

# NEWSLETTER – JULY 2011

MIAMI-DADE CHAPTER

Florida Association for Marriage and Family Therapy



## PRESIDENT'S MESSAGE



July 2011

I recently read a study on the type of practice we as therapist conduct. It stated, “Marriage and Family Therapists regularly practice short-term therapy; 12 sessions on average. Nearly 65.6% of the cases are completed within 20 sessions, 87.9% within 50 sessions. Marital couple therapy (11.5 sessions) and family therapy (9 sessions) both require less time than the average individual treatment (13 sessions). About half of the treatment provided by Marriage and Family Therapists is one-on-one with the other half divided between marital couple and family therapy. At any given time we are treating over 1.8 million people.

For me, this made me think about how, in many ways, we are all very similar, and yet at the same time we are able to approach our way of helping others in a manner that best utilizes our personal strengths and talents. It is humbling to know just how many lives our profession helps every day. I hope that we never take for granted the privilege and opportunity we have to practice Marriage and Family Therapy, each in our own unique way.

Respectfully,



Michael J. Alicea, MS, MSW, (Ed.D. Candidate)  
President – Miami-Dade Chapter

## THE RESILIENCY OF THE MODERN-DAY ADOLESCENT

Coping with problems and “bouncing back” from traumatic events is an issue with which many adolescents struggle with. Resiliency and resilience have been studied extensively (Benard, 2004; Paisley, 1999; Richardson, 2002; Walker, 1996; Werner and Smith,



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1992; Wolin and Wolin, 1993; Rutter, 1985). Werner and Smith (1982) conducted a longitudinal study of 32 years to determine why some children from the same community and some from the same household “made it” in life and some did not. Additionally, Wolin and Wolin (1993) studied the resiliency of women and others who were abused. Their research offered guidance in determining why some women were able to cope with adversity and some not.

Included in the literature review of resiliency is the concept of risk factors and protective factors. Risk factors comprise issues that may lead to negative or undesirable and unhealthy behaviors. These risk factors may be alienation, family history of alcoholism, high levels of stress, and low levels of perceived success in life (Allen, Stevens, Hurtes, & Harwell, 1998). Many individuals come from similar environments and are exposed to the same risk factors. Yet, some individuals have prevailed in overcoming these obstacles. In such a case, protective factors are present.

Although much of the literature review shows that resiliency is innate, many individuals need exposure to protective factors to help them foster their own resiliency. Most recently, Benard (2004) shared her findings as a compilation of what we have learned about resiliency. Most notably, Benard’s perspective on resiliency parallels the positive youth development movement by looking at the personal strengths of individuals versus what needs to be “fixed.” Benard highlights the seminal resiliency research of Werner, the ongoing contribution of Peter Benson, the clinical work of the Wolins, and even the special journal issues on the topic of resiliency and youth at-risk (e.g., *Therapeutic Recreation Journal*, 2001) just to name a few. As indicated, over the past decade, many have explored resiliency in a variety of settings and populations.

Wolin & Wolin (1993), define resiliency as “the capacity to rebound from hardship early in life.” According to Wolin and Wolin (1993), resiliency is made up of seven components that contribute to one’s ability to successfully navigate through life. The assumption is that when these attributes are present, an individual will be more resilient and more likely to successfully overcome daily struggles. Wolin and Wolin (1993), through a qualitative approach, determined the following as resiliency traits: insight, independence, relationships, initiative, creativity, humor, and morality. In 1999, Hurtes developed the Resiliency and Attitudes Skills Profile (RASP). The RASP, designed for adolescents, was based on the Wolins’ theoretical framework of resiliency. It provides a valid and reliable measure of program efficacy to increase perceptions of resiliency among adolescents.

The following attributes of resilient adolescents was discovered:

**Internal Motivation:** The process of initiating change, with the intent to develop one’s intrinsic factors versus those that are extrinsic. Intrinsic motivation includes behaviors done for internal reasons and purposes. Extrinsic motivation involves making choices based on an externally-imposed reward or benefit.

**Internal Ego Strength and Development.:** Increasing an individual’s sense of “self” by gaining solid understanding of one’s strengths and weaknesses, along with the heightening of one’s self-esteem and assertiveness abilities.

**Personal Responsibility and Accountability:** Fostering one’s ability to make healthy lifestyle choices independent from others’ choices. Understanding the concept of individuals taking “ownership” of their choices as opposed to blaming others.

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**Self-Awareness:** The ability to identify one’s own feelings, thoughts, beliefs, etc. This process involves increased self-introspection in efforts to be more aware of how and why one behaves in a certain manner.

