Greetings!

The Family Institute is focused on change and transformation in the people we help, the students we train and ultimately in ourselves as continue to lead the way forward in family therapy.

We strive for change every day through our clinical services. Each year, thousands of families, couples, children and adolescents, and individuals take the important first step in the process of changing their lives by making an appointment with a Family Institute psychotherapist – either through our Staff Practice or at our Bette D. Harris Family and Child Clinic, which offers therapy on a sliding-fee scale.

Our research is focused on change through the STIC® (Systemic Therapy Inventory of Change), a client self-report questionnaire. This cutting-edge, unique instrument helps us to learn how people change over the course of therapy. Using the STIC® in collaboration with a consortium of mental hospitals and treatment centers in Norway has shown us just how valuable a treatment tool it is — not only for therapists but for their clients as well. Additional growth of this Psychotherapy Change Project continues through the creation of a Chicago-based consortium and increased international demand for the STIC®. Its integration into our clinical service and education programs makes us innovative leaders, focused on the future of therapy.

We aim to transform the future of therapy throughout the world through our research and the education of our students, positioning them to lead the field into the 21st Century.

Your continued support and interest in The Family Institute helps us remain committed, innovative leaders as we strengthen and heal families from all walks of life.
“Calm down!” “Count to ten.” “Get a grip on yourself!” “Take a time out!”

Emotions rise and fall, shift and change, as part of our daily, moment-to-moment experience. Coming in waves, sometimes they are warm and pleasant, sometimes unsettling, and sometimes downright painful and exorcising. At times, the waves roll in and out gently; at others, they can be tsunamis.

However painful or pleasurable, mild or intense emotions might be, our bodies inherently know how to regulate emotions. Things we do intentionally to manage feelings can support and augment this innate capacity. People who know how to regulate emotions tend to be more effective in life. Difficulties with emotion dysregulation, on the other hand, contribute to many human problems. Emotion regulation strategies involve two types. The first are skills that assist your body to calm down after getting emotionally activated. The second are skills that help you stop doing things that keep emotion activated.

If you think back to the last time you got upset, you can probably remember how your body reacted. If you were angry, you might have felt increased muscle tension in your jaw, shoulders or other places in your body. You may remember your heart rate increasing, and maybe your breathing getting shallow. Taking a few deep, slow breaths using your diaphragm can help your body slow down. Stretching your tense areas, and even briefly tensing them more before releasing the tension, helps to dispel muscle tightness. Aerobic exercise for 20 minutes or more can also help. Although exercise itself can activate your body, the regulating effects kick in after you stop. Ten to 20 minutes after stopping exercise, your body can more easily return to a calm state. If, on the other hand, you feel sadness, or an emotion that creates downswell or heaviness in your body, you can get active to help bring your body back to a balanced state. Exercise can help with this kind of emotional state, too.

Often we find ourselves, inadvertently, keeping an emotion active. Using the example of anger, you might find yourself reliving the event that made you angry in your mind. You might find yourself recalling other anger-producing events as well. This reliving and remembering serve to keep the anger going. If you find this happening, redirect your attention to some other activity that has nothing to do with anger or sadness or whatever emotion you need to regulate. Throw yourself into the activity. If it helps, narrate to yourself in your mind what you are doing: “I’m collecting the dirty dishes. I’m putting them into the dishwasher.” This can help you stay involved in the new activity, preventing you from reactivating the emotion.

Keep in mind that these are strategies for regulating emotion. Emotion regulation is not a substitute for solving problems we encounter in life. Emotion regulation can help you when it might not be the right time to problem-solve, or help you get into the best state of mind to effectively solve problems.

In Memoriam

Marjorie Valentine, PhD, a member of the Institute’s Board of Directors from 1992 to 2010, passed away in March. Her expertise as a psychologist, as well as her enthusiasm, intelligence and deep caring for the mission of The Family Institute, made her an exemplary Board member. She played a crucial and seminal role in the establishment and maintenance of the Dr. John J. B. Morgan Post-Doctoral Clinical Research Fellowship at the Institute. Marjorie was a long-time member of the Board’s Friends Committee. This group of Directors inaugurated the “Friends Lecture Series” in 1995 (now our Circle of Knowledge lectures). Increasing the visibility of the Institute in her community was important to Marjorie and has been invaluable to the Institute.

We extend our sincere condolences to her devoted family.

Michael Maslar, PhD, and Jayne Kinsman, LMFT

Institute Initiatives

Quality Counts — The importance of quality improvement at the Institute

As with many organizations, a strategic goal for The Family Institute is continuous quality improvement.

