

NEWSLETTER – JUNE 2011

MIAMI-DADE CHAPTER

Florida Association for Marriage and Family Therapy



PRESIDENT'S MESSAGE

June 17, 2011



A “THANK YOU” TO THE VOLUNTEERS AT THE FAMFT 2011 CONFERENCE IN DEERFIELD BEACH, FLORIDA

A number of volunteers assisted in the recent Florida Association for Marriage and Family Therapy State Conference that took place in Deerfield Beach, Florida in May. Their energy was both vibrant and vital to the success of our annual State Conference.

It was a great privilege to work closely with such dedicated and energetic individuals. An organization like ours “creates community”. It is the involvement of many people, each bringing a spirit of generosity and desire to be of service that is the life source of FAMFT. A big “Thank You” goes to all who actively participated.

For those of you who were not able to attend the conference, I invite you to be a part of your local Chapter that makes FAMFT a rewarding and beneficial “community” for all our members. Please feel free to contact me if you have any questions about becoming an active member.

“Act as if what you do makes a difference. It does.”

William James

*Michael J. Alicea, MS, MSW, (Ed.D Candidate)
Student/Associate Board Member - FAMFT*



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WELCOME TO OUR NEW AND RETURNING MEMBERS!

Congratulations to our new clinical and associate members as well as to our transferred and returning members. A special welcome goes to our recently graduated new student members. Are you looking for a study partner? Would you like to form a consultation group? Are you looking for an internship or know of one? I encourage you to use the Intern Bulletin Board for these postings. It's free!

The following is a list of new, transferred and returning Miami-Dade members for FAMFT:

NEW MEMBER/CLINICAL

Rachael Izquierdo

NEW MEMBER/ASSOCIATE

Cynthia Cordes

TRANSFERRED MEMBER/ASSOCIATE

Janis Roszler

RETURNING MEMBER/CLINICAL

Bari Sturman

NEW MEMBER/STUDENT

Phyllis Bowers

Carolina Castillo

Luis Maderal

Maria Martin

Jazmin Perez

NEW: INTERN BULLETIN BOARD

Do you have something you would like to post/share with others? Perhaps you just passed your exams or are looking for a study partner? Are you looking for an internship? Do you know of an agency looking for an intern? If you have something to post, let us know at miamidadechapter@hotmail.com



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CALL FOR ARTICLES AND LETTERS

As a forum for professional exchange, this newsletter can best serve the local MFT community with member input. I enthusiastically invite your submissions for considered publication to this newsletter. Perhaps you recently read a book and keep thinking, “Everyone should know about this!” Or, maybe you went to a workshop and learned something new, something you cannot wait to tell your friends. Maybe you need to share your heart with peers who walk the same path.

If you have an article you would like to submit to have considered for the newsletter, please e-mail and send your submissions to: miamidadechapter@hotmail.com

5 TIPS FOR REDUCING LICENSING EXAM ANXIETY



Licensing exams have triggered anxiety in many license eligible registered interns'. While some stress can be beneficial, a high level of anxiety will often lead to avoidance, more anxiety, fear, and an inability to access one's clinical knowledge and experience. Here are 5 tips for license eligible registered interns' and their clinical supervisors to reduce those high levels of anxiety!

1. Talk about licensing exams, the earlier the better! Knowledge and preparation can go a long way toward reducing anxiety. Think of exams as termination of therapy. We talk to clients in therapy about termination from the beginning of treatment, not on the last day. Why not bring up the end point with interns at the beginning not to increase anxiety but to manage it!

2. Ask (and answer) questions about licensing exams. Many license eligible registered interns' carry around worries and misconceptions about licensing exams. Talking about these issues helps a supervisor to dispel common misconceptions and to confront worries. Often, worries may be related to an area of clinical practice that an intern may feel unqualified. What a great opportunity to identify a place for growth and have a teaching moment!

3. Know what is covered on the licensing exams. As clinicians in training and as clinical supervisors we all have strengths and blind spots.