**Healthy Recreation and Leisure Activities:** The ability to recognize the positive benefits of using leisure activities and recreation. This includes developing a list of leisure interests to help create a more positive sense of self and healthier relationships.

**Coping Skills:** The ability to utilize positive resources to assist in dealing with adverse situations. This includes determining what techniques have been effective and ineffective and identifying the reasons why. Appropriate use of laughter and sense of humor are also encouraged as healthy means of coping with life stressors.

**Family and Peer Interactions:** The development and strengthening of healthy relations with family members (parents, spouses, peers, etc.), including increased positive/effective communication skills.

**Imagination Utilization:** Formulating one’s originality to conceive ideas and methods to increase the capacity to effectively problem solve and find solutions to challenging situations/events.

**Values Orientation:** Drawing upon one’s belief system to use as a basis in formulating a strong concept of what is “right” and “wrong,” along with the capacity to live according to one’s sense of values.

**Honesty & Trust Principles:** The ability to create and utilize a belief system based on truthfulness that will promote relationship-building and internal satisfaction with decisions the individual makes. This includes behaviors that may have damaged past relationships.

The literature review further indicates that adolescents with higher perceptions of resiliency should in fact be more capable to cope with life’s daily challenges and persevere in adversity (Benard, 2004). Current research provides a collaborative and theoretical framework to begin addressing a healthy way for adolescents to cope with daily challenges versus substance abuse (Hill & Jeppesen, 2005). This resiliency framework may be effective in the collective efforts to address substance abuse and other daily struggles facing adolescents.

Thus, the professionals (e.g., therapeutic recreation) that work with youth should continue collaborative and theory-based programming to further improve youth services. This is an opportunity for disciplines to thoroughly examine their methods, research design, and evaluation procedures of interventions to assist the entire community in efforts to target positive youth development.

## References

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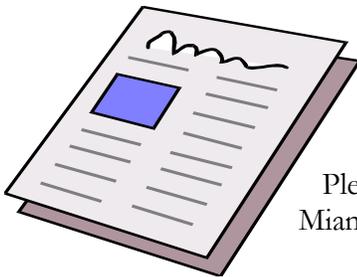
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Wolin, J. & Wolin, S. (1993). *The Resilient Self. How survivors of troubled families rise above adversity*. New York: Villard Books.



## MEMBERSHIP BENEFITS

Please take some time as you fill up your busy lives, to reflect on what the Miami-Dade Chapter can do for you.

What are your goals, your dreams, your vision, your purpose, your mission? How can we help make that a reality for you? We see ourselves working together with you, as a team, for the better of all. Amazing power and energy can be generated when we work together. Ask for help. Offer help. Reflect on ways we as a group, as a profession, and as an organization on how we can nurture each other's growth. Membership benefits include:

1. NETWORKING AT OUR MONTHLY MEETINGS.
2. INCORPORATING A MEMBER-TO-MEMBER E-MAIL SERVICE TO FACILITATE ACCESS TO COLLEAGUES FOR ANNOUNCEMENTS, JOB OPENINGS & REFERRALS, ETC.
3. COMMUNICATION THROUGH OUR DEVELOPING MONTHLY NEWSLETTER.
4. VOLUNTEER OPPORTUNITIES AND A VOICE IN THE FUTURE OF OUR PROFESSION

# **NEWSLETTER – JULY 2011**

We welcome any questions and or comments that you may have. We can be reached at: [miamidadechapter@hotmail.com](mailto:miamidadechapter@hotmail.com). Our mandate is a simple one; to grow and meet the professional needs of our membership. Come join us. We look forward to working with you all. Please share your energy and passion and help us build an organization that you would feel committed and proud to be a part of.

## **INTERN SUPPORT GROUP**

Our goal in creating an Intern Support Group is to facilitate the Registered Intern in their journey toward eventual licensure. Do you have questions about interning, counting hours, or the MFT licensing exams? Would you like to connect with other Interns and licensed Marriage and Family Therapist? Or are you just interested in supporting this worthwhile endeavor? We're here to help you find answers to your questions. We also plan to create an online group through our Blog and Twitter accounts.

The Intern Support Group is open to all pre-licensed trainees and interns. The content is open to whatever those who attend would like it to be. It would be an informal conversation where we can provide mutual support, information, resources, networking, referrals, job hunting resources, and licensing exam tips to each other as needed. The group would be a safe place to reflect and share with each other about our challenges in the field of Marriage and Family Therapy. The group would be free of charge and attendance is on a drop-in basis with no commitment or obligations to attend other meetings.

