I also liked how Shawna shared her personal experiences about being a military wife and how she and her family responded to the challenges of deployment. One of the aspects of the presentation that I really appreciated was that Shawna provided everyone with multiple resources that could be used with clients and also provided information about where we could gather our own collections of information and resources related to military families.

I have worked with several military families at the Center for Healthy Families, and was at times uncertain of what types of issues were most important to address or what interventions would be most effective. I thought that this presentation was very helpful in providing suggestions and resources that will help me with any future experiences working with military families. Because we encourage military families to come for therapy at the Center for Healthy Families and provide a financial incentive for them, I think it is important that our therapists attend these types of trainings and become adequately prepared to work with military families. I have learned that there are many special considerations for working with this population and plan to take future opportunities to learn more about working effectively with military families, as I will likely encounter those issues in my future work as a therapist.

Kathryn Beck
LGMFT

Black Graduate Psychology Conference



**Deanna
Pruitt, John
Hart, and
BreAnna
Davis**

Student members of MAD-AAMFT and graduate students in the Couple and Family Therapy Master's program at the University of Maryland, BreAnna Davis, John Hart, and Deanna Pruitt attended the 17th annual Black Graduate Psychology Conference (BGCP) in Miami, Florida, in June 2011. This conference strives to offer graduate students of various fields of psychology a

chance to present their research, gain experience in professional development and connect with other students and faculty. The Couple and Family Therapy M.S. students learned of the conference from Dr. Mia Smith-Bynum, a faculty member in the Family Science Department at the University of Maryland.

BreAnna presented a poster on the effects gender has on racial identity. John presented a poster on the structural and interaction patterns of ethnic clinical couples and thematic areas of concern. Deanna presented a poster on the factors that moderate the effect of parental incarceration on the risk behaviors of youth. These three students were some of the only MFT students attending the conference and enjoyed being able to share their research interests and represent the field of marriage and family therapy with those from similar disciplines such as Psychology.

The Middle Atlantic Division of AAMFT is very proud of their student members' representation and involvement.

We are pleased to announce that BreAnna Davis and John Hart will both be the recipients of the AAMFT Minority Fellowship this year!

Activism & Legislation

Members of the MAD-AAMFT attended a fundraiser hosted by Friends For Delegate James W. Hubbard on June 29th. Past-president Wendy Wilcox, Maryland Legislative Chair Adam G. Lowe, and Carol Werlinich met with Del. Hubbard (D-Bowie), the division's most outspoken proponent of marital and family therapy issues in the Maryland House of Delegates.

Hubbard serves as the House Assistant Majority Leader and is a senior member of the House Health and Government Operations Committee, the primary committee that the Division's legislation is assigned. Hubbard has represented Maryland's 23A District in the House since November 1992.

At the event, Dr. Werlinich also spoke with Lt. Governor Anthony G. Brown and his wife, as well as a member of the Prince George's County Council. The event was held at the Fraternal Order of Police, Lodge 89, in Upper Marlboro,

MD. The Division donated \$250 to attend.

Mr. Lowe also attended a fundraiser on the Division's behalf for Delegate Shane E. Pendergrass (D-Howard). Hosted by People for Pendergrass and the Speaker of the Maryland House of Delegates Mike Busch, the reception honored Del. Pendergrass, who has represented Maryland's 13th District since 1995 and is also the Vice Chair of the Health and Government Operations Committee. The Health and Government Operations Committee considers legislation relating to child and elder healthcare, health and life insurance, health policy and planning, including facilities, occupations and public health, and long-term care.

The division became a Bronze Sponsor of the fundraiser, held on August 10th at Quarry Park Place in Columbia, MD, with their donation of \$250.

Members of the MAD-AAMFT are scheduled to attend a September 27th event for Maryland State Senator Victor Ramirez at Three Brothers Italian Restaurant in Bladensburg, MD. In past legislative sessions, Sen. Ramirez (D-Prince George's) has sponsored a large amount of youth and family law legislation, and he is currently assigned to the Senate Judicial Proceedings Committee, which considers legislation relating to child, youth and family law issues.

Ramirez, representing the 47th District, was helpful last legislative session in adding LCMFTs to his child abuse legislation that passed both houses and was signed by Governor O'Malley. Before becoming a senator, Ramirez had been a member of Maryland House of Delegates since 2003.

The Division will likely donate \$250 to the event's host, the Friends of Victor Ramirez.