“When we think of quality, it’s doing the right thing at the right time for the right reasons,” says Reginald Richardson, PhD, Vice President for Evaluation and Clinical Services.

For the Institute, that means striving to make the client, student and employee experience the best possible. “We want people to have a positive experience from the first call they make to their last appointment or through graduation for our students,” explains Dr. Richardson.

Employee satisfaction surveys, student evaluation and exit interviews, client satisfaction surveys, program evaluation and research are conducted to assess the Institute. These results show where the Institute’s shortcomings are and allow for new ways to be implemented to continue providing the highest quality care and education consistent with the mission of the Institute.

Knowing that there are always ways to make things better, each department at the Institute develops annual quality indicators to increase the quality and accountability of services to clients and students. These indicators are assessed throughout the year, with a final summary delivered at the end of the fiscal year. The results are used to determine if changes need to be made in current processes and what additions can be added to move to that next level of superior performance. It is truly our desire to be a world class institution for individuals and their families.

For more information on the Institute’s Quality Improvement, please contact Dr. Reginald Richardson at rrichardson@family-institute.org.
The faculty has a wide range of interests and specializes in the most cutting-edge preparation of counseling professionals, a strong ethical character, a love for doing therapeutic work, a commitment to honoring differences, and counseling psychology. The program is influenced by the theoretical and intellectual traditions of both counseling psychology and counseling fields. The program has a unique training context as it is housed within The Family Institute.

Theoretical coursework from the counseling psychology tradition embraces a psychodynamic influence in its emphasis on the centrality of the therapeutic relationship as well as the emphasis on the importance of self-reflection and the person of the therapist. Students are encouraged to become practitioner-scholars by engaging in a wide variety of research and scholarly projects and professional presentations. A counseling approach is infused throughout the coursework by reflecting on issues of culture, ethics and counselor identity. Counselors-in-training are closely and intensely supervised as they work with clients at every step of the training process.

The Family Institute represents specialized training and research opportunities in family and social systems theory and a life course development orientation. The faculty has a wide range of interests and diverse scholarly and clinical backgrounds, but all subscribe to the program’s theoretical framework.

Master of Arts in Counseling Psychology (CPSY)

Francesca Giordano, PhD, Program Director

1. EXPLAIN YOUR PROGRAM.
The Master of Arts in Counseling Psychology is dedicated to the cutting-edge preparation of counseling psychologists. The program is influenced by the theoretical and intellectual traditions of both counseling psychology and counseling fields. The program has a unique training context as it is housed within The Family Institute.

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The Family Institute represents specialized training and research opportunities in family and social systems theory and a life course development orientation. The faculty has a wide range of interests and diverse scholarly and clinical backgrounds, but all subscribe to the program’s theoretical framework.

2. WHAT ARE YOUR EXPECTATIONS FOR THE PROGRAM?
I expect that the CPSY program will continue to train the best and brightest students interested in entering the field of counseling psychology and ensure that the programs will continue to produce the best trained Master’s-level mental health practitioners while being well prepared to enter into the rapidly changing treatment world armed with the best ideas and concepts that clinical literature offers.

3. WHERE DO YOU SEE THE PROGRAM HEADING IN THE FUTURE?
The first goal is complete integration of the counseling psychology program into The Family Institute, with all CPSY students training at the Institute in their practicum year. Other goals include integrating a counselor education curriculum emphasis into its already strong psychological focus. I would like a stronger emphasis on the principles of effective treatment planning and the opportunity of community-based and group work. Someday I would also like the CPSY program to offer specializations in the most cutting-edge areas of mental health treatment: mental health treatment for recent immigrants and those seeking asylum; organizational psychology and career development; prevention and health psychology; and the treatment of complex trauma. Finally, I have a strong vision about teaching students to work with other professions both within the mental health fields and outside.

4. WHAT IS YOUR BACKGROUND? WHY DID YOU CHOOSE YOUR GIVEN FIELD?
I have a PhD in Counselor Education and Supervision, and have worked as a counselor educator for 17 years. I am the president-elect of the Illinois Counselor Association and the Vice-Chair of the Counseling Licensure and Disciplinary Board. I have a strong belief of the Counseling Licensure and ensure the competence of the mental health practitioners while being well prepared to enter into the rapidly changing treatment world armed with the best ideas and concepts that clinical literature offers.

5. WHAT DO YOU HOPE YOUR STUDENTS GET OUT OF YOUR PROGRAM?
A deep respect for the human spirit, a love for doing therapeutic work, a commitment to honoring differences, a respect for all mental health professionals, a strong ethical character, an understanding of how research informs clinical work, and an awareness of the importance of seeking supervision and consultation throughout their professional careers.

