The Family Institute at Northwestern University, founded in 1968, is the Midwest’s largest organization dedicated to family and marital therapy, community outreach, education and research. In addition to the community sites, 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.
**President’s Letter**

*from William M. Pinosof, PhD*

2008 is shaping up to be a fantastic year. To begin, we have updated our Mission Statement to reflect our continued dedication to reaching out to people in underserved and under-resourced communities:

> “The mission of The Family Institute at Northwestern University is to strengthen and heal families from all walks of life through clinical service, community outreach, education and research.”

Through our four main pillars — clinical service, community outreach, education and research — we continue to grow and expand our efforts to strengthen and heal families from all walks of life. Here is a brief update:

**Clinical Service.** This past February, we opened our fourth location in Northbrook. Clients and staff alike enjoy the location and the opportunity to reach out to families in the north and northwest suburbs. This location was selected for its convenient location (Dundee and 41) and ease of parking.

**Community Outreach.** The Family Institute reaches out. Thanks to our generous donors, we are now in 12 schools throughout the Evanston and Chicago region. We are able to offer service to underserved communities and spread the care and knowledge of The Family Institute to people who might not otherwise have access to high-quality mental health care.

**Education.** Our two Master’s programs are thriving. We currently have 88 students from the United States and other countries enrolled in both programs — Marriage and Family Therapy and Counseling Psychology. Our students are being prepared to lead the next generation of couple and family therapy, furthering our mission of strengthening and healing families.

**Research.** The Family Institute research project portfolio enhances not only our education programs but also the future of psychotherapy. The Psychotherapy Change Project is making history. We now have a complete set of norming data for the Systemic Therapy Inventory of Change (STIC®) and are working with this new-found knowledge to expand the scientific foundation of our own therapy as well as the practice of couple and family therapy throughout the world. In addition, our research team is busy working on projects investigating depression in couples and families, anxiety disorders and challenges to marriage therapy throughout the world. In addition, our research team is busy working on projects investigating depression in couples and families, anxiety disorders and challenges to marriage therapy throughout the world.

We are coming up on the 40th anniversary of the Institute’s founding. Look for enhanced programs and opportunities to get involved with us this fall. Thanks for your interest and caring.

Bill Pinosof

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**Institutional Advancement**

**Cyndi Schu, Director of Public Affairs**

Cyndi oversees the Public Affairs for The Family Institute, which includes direct marketing, internal and external communications, media relations, the websites and Institute initiatives. In her free time, Cyndi enjoys reading, baking, singing and performing in musicals.

**Board of Directors**

**Leslie Barker**

Leslie Barker earned her MBA from Northwestern University’s Kellogg School of Management. She is currently a member of the Northwestern University Women’s Board, as well as The Latin School of Chicago Parents’ Council. Mrs. Barker is an active equestrian, interested in dressage. She and her husband, William Barker III, have two children and reside in Chicago.

**Michael Frank**

Michael Frank is the founder and now retired CEO of Uniforms To You, an industry stalwart and company widely known for it’s creativity, flexibility and customer service. Mr. Frank sold this company in the late 1990s but continued on for a period of time in a senior management and leadership position. Currently, he is the Chairman of the Board of Directors of Clover Capital Ltd., a private investment company he founded in 1998. In part, because of his entrepreneurial and business acumen, Mr. Frank has been asked to serve on other business boards and is sought after to be a mentor to other entrepreneurs. He and his wife Susan reside in downtown Chicago. They have 3 young adult children, Aason, Madeline and Jordan.

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**Calendar of Events**

- **June 17**
  - Evening Lecture
  - Jenner & Block
  - Watch your mail for an invite!

- **August 27**
  - Bloomingdale’s Shopping Day
  - Support The Family Institute by purchasing a shopping voucher from us.

- **October 17**
  - Fall Luncheon Lecture
  - Jenner & Block

- **October 24**
  - Fall Luncheon Lecture
  - Saddle & Cycle Club, Chicago

If you are interested in more information on or attending one of our upcoming events, please contact Erin Conway at 312-609-5300, ext. 480, or by e-mail at econway@family-institute.org.
The Family Institute Welcomes ...

Lisa Gordon, PhD

Dr. Lisa Gordon is a licensed clinical psychologist at our Northbrook location. She earned her doctorate from Ohio State University with extensive research and training in marital relations. Dr. Gordon has taught Abnormal Psychology and Developmental Psychology, and is a frequent presenter on parenting topics, including protecting one’s marriage while parenting. In addition, she has published articles on relationship issues such as infertility and divorce. Her clinical interests include romantic and intergenerational relationships; blended families; infertility; adoption; separation and divorce; depression and anxiety; women’s issues; family life transitions; parent coaching; and home visits.

Aryn Grossman Froum, PhD

Dr. Aryn Froum is a licensed clinical psychologist at our Northbrook location. She earned her PhD in clinical psychology from the University of Michigan. Her research and clinical training focused largely on how children, adolescents and their families cope with stressful experiences. Dr. Froum's clinical interests include parenting issues; loss and grief; divorce; blended families; mood and anxiety disorders; anger management; social skills; and school problems.

AFFILIATE

Tracy Karam, LMFT

Tracy Karam sees clients in Naperville. Her clinical interests include children with behavior problems, anxiety, depression, academic underachievement and concerns related to parents’ divorce and/or remarriage; adolescents and young adults with relationship and identity/self issues; sexual abuse; and parent training.

Larry Maucieri, PhD

Dr. Larry Maucieri sees clients in Evanston and Northbrook. His clinical interests include psychological and neuropsychological testing for children and adults and comprehensive assessment and diagnosis of problems in children, adolescents and adults which lead to difficulties with behavior, memory, attention, language, spatial processing and mood.

FRIENDS & DONORS

Circle of Knowledge Lunch Topic Meets Big Audiences

Two hundred and fifty guests attended our fall luncheon lectures at Indian Hill Country Club in Winnetka and the Saddle & Cycle Club in Chicago to hear Cheryl Rampage, PhD, discuss “The Challenge of Prosperity: Affluence and Psychological Distress Among Adolescents.”

We want to share the knowledge that lies within the Family Institute. Here are some points that Dr. Rampage made during this ever-popular and timely lecture.

- Affluence is a protective factor in the lives of very young children (better physical health and earlier achievement of developmental milestones) but a risk factor for adolescents (higher levels of depression, anxiety and self