Please let us know how the Miami Dade Chapter can be of help. What would you like to see happen this year for our group of Interns? Is there interest in a support group forming? A consultation group? A study group? Please call or email and let us know what suggestions you may have. It is our hope that we can support each other. Your ideas, comments and suggestions are very much welcomed, and needed!

## **TRADE SECRETS**

We discussed the idea of having a reader-generated feature in which we share ideas that we use in therapy that are quick, humorous, or unusual and that really seem to click with the clients we serve. Some of us are willing to take a crack at beginning the column. Any takers?

## **MONTHLY WORKSHOPS TO BE SCHEDULED**

Monthly workshop that would be presented at our meetings by our active members and applying CE credits to these workshop sessions. If you have any suggestions for a topic or speaker, please let us know.

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## MISSION AND VISION STATEMENT

The Florida Association for Marriage and Family Therapy – Miami-Dade Chapter and its professionally trained therapists are committed to providing continuing education, networking, and support services, in order to better serve the community where we practice and live in

## ARTICLE SUBMISSION GUIDELINES

### NEWSLETTER ARTICLE SUBMISSION DEADLINE DATES

The **1st of each month** please (no later than the end of the first week of the month please).

Articles, Book Reviews, Workshop Reports, Conference Recaps, etc.

Submission Specifications:

1. **ARTICLE SUBMISSION - PLEASE, Follow Specifications Below**
2. Articles, etc. submissions accepted by **E-MAIL ONLY**. Copy and paste your content into the **BODY** of the email. Submit articles to *miamidadechapter@hotmail.com*
3. Pictures corresponding to articles should be e-mailed. Please contact **Michael J. Alicea** at *miamidadechapter@hotmail.com*.

### ARTICLES

**We will accept different types of articles related to topics of interest to FAMFT Miami-Dade Chapter members. The categories are:**

1. **Human Interest Story** – This could be on virtually any topic that you think the membership would be interested in, that is broadly related to marriage and family counseling and psychotherapy. For example, you may want to write about a significant incident in your life, or the life of a friend, family member or client, that has affected you on a personal level and/or in your therapeutic practice. (Maximum words: 800).
2. **Conference or Training Report** – Therapists generally cannot afford, or find time to attend all of the conferences and trainings they would like to, but all of us at one time or another attend an event that we find stimulating and rewarding. So why not share what you have learned with your chapter colleagues? Tell us where and when the conference/training took place, who spoke, and anything we might benefit from knowing about. What are the exciting new trends in marriage and family counseling and psychotherapy? (Maximum words: 800)
3. **Book Review** – Again, most of us don't have time to read the seemingly countless volumes regularly published on counseling and psychotherapy. If you have read a really good book, we'd like you to share it with us! Tell us something about the author, summarize the main points of the book, and explain why it is significant/worth reading. (Maximum words: 800).

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4. **Featured Research Article** – We are looking for serious, scholarly, research-based articles on the theory and/or practice of counseling and psychotherapy. Because of strict limitations on length, previous articles to the newsletter have sometimes suffered, giving an overly-general and much curtailed account of an otherwise important topic. The maximum word limit should be increased to 2,000. Your article should have the following general structure:

- a. Introduction: The issue/topic, why it is important
- b. Literature Review: Provide information to the reader about what the research that has previously been conducted on the topic, and what others have had to say about it. You don't need to do an exhaustive review of the literature, but please include the relevant studies and articles. If you like, you may use APA style for citations and references.
- c. (Be sure to also provide a brief critical analysis by including your own views on the topic and what the experts have said about it. Which experts, in your view, best understand this topic? Why?)
- d. Implications for Practice: How is this research relevant to clinical practice? Tell us how *you* have applied this information to your own practice, and how the rest of us might use it with our own client populations. (You are encouraged to include brief case examples; be sure to use pseudonyms and disguise client identities).
- e. AND A SHORT BIO followed by your contact information, including address, phone, e-mail and website, if any.

## **NEWSLETTER ADVERTISING SPECIFICATIONS AND SUBMISSION GUIDELINE** **Classified Advertising - Therapy Groups List - Display Advertising**

### **Submission and Specification Guidelines**

Advertising will eventually become a regular feature in the Miami-Dade Chapter Newsletter. The newsletter is published in a FULL COLOR format, 12 times per year.

The newsletter is distributed to the approximately 265 members of Miami-Dade (with plans to expand into Monroe County and eventually throughout the State of Florida) and by request to non-members. It is also distributed to non-members as part of membership material package that is to be developed as well as a media in press kit in the future. The Newsletter can be an excellent source for marketing and promotional purposes.

