

# IAMFT Communiqué

Indiana Association for Marriage & Family Therapy

*An Affiliate of the American Association for Marriage and Family Therapy*

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## From the President's Pen ... Nenetzin Stoeckle, Ph.D., LMFT

Spring is here! While I often think of spring as the beginning of life and growth, when it comes to plants, the truth is that life does not start on March 20<sup>th</sup>. Spring-blooming bulbs are planted in the fall sometime around September/October as there are processes that must happen before they can be fully enjoyed in the spring.

As an association, we are the work of those who have come before us. Those individuals who labored and prepared the ground in hope that we will continue to bloom and flourish every year. I am grateful for the past and current board members who donate their time and energy to keep us going. I am especially grateful for our immediate Past-President Scott Kahler who guided us through the last two years of transition and ambiguity. Through his leadership we ended our time as a Division of AAMFT, and have begun a new phase as an Independent Affiliate. While initially it might seem to be no different, the fact is that now more than ever we are responsible for our association's well-being.

This new responsibility is an opportunity to flourish in a way we have not done before. On top of our everyday obligations to advocate for the needs and welfare of our members, we are now tasked with maintaining a minimum of 350 members and a .70% reserve budget. In the past we had done very well in both regards, and while we are financially stable, our membership numbers have declined. This will undoubtedly affect our finances if we do not act now. I believe we need to be good stewards of our resources- both monetary and human resources.

Over the next two years, we will focus on growing our membership numbers beyond the minimum of 350 members, as required by AAMFT. Currently we have about 260. We will also focus on nurturing and highlighting the resources and abilities of our membership. IAMFT is planning a series of regional activities geared towards different member groups, and our fall conference presentations will be provided by our own members from across the state. Please consider joining us at one of these events. You can also help us by reaching out to your MFT friends who might have let their membership lapse or have never been a member, and encourage them to join.

I am excited at the possibilities and honored to serve IAMFT as President for the next two years. I know the work we have ahead of us is not just for our present-day needs, but for the future well-being of MFTs in Indiana.

Sincerely,

Nenetzin Stoeckle, Ph.D., LMFT  
IAMFT President

## 2019 MID-POINT LEGISLATIVE SUMMARY Submitted by Mark Scherer, Lobbyist



**Mark Scherer**  
IAMFT Lobbyist

The 2019 Session of the Indiana General Assembly is half way over and follows the busy 2018 Session with a session that is even busier for MFTs. There continues to be considerable focus on access to mental health services and treatment for addiction and substance abuse. A number of bills were not only introduced but remain alive that directly impact the practice of MFTs.

IAMFT has been extremely active in promoting and securing the provisions in these bills that create more access to MFT services.

The following bills still have two months to go, so do not consider these bills to be law until IAMFT notifies you. Most of these bills contain provisions not affecting MFTs or that apply to other providers in addition to MFTs, but only the MFT provisions are listed.

**House Bill 1175** would permit MFTs (as well as MHCs, LCACs, and LCSWs) to be an eligible provider under Medicaid to supervise a plan of treatment for mental health services or substance abuse treatment.

**House Bill 1199** would conform Indiana law to COAMFTE standards for the practicum by stating that 200 of the 400 face to face client contact hours must be relational.

**House Bill 1269** would eliminate one of the consumer members from the [Behavioral Health and Human Services Board](#) that licenses MFTs. However, in its introduced form the bill would also have upended the equal representation on the board from each of the four professions; that provision was deleted from the bill in committee.

**House Bill 1542** would require the Behavioral Health and Human Services Board to meet at least 12 times each year compared to the current requirement of 8 times. This change would hopefully expedite the increasingly heavy work flow of the board.

The following bills were introduced but did not get a hearing and therefore are no longer alive.

**Senate Bill 268** would have created a study committee to examine whether all four mental health professions (MFTs, MHCs, LCACs, and LCSWs) could be combined under one license. While the bill is dead, a study committee could still be created this summer.

**Senate Bill 612** would have required licensure for individuals who call themselves Behavior Analysts but would have exempted licensed professionals who use Applied Behavior Analysis techniques. The bill would have created a separate licensing board for Behavior Analysts. IAMFT was neutral on this bill.