Adam G. Lowe



**Adam G. Lowe,
MAD-AAMFT
Maryland Legisla-
tive Committee
Chair**

Medical Family Therapy: A Brief Introduction

Jackie Williams Reade, PhD

Postdoctoral Fellow, Berman Institute of Bioethics at Johns Hopkins University

Since George Engel first presented the biopsychosocial (BPS) model as an alternative to the traditional biomedical conceptualization of illness (Engel, 1977, 1980), there has been continued interest and progress toward understanding and treating biomedical issues alongside psychosocial ones. The BPS model acknowledges that each biological problem has psychosocial consequences, and each psychosocial problem has biological correlates (McDaniel, 1995, p.117) rather than assuming each to be dichotomous. In response, Medical Family Therapy is an approach to collaboration between mental health and medical providers to provide comprehensive patient care that recognizes that “there are no biological problems without psychosocial implica-

tions, and no psychosocial problems without biological implications” (McDaniel, Hepworth, & Doherty, 1992). As family therapists, our foundation is systemic, which involves understanding the broad scope that needs to be considered when working with problems in people’s lives. Likewise, Medical Family Therapy is systemic and furthers this approach by promoting more collaborative and relational practices between patient, clinician, and other appropriate members in the medical and community system.

In response to this brief introduction, here are a few questions to get you thinking about how you can begin to incorporate Medical Family Therapy ideas into your current work. How are you already providing care to clients with medical illnesses? How could you increase your therapy to include medical aspects? Have you asked about your client’s relationship with his clinician and/or medical team and the impact it has on his illness? Are any of your clients members of a

healthcare team and have you asked about moral distress or burnout? Have you examined your own illness story and the impact this may have on how you perceive members of the medical community? These are just some of the questions asked in a Medical Family Therapy context and I welcome further discussion of these and other related topics.

Engel, G. L. (1977). The need for a new medical model. *Science*, 129-136.
 Engel, G. L. (1980). The clinical application of the biopsychosocial model. *American Association of Psychiatry*, 137, 535-544.
 McDaniel, S. H. (1995). Collaboration between psychologists and family physicians: Implementing the biopsychosocial model. *Professional Psychology: Research and Practice*, 26 (2), 117-122.
 McDaniel, S. H., Hepworth, J., & Doherty, W. J. (1992). *Medical Family Therapy: A biopsychosocial approach to families with health problems*.

CONNECTIONS would like to begin featuring the newest publications of our members— please send yours today!

MADAAMFTnewsletter@gmail.com

Recommended Readings

As therapists, we know the added value bibliotherapy can provide to our client, but sometimes, we may not know exactly what book or resource to suggest. This is a list of books on intimacy and couples relationships that I've used in my practice both as a resource for me and for my clients. If you have a favorite book or article that's not listed, please email me at laurel@laurelfay.com - I'm always looking for valuable new ones!

- ◇ The Five Love Languages, Gary Chapman
- ◇ Passionate Marriage, David Schnarch
- ◇ Intimacy and Desire, David Schnarch
- ◇ You Just Don't Understand, Deborah Tannen
- ◇ The Dance of Intimacy, Harriet Lerner
- ◇ The Dance of Connection, Harriet Lerner
- ◇ The Dance of Anger, Harriet Lerner
- ◇ The Dance of Deception, Harriet Lerner
- ◇ Intimacy and Solitude, Stephanie Dowrick
- ◇ His Needs, Her Needs, Willard Harley
- ◇ Why Marriages Succeed or Fail, John Gottman
- ◇ Boundaries in Marriage, Henry Cloud and John Townsend
- ◇ The Seven Principles For Making Marriage Work, John Gottman
- ◇ Fighting For Your Marriage, Markman, Stanley, Blumberg, Edell
- ◇ After the Affair, Janice Abrams Spring

President's Report

Continued from p. 1

organizers in their efforts to obtain mental health equity with insurance companies.

I want to end the letter by thanking the work of the members and to welcome Stephanie Godiwala, who just moved from

New York and offered to create a new committee, called 'members-at-large' which will working to connect with members and organize socials, where we can share our questions, ideas and experiences, thereby supporting each other in the work we do. I also want to

thank Wendy Wilcox in her continuous presence in her role of past president. Finally, I'd like to extend my sincere thanks to Dr. Fred Bruner for his past work in the Division, when licensure in Maryland was still a dream. We wish you all the best!

Our new look!

Newsletter Updates

Notice some changes to CONNECTIONS in this issue? There are even more to come!

We have some new sections that you can expect to consistently see in the future:

- ◆ **CALENDAR** - A list of upcoming MAD-AAMFT Board Meetings, Lunch-and-Learns, Conferences, Workshops/Trainings of Interest, and member events!
- ◆ **LUNCH & LEARN EXPERIENCE** - Can't make a bi-monthly Lunch and Learn event? Don't worry! We'll be featuring each event to keep you informed!
- ◆ **ACTIVISM/LEGISLATION** - Don't know what is going on the State/National legislative scene? We'll fill you in on what you need to know that may affect our field!
- ◆ **FEATURED MEMBER EVENTS** - Know of someone who has done something exceptional to represent MAD-AAMFT? Please send us a story so we can share it with our membership!
- ◆ **SPECIAL TOPICS** - We will have a special section for topics of interest, for instance - Medical Family Therapy, working with specific populations, etc!
- ◆ **RECOMMENDED READINGS** - We will be featuring summaries of bibliotherapy resources for use with clients! Have you read something that was especially helpful with your clients? Please contact us with your ideas!
- ◆ **PUBLICATIONS** - Have you published something recently? Please let us know so we can share this with your fellow members!
- ◆ **VOICES OF OUR MEMBERSHIP** - Write in and tell us what you think! We will soon have a page that features your comments about what is going on with MAD-AAMFT, Central AAMFT, events in our local communities, and events on the world stage!
- ◆ **DC/MARYLAND/DELAWARE** - Each state will now have a section to feature special areas of interest going on locally! If you are a member of a state and have something to share, please let us know!



Morgan Anne Childers,
MAD-AAMFT Newsletter Editor

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About the Newsletter

CONNECTIONS is the official publication of the Middle Atlantic Division, American Association for Marriage and Family Therapy. Subscription to the newsletter is included with AAMFT membership. Dated material needs to be submitted in time for consideration by the editor. All material for the newsletter should be directed to the Division Office. The Middle Atlantic Division reserves the right to authorize reproduction of any articles submitted to this newsletter for publication in materials of other Marriage and Family Therapy organizations.

PRESIDENT - Christina Guidorizzi
EDITOR - Morgan Anne Childers

Call for Articles

The Middle Atlantic Division newsletter is always looking for a good story. If you have an experience in your personal or professional life, or know of some news that you would like to share, please send this information to the Newsletter Editor.

Advertising Rates

We welcome new advertising! Copy must be print-ready. All copy, payments, and inquires should be directed to the MAD-AAMFT office. Checks should be made payable to the Middle Atlantic Division, AAMFT.

1/4 page, \$40

1/2 page, \$75

Full Page, \$90

Web Ads, \$75 per month

The Middle Atlantic Division, AAMFT reserves the right to reject advertisements that do not meet the general purpose of the organization.

CONNECTING with MAD-AAMFT!

September marked the beginning of my role as Member-At-Large for our Chapter and I am thrilled about building relationships with all of you. I will be serving as the bridge between our membership and our Middle Atlantic Division Board. Involving and connecting with our members is the key to building a strong, active Chapter. I encourage you all to bring your ideas, creativity, and suggestions to the forefront. I will be sure they are heard by the members of our Board.

We are in the process of planning monthly Networking Happy Hours in

order to establish a greater connection and build a more cohesive MAD-AAMFT community. We will be sending this information via email in the coming weeks. The details will also be posted on our Chapter website. I look forward to meeting you and working with you to make the AAMFT community in the Mid-Atlantic area the strongest it has ever been.

Please feel free to contact me if you have concerns, suggestions, feedback, etc., or just to say 'Hello'. I would love to hear from you!

Stephanie Taylor Godiwala
MAD-AAMFT Member-At-Large



Our new "Member-At-Large" -
Stephanie Taylor Godiwala!

BILL O'HANLON

TRAUMA WITHOUT DRAMA: FOUR INNOVATIVE RESPECTFUL WAYS OF TREATING TRAUMA



February 24th, 2012

SAMUEL RIGGS IV ALUMNI CENTER

University of Maryland

College Park, Maryland 20742

Bill O'Hanlon, MS, LMFT, has authored or co-authored 29 books, the latest being *A Guide to Trance Land* (W.W. Norton, 2009) *Write is a Verb* (Writer's Digest Books, July 2007) *Pathways to Spirituality* (W.W. Norton) *Change 101: A practical Guide to Creating Change* (W.W. Norton, Fall 2006), and *Thriving Through Crisis* (Penguin/Perigee; winner of the Books for a Better Life Award). He has published 54 articles or book chapters. His books have been translated into 15 languages: French, Spanish, Portuguese, Swedish, Finnish, German, Chinese, Bulgarian, Turkish, Korean, Indonesian, Italian, Croatian, Arabic and Japanese. He has appeared on *Oprah* (with his book *Do One Thing Different*), *The Today Show*, and a variety of other television and radio programs. Since 1977, Bill has given over 2000 talks around the world. He has been a top-rated presenter at many national conferences and was awarded the *Outstanding Mental Health Educator of the Year* in 2001 by the New England Educational Institute. Bill is a Licensed Mental Health Professional, Certified Professional Counselor, and Licensed Marriage and Family Therapist. Bill is a clinical member of the AAMFT (and winner of the 2003 New Mexico AMFT Distinguished Service Award), certified by the national Board of Certified Clinical Hypnotherapists and a Fellow and Board Member of the American Psychotherapy Association. He is known for his story telling, irreverent humor, clear and accessible style and his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational.

Please visit **Annual Conference** at www.MADMFT.org for details