When submitting an advertisement for publication, please keep in mind the following:

1. The newsletter is full color – colorful ads attract more attention than black and white.
2. Logos, photographs and other images tend to transpose quite well.
3. Less is more – do not “clutter” your ad.

### **"CLASSIFIED, EVENTS & OPPORTUNITIES" ADVERTISING SUBMISSION GUIDELINES AND PRICE**

**PLEASE NOTE: A Bulletin Board Page/Tab will be created on our web site and will be FREE to Members to list Office Space for Rent, to list For Sale Items, and for FREE ADMISSION Event Listings. A Nonmembers fee of \$1.00 a word will be charged. E-mail nonmembers listings to [miamidadechapter@hotmail.com](mailto:miamidadechapter@hotmail.com)**

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The Newsletter is published every month. Ad deadlines: The 1st of each month please (no later than the end of the first week of the month please).

1. Submit your ad via e-mail to ***miamidadechapter@hotmail.com*** in the body of the e-mail prior to deadline or your ad will not appear. It is important to title your e-mail “**Newsletter Ad**” in the subject line.
2. Include a contact name in your ad (before the phone number) for both personal and agency ads.
3. Use minimal italics, indentations, centering and bold.
4. Include an area code only when listing a number outside 415.
5. Count each word as 1 word: phone # with area code = 1 word, Web or e-mail addresses are usually two to four words, etc.
6. **PRINT A HARDCOPY OF THE AD/EMAIL** and mail it, with your payment written to:

**FAMFT/Miami-Dade Chapter  
P.O. Box 144448  
Coral Gables, Florida, 33114**

7. When mailing in your payment, indicate whether you are a member or a non-member on the hard copy. Miami-Dade members will receive one free 15-word ad per calendar year. Non-Members: \$2.00 per word.
9. If you are using the 15-word, “free ad” (1 per year) as all or a portion of the payment for your ad, please indicate when mailing in the ad fee.
10. When submitting your ad, designate its heading/category -- either **EVENTS** or **OPPORTUNITIES**
11. To request a copy of the newsletter, please contact us at ***miamidadechapter@hotmail.com***.

## MIAMI-DADE CHAPTER – EXECUTIVE BOARD

Michael J. Alicea – **President**  
Walt Liebman - **President-Elect**  
Alison Morris – **Secretary**  
Premyls Ulman - **Treasurer**  
Althea Sawyers - **Student Representative**

**Web Site:** <http://miamidadechapter.vpweb.com/>  
**Blog:** <http://famft-miami-dade-chapter.blogspot.com/>  
**Email:** [miamidadechapter@hotmail.com](mailto:miamidadechapter@hotmail.com)

**P.O. Box 144448, Coral Gables, Florida 33114**

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## CLASSIFIED ADS

### PROFESSIONAL OFFICE SPACE AVAILABLE

One office (furnished or unfurnished) for rent at 7600 Bldg., 7600 Red Road, South Miami, Florida. **IMMEDIATE OCCUPANCY**. For additional information, contact Hillary Wiseheart, LMFT, at 305.663.1288

One state of the art office in a suite of three with a glass brick waiting room will become available the end of June. The office is large, 16'x12.6' with forest green plush carpeting. It has recessed lighting and a window with hurricane reinforced glass and fronts Red Road. There is free parking in front of the building and also a free large parking lot in the rear of the building with high intensity lighting. For additional information, please contact Walt Liebman, LMFT, at 305.665.4177 or [dub7600@aol.com](mailto:dub7600@aol.com).

### JAN F. GUTHRIE, M.S., LMFT

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### FLORIDA MFT LICENSING EXAM - PRIVATE AND GROUP TUTORING

I offer individually designed tutoring for those persons interested in taking the MFT exam. I cover all areas of MFT or only the areas that you feel you need. You will receive handouts and quizzes to complement your learning. You decide on your tutoring schedule, and the number and length of the sessions. Each session may last from 1 ½ to 3 hours, depending on what works best for you.

### PRIVATE AND GROUP MFT SUPERVISION STARTING AUGUST 2011

I plan to offer supervision to registered interns starting in August 2011 in Miami. Feel free to call for information regarding the required steps in choosing a supervisor, or if you have other questions that I may be able to help you with.

### MEMBERSHIP:

American Association of Marriage & Family Therapy

Florida Association of Marriage & Family Therapy

American Horticulture Therapy Association

International Expressive Arts Therapy Association