**House Bill 1131** would also have licensed Behavior Analysts but would have placed two BAs on the already overloaded Behavioral Health and Human Services Licensing Board. IAMFT opposed the bill because it would have allowed BAs to regulate the licensure and practice of MFTs and the other 3 professions even though BAs would not be eligible to provide counseling or therapy services under the bill.

This link will enable you to view the text of any bill: <http://iga.in.gov/legislative/2019/bills/>



## Rob Atchison, PhD, LMFT, NCC, AAMFT- Approved Supervisor

Rob has been a member of IAMFT for approximately 10 years. He is currently working as Division Chair for Indiana Wesleyan University and oversees the day-to-day operations of the Graduate Counseling Clinics in Marion and Indianapolis. Stephanie, from the IAMFT office, recently had an opportunity to talk with Rob (also known as Professor Atchison) and briefly interview him.

Here are some of the highlights from that conversation.

### Rob, what led you to a career in marriage and family therapy?

“Much of the credit goes to my family as I was privileged and blessed to grow up in a very loving household with strong values. It was later in life that I became aware of the strong need for professionals in this field and wanted to help others be sensitive to understanding the various family dynamics.”

When asked **what day in his life is like** he said, “Being in higher education means attending a lot of meetings. I also travel quite a bit between both campuses. I oversee the management of client loads for graduate counselors plus admissions for the program. In addition, I oversee faculty development and serve somewhat as a gatekeeper for the profession with due diligence to ensure high quality clinicians are going out into the workplace.”

### What tips can you share with others that might be most helpful to them working in this profession?

“Self-care habits need to be practiced in order to create the best balance in life possible. Students may think they are busy now; It gets busier. Priorities and values are vital and must be assessed as your responsibilities in your personal and professional life change.

### What is important to you about being a member of IAMFT?

“IAMFT provides an avenue to have a voice in the landscape of marriage and family therapy within Indiana. It also allows us to give back to the profession. It is rewarding to be working with clients, but as professionals we have a responsibility not just to our clients, but also to the integrity and the future of our profession. Being part of IAMFT allows us to have a voice in that regard.”

### Would you be willing to share a little bit about your personal life?

“Sure, I have been married to Lisa for 10 years, and we have 3 children. Norah, age 6, William, age 4, and Clara is 2. We are expecting our 4<sup>th</sup>-child in July (a girl). Outside of family and work, I enjoy doing triathlons and marathons.”



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## IAMFT 2019 GRADUATE STUDENT RESEARCH AWARD

Winner: Margaret Kapitan, Purdue University Northwest



Rob Atchison, Margaret Kapitan,  
Nenetzin Stoeckle

Once a year, IAMFT accepts applications and research proposals for our Graduate Student Research Award (GSRA) from graduate students in MFT programs in Indiana. This is one of our oldest, recurring awards from our state association. This award honors and supports one outstanding research project. Award applications from students at the master's or doctoral level are considered. The award recipient receives a certificate and a monetary award of \$250 to support the cost of the study.

IAMFT usually presents this award during our Spring Conference. The conditions of the award are twofold: association membership and conference attendance. Applicants must be current IAMFT student members in good standing and be present at the IAMFT Conference at which the award is presented.

During the selection process, the GSRA proposals are reviewed by a team of judges. Evaluation criteria includes originality/innovativeness of the topic, methodological soundness of the research proposed, potential contribution to the field of marriage and family therapy, and the likelihood that the research will be completed in the proposed timeline.

Our 2019 winner of the IAMFT Graduate Student Research Award is Margaret Kapitan. She is a current graduate student at Purdue University Northwest. Her project is entitled, **The Impact of Self-Compassion and the Moderating Effects of Social Media on Relational Intimacy**. This research looks at the concept of self-compassion as it helps to shape the view that one's relationship to self impacts one's ability to relate to others (Neff, 2003). While this overall concept is not new, the idea that compassion specifically shapes this interaction sheds a new light. When self-compassion is viewed as the starting point to compassion for others, or intimate partner compassion, it becomes important to consider what impacts self-compassion. How is self-compassion influenced by communication and social behavior? It is vital to examine social media as a major pillar of communication and social behavior. Margaret's proposed research aims to measure how self-compassion impacts relationship intimacy while measuring the mediating effects of social media use on this relationship.

Perhaps particularly relevant to the Millennial generation, Margaret's exploration of self-compassion is a hot topic in the therapy field. In her proposed research, Margaret will be examining the impact of self-compassion on romantically intimate relationships as moderated by social media use. The uniqueness of her study involves the impact of social media use on romantic relationship in a way that has not been done before. This study will inform therapists about how to work with clients around self-compassion and social media as it relates to intimacy in relationships.

Margaret received approval for her research proposal in September 2018. She completed her data collection in January 2019 and was analyzing her results at the time of our 2019 Spring Conference in February. Margaret plans to complete her thesis by defending the obtained results before the end of the Spring 2019 semester. We look forward to learning more about the results of her research in a future IAMFT newsletter.

Personally, Margaret grew up in Crown Point, Indiana and now lives in Munster, Indiana. Starting her master's degree in 2016, Margaret is now in her third year in the Marriage and Family Therapy Program at Purdue University Northwest. She is excited to graduate this May (2019). She shared that she became more focused on self-compassion and mindfulness in the past year, a shift that occurred both in her personal life and her practice of marriage and family therapy. Future plans are to move to Asheville, North Carolina. Her professional interests are to work with adolescent and young adult populations, specifically with self-harm and suicide prevention. Since beginning graduate school, Margaret has found a strong passion for cooking, and loves to experiment with new dishes. Always looking for new books to read, her favorite hobby is reading in the 'heroic fantasy' genre. She also enjoys spending time with her sisters, her friends, and her pets (a dog, Addie, and two cats, Mavis and Dave Wilson).



## Spring 2019 Conference Update

Respectfully submitted by Julia Pratt, Member of the IAMFT Conference Committee

Title: Narrative Therapy: Stories of Transformation and Hope

Guest Speaker: Jill Freedman, MSW

Location: Christian Theological Seminary

1000 West 42nd Street, Indianapolis, IN 46208

The Indiana Association of Marriage & Family Therapy co-hosted our 2019 Spring Conference with Christian Theological Seminary. Other partnering organizations included Christian Theological Seminary (CTS), Family & Community Partners, Evans Center for Religious & Spiritual Values in Healthcare, and IU Health. Our featured speaker was Jill Freedman, MSW who is the Co-director of Evanston Family Therapy Center in Illinois and is international faculty for the Dulwich Centre in Adelaide, Australia.

Entitled **Narrative Therapy: Stories of Transformation and Hope**, Jill Freedman was the featured speaker at our 2019 IAMFT Spring Conference. Narrative Therapy is based on the idea that we make meaning of our lives through the stories we live out as we interact with each other. People often come to therapy when they have a sense of being stuck in stories in which they don't measure up. Narrative therapy work is primarily focused on helping people experience some of the alternative story lines that already exist in their lives that have been overshadowed or forgotten.

At our all-day conference training, Jill Freedman provided an overview of narrative therapy, familiarized participants with the narrative worldview by focusing on some of the basic practices of Narrative Therapy. She helped conference attendees practice crafting questions to generate experience and make meaning, thus creating more opportunity for transformation and hope for our clients.

During our conference, IAMFT hosted a short association meeting that provided an update on current Board activities. An invitation was issued to join in committee work for IAMFT. We learned that elections are being planned for both regional representatives and board positions. We also learned about current legislative efforts by our legislative committee. We also announced the winner of our IAMFT Graduate Student Research Award for one graduate student member.

During the conference, we enjoyed visiting with ten different exhibitors by visiting their onsite tables (See sponsors and exhibitors listed elsewhere in this newsletter). Both familiar and new exhibitors shared with us many diverse services for clients and therapists alike. Opportunities to win a conference giveaway were awarded to a few select attendees who completed a signature card with our exhibitors (see our list of winners).

Following our conference, we invited everyone to join us at an after-conference Member Mixer at Scotty's Brewhouse on the Butler University campus. More than twenty attendees had a good time unwinding and talking over our conference day.

We are excited for our upcoming 2019 Fall conference. We are looking for more local presenters and sponsors/exhibitors. If you know someone who is a great presenter with a good topic, please pass along our [Call for Presentations](#). Our **Exhibitor Application** provides several reasonable options to join us at the next conference. Both can be found on our website: [www.inamft.org](http://www.inamft.org).

Lastly, if you would like to join in our planning team, please reach out to Stephanie Waddell in the IAMFT office. She'll pass along your interest to our conference planning team. Stephanie's email is: [stephanie@centraloffice1.com](mailto:stephanie@centraloffice1.com).

## Giveaway Winners — 2019 IAMFT Spring Conference

Each conference packet contains one exhibitor signature card. We ask our audience members to interact with onsite exhibitors and present their exhibitor signature card for a signature from each exhibitor. Once completed, this card is turned in at the registration table. Then, cards are gathered for names to be pulled during the conference.

One condition for winning a giveaway item is for an audience member to remain for the drawing. Conference attendees need to be present to win when their names are drawn and announced. Everyone in the audience has an equal opportunity to win. And everyone is eligible to be a winner.

### Exhibitor Giveaways (4):



Reesa Smith, Sally Groff

Four conference exhibitors provided their own giveaway items by gathering contact information from our audience members. These included Bloomington Meadows; Groff & Associates; PAACI & The Resolution Center. This extra opportunity was an added element separate from the IAMFT Conference giveaway opportunities. Bloomington Meadows and The Resolution Center shared with their winners privately.



Colleenia Korapatti, Amber Cowen, Sally Groff

Other winners were announced at the end of our conference. Sally Groff with **Groff & Associates** pulled names from their sign-up list. They offered coupons for various services with their staff. Winners included: **Vicki Loper** for two nutritional coupons, **Reesa Smith** for two Biosound coupons, and **Amber Cowen** for two acupuncture coupons.

A completed exhibitor signature card was drawn for one giveaway item from the **Parkinson's Awareness Association of Central Indiana (PAACI)**. The winner of a foam kneeling cushion for gardening was **Emily Corturillo**.



Emily Corturillo, Julia Pratt

### IAMFT Giveaways (6):

All completed exhibitor signature cards were pooled together. IAMFT Conference Committee members, Maria Wiley and Julia Pratt pulled cards to announce names of winners. Again, winners needed to be present to win. Names were announced at the end of the conference before dismissal.

Our conference speaker Jill Freedman has written several books on narrative therapy including the one chosen as our conference giveaway item. Two (2) books entitled, **Narrative Therapy with Couples... & a whole lot more! A collection of papers, essays, & exercises** that were co-authored by Jill Freedman and Gene Combs were awarded to **Mary Elliott** and **Lew Weiss**.

Three (3) Amazon gift cards worth \$10 were awarded to **Karen Estle**, **Mark Rubens**, and **Marni Crabtree Davison**.

Considered our most valuable giveaway item, one free conference registration for our 2019 IAMFT Fall Conference was awarded to **Joe Roberts, LMFT**.

Respectfully submitted by Julia Pratt, IAMFT Conference Committee Member

## 2019 IAMFT SPRING CONFERENCE Co-hosted by Christian Theological Seminary



*Guest Speaker: Jill Freedman, MSW*  
*Narrative Therapy: Stories of Transformation and Hope*





## IAMFT THANKS 2019 SPRING CONFERENCE SPONSORS & EXHIBITORS

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### Exhibits:



Family and Community Partners, LLC





## CLASSIFIED SECTION - Member Benefit

Do you have something to share with the membership? Hiring a new therapist, looking for office space, sharing news about available office space, getting a special award? If you have something newsworthy, contact Central Office by emailing Executive Director Ann Ninness ([ann@centraloffice1.com](mailto:ann@centraloffice1.com)). This is a free benefit to members only!

**Save the Date**  
**IAMFT 2019 Fall Conference**  
**Friday/Saturday October 18 & 19**  
**Location - Market District, Carmel, IN**  
***Topic: Trauma and the Family: Enhancing the  
Strength and Resiliency of Families***

**MFT SPACE FOR LEASE IN BROAD RIPPLE**  
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## Indiana Association for Addiction Professionals

Presents:

**15th Annual  
Spring Conference**

**FRIDAY, APRIL 12, 2019**

***Sexually Compulsive and Addictive Behavior:  
The Controversy, Diagnosis, and Implications for Treatment***  
**[Stefanie Carnes, PhD](#)**

For more information, go to [www.iaapin.org](http://www.iaapin.org)