6. TO LEARN MORE ABOUT THE COUNSELING PSYCHOLOGY PROGRAM, CONTACT
To learn more about the Counseling Psychology program, email Dr. Giordano at fgiordano@family-institute.org.

Master of Science in Marriage and Family Therapy (MFT)

Douglas Breunlin, MSSW, LGSW, LMFT, Program Director

1. EXPLAIN YOUR PROGRAM.
The MFT program is a terminal Master’s degree in marriage and family therapy accredited by the American Association for Marriage and Family Therapy (AAMFT). The program is fully sanctioned to fulfill the graduation requirements required to be a licensed therapist. There are two components to the program: Academic. The program comprises 22 hours over two years.

Clinical. Five hundred hours of therapy experience are conducted under the watchful eye of a supervisor and group supervision. Students leave the program as systemic therapists, able to treat families, couples and individuals.

Most graduates pursue careers as family therapists in relational settings and in time, start private practices.

2. WHAT ARE YOUR EXPECTATIONS FOR THE PROGRAM?
To be the best MFT program possible. Our excellence dates back to the first program director, Cheryl Rampage, PhD. We want to construct the program to fulfill the Institute’s mission of strengthening and helping families.

3. WHERE DO YOU SEE THE PROGRAM HEADING IN THE FUTURE?
The main goal is to prepare graduates for practice in the 21st Century. The field of therapy is moving to a science practitioner model. Our students are equipped to use science that will make them more effective as the Institute utilizes a sophisticated progress program – STIC® (Systemic Therapy Inventory of Change). The STIC® enables students to actually track changes over the course of therapy. Another goal is to attract more males. Marriage and family therapy has historically been under-represented by males but many clients seek male therapists. Currently, males account for 10 percent of our student body. We would like it to be more balanced.

4. DO YOU ENVISION ANY NEW MODELS/TEORIES BEING INTRODUCED TO YOUR PROGRAM?
Both perspectives incorporate the best of popular models of family and individual therapy, and do so in a systematic way.

For the last 15 years, the program content has relied on the work of Institute colleagues — Metaframeworks: Transcending the Models of Family Therapy (Douglas Breunlin, Richard Schwartz and Betty Mac Kune-Karrer) and Integrative Problem-Centered Therapy: A Synthesis of Family, Individual and Biological Therapies (William M. Pinsof, PhD).

5. WHAT IS YOUR BACKGROUND? WHY DID YOU CHOOSE YOUR GIVEN FIELD?
I've always been a family therapist. My first job was at The Family Institute in Wales. For 36 years, I've been involved with family therapy training, the last 20 being at TFI, where the primary focus is the training of family therapists.

6. WHAT DO YOU HOPE YOUR STUDENTS GET OUT OF YOUR PROGRAM?
First and foremost, I want the students to leave having learned to be competent, rational therapists and to be passionate about that work.

Just as important, they have become dueerto learners. They have “learned to learn.” The field is evolving at a fast rate. What they are learning today will be obsolete tomorrow. They need to stay current and have the ability and desire to continue to find new information about the MFT field.

I hope that as the program moves forward, we will increasingly find ourselves training the next generation of leaders.

7. WHO HELPS WITH THE PROGRAM?
We have a core faculty of seven who guide the program in addition to 15 group supervisors and a cadre of academic professors and lecturers who teach the courses and hold appropriate rank from the Department of Psychology at Northwestern University.

To learn more about the Marriage and Family Therapy program, email Adam Christensen at achristensen@family-institute.org.
2010 Alumnus of the Year Awards

The Alumni Association held a special reception following the Annual Meeting in November to honor the 2010 Alumnus of the Year Award recipients from the Marriage and Family Therapy and Counseling Psychology programs. Alumni, staff, faculty and current students had a chance to reconnect with one another at the event.

The award for Marriage and Family Therapy went to Carol Jabs-Schectman, PhD, LMFT, who graduated from The Family Institute’s Two-Year Postgraduate Training Program in Marriage and Family Therapy in 1988. She currently works at the Institute as a family therapist and a clinical supervisor in our Marriage and Family Therapy program. Dr. Jabs has trained and practiced in community mental health and hospital settings, has taught graduate and undergraduate courses in social work at the University of Chicago, and since 1981, has been a faculty member at Concordia University in River Forest, Ill.

The award for achievement in Counseling Psychology went to Vicki Seglin, PhD, who graduated from The Family Institute’s Counseling Psychology program in 1990 and currently is a faculty member in The Family Institute’s Counseling Psychology program. Dr. Seglin has been involved with the Tavistock Group Relations Conferences for nearly 30 years and is currently Associate Director of the Northwestern University Group Relations Conference. She has 16 years of experience teaching Special Education to children and adolescents with behavior disorders, and currently has a private practice in Winnetka, Ill., which includes individuals, couples therapy, and consultation to individuals and organizations.