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4. *Talk about anxiety. Everyone deals with anxiety at different points in their life. Teaching license eligible registered interns' individuals skills to manage anxiety (or identifying the need for a clinical level of treatment) is essential. A test taker cannot access stored material during a test when experiencing high levels of anxiety. Neither can an intern' respond to crisis situations effectively if they do not have a plan for anxiety management. The same skills interns learn for managing anxiety during sessions can be translated to managing anxiety during the test.*

5. *Know what your resources are! The testing process is an incredibly personal journey. Understanding the options available allows the test taker to evaluate the plan that is best suited for them. What worked for the clinical supervisor, or a friend may not be the right plan for another. Understanding the many different ways in which someone can successfully pass exams on the first try can open interns' to find their perfect path towards successfully passing the examination.*

I hope these tips help you to reduce the fear and excessive anxiety that can keep the next generation from successfully navigating licensing exams.

Happy talking, studying, and passing!

AAMFT MEMBER BENEFITS

NETWORKING

- *Connect with other therapists in our area*
- *Receive referrals and find collateral resources*
- *Learn what your colleagues are doing in our field*
- *Inform your colleagues about what you're doing*
- *Find support and encouragement for personal growth*

EDUCATION

- *Earn CE's and get professional training at monthly meetings*
- *Listen to presentations on topics of interest*
- *Share ideas with other professionals*
- *Learn what FAMFT is doing*



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VOLUNTEER OPPORTUNITIES

- *Find outreach opportunities in the community to educate the public about Marriage and Family Therapy*
- *Participate in volunteer activities for personal growth and leadership*
- *Mentor interns, newly licensed and newcomers to our community*
- *Market your practice through speaking opportunities*

WEBSITE AND DIRECTORY

- *List your practice, with a photo, and specialty information without charge on this website*
- *Stay in touch via Classifieds and FAMFT Chapter Events*

BENEFITS OF MEMBERSHIP

Our purpose is to create an environment in which therapists, interns, and allied professionals can grow personally and professionally. The Miami-Dade Chapter offers personal support to one another and social networking to create opportunities for community in our profession. We work to inspire our membership to the highest ideals of professionalism. Additionally, we strive to provide outreach and educational resources to the surrounding community, to support community agencies, and to expand the awareness of the profession. We welcome your participation.

Chapter membership is open to all AAMFT members.

ADDITIONAL BENEFITS OF MEMBERSHIP

- *Networking with other MFTs and professionals from allied professions*
- *Free subscription to our monthly newsletter*
- *Opportunity to submit articles and gain professional recognition while making a contribution*
- *Receiving updated information and news relevant to MFTs via emails and on our website*
- *Interesting and informative training programs*
- *Challenging and stimulating exchanges*
- *Opportunities for leadership involvement on the board or on a committee*
- *Marketing and speaking opportunities*
- *Membership Directory and online Therapist Finder listings to build and maintain your referral base*

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- *Support and encouragement for interns and trainees*
- *Opportunity to support your local community through Chapter activities*

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.

JAN F. GUTHRIE, M.S., LMFT
Coconut Grove, FL
Tel. 305.801.6690
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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

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GIVE AN HOUR

Therapists who wish to donate counseling services to a veteran may do so by accessing www.giveanhour.org. Veterans receive services provided “pro-bono” by therapist and in exchange the Veteran chooses from a list of community agencies where they may volunteer their time.

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.

MIAMI-DADE CHAPTER - EXECUTIVE BOARD

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

**Florida Association for
Marriage & Family Therapy**
MEETING ANNOUNCEMENT OF:
THE MIAMI-DADE CHAPTER

Friday, June 17, 2011
Time: 7:30 am to 9:00 am
Kendar Building
1550 Madruga Avenue
Conference Room - 3rd Floor
Coral Gables, Florida 33146

RSVP: Michael J. Alicea, MS, MSW. - Phone: 786.222.7671
Web Site: miamidadechapter.vpweb.com
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<http://famft-miami-dade-chapter.blogspot.com/>

AAFT FLORIDA DIVISION Community Find us on Facebook twitter

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Web Site: <http://miamidadechapter.vpweb.com/>
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