In Memoriam – Buddy Portugal

The Family Institute is saddened by the loss of an early alum, Buddy Portugal, MSW, LCSW, who passed away last November. He is a graduate of The Family Institute’s postgraduate program and was a supervisor for many years at the Institute.

With Bob Mark, Buddy co-founded and developed Victories of the Heart/The Wisdom Years, one of the leading programs for the psychological development of men in the Chicago area and in the country. He also lectured internationally and frequently consulted for businesses and organizations to help them increase their responsibility and productivity.

“Buddy had a great heart and wonderful spirit. He brought warmth and joy to everyone he touched. We will miss him. Our world is diminished with his passing.”

— William M. Pirnuf, PhD

SINCE YOU ASKED

A series of questions and answers about The Family Institute’s Annual Fund

Can my $25 donation really make a difference?

If you think the gift you can afford is too small to mean anything, think again. Participation means everything. If every one of our nearly 3,000 alumni donated $25, The Family Institute could put $75,000 toward programs, financial aid and student services. Consider that $25 covers two sessions of therapy for a family in the sliding fee scale, or that $75,000 could make a difference.

Please know that gifts of all sizes matter and make an important difference.

Give today by visiting www.family-institute.org, calling 312-609-5300 ext. 480, or mailing your gift to The Family Institute, Institutional Advancement, 8 South Michigan Avenue, Suite 500, Chicago, IL 60603.

Have a question about giving at The Family Institute? Email us at advancement@family-institute.org.
What attracted you to The Family Institute?
A: I had known several members of the Board, including Bill Pinsof, and knew of the highly professional work done by The Family Institute staff. The service to families of all economic levels though the clinic was a particular attraction because of the great need for such services in Evanston as well as the broader metropolitan community. In addition, the educational and research functions combine to make The Family Institute a unique, world-class institution.

What do you hope to accomplish during your tenure on the Board?
A: In addition to the Board’s efforts to assist the Institute in moving to the next level of growth and development generally, I have been involved in assisting with the development of the legal structure and documents necessary for implementation of the STC® System within the Institute and with other organizations providing therapy services.

Describe the Institute in three words.

Michele Rogers

Tell us a little bit about yourself.
A: I grew up in Cleveland, the oldest of six children in a one-bedroom house. A major event that impacted us all was my mother’s sudden death when I was 16. My father was a truck driver with a sixth grade education who became a warehouse supervisor, leaving a job with freedom to be home each evening to raise us on his own. My mother instilled the importance of education in us so we were good students. I chose to attend Williams College (MA), where I studied history and married Steven, with whom I have a daughter, Akilah. I went to Harvard to earn an MBA and have, where I studied history and married Steven, with whom I have five great kids, all of whom are emancipated, some more than others.

What do you hope to achieve during your tenure on the Board?
A: I work with governance and other committees because I want the wonderful organization to continue to be an effective and successful organization. I want to assist the team by structuring support to allow the organization in continue to grow, educate, share knowledge and help families.

Describe the Institute in three words.

Victor Grimm

Tell us a little bit about yourself.
A: I was an attorney in private practice for over 30 years. I am retired from representing clients but I continue to be active as an arbitrator in commercial disputes. I serve on several boards of charitable organizations. I have been on The Family Institute’s Board for about 20 years, six of those years as Board Chair. My wife, Kathy Grady, is a therapist in private practice, having done post graduate training at The Family Institute and having served as Chair of the Alumni Association. We live in Evanston where we raised five great kids, all of whom are emancipated, some more than others.

What do you hope to achieve during your tenure on the Board?
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Describe the Institute in three words.

What attracted you to The Family Institute?
A: What attracted me to The Family Institute was Experiential Learning at Kellogg. When I was an attorney in private practice, I had a daughter, Akilah. I went to Harvard to earn an MBA and have, where I studied history and married Steven, with whom I have five great kids, all of whom are emancipated, some more than others.

What do you hope to achieve during your tenure on the Board?
A: What do you hope to achieve during your tenure on the Board?

Describe the Institute in three words.
The mission of The Family Institute at Northwestern University is to strengthen and heal families from all walks of life through clinical service, education and research.

An affiliate of Northwestern University, The Family Institute is a unique, innovative not-for-profit organization, governed by its own independent Board of Directors and responsible for its own funding. We have four staff practice locations, including Evanston, Chicago, LaGrange Park and Northbrook. For more information on our staff practice, please call 847-733-4300 or visit our website at www.family-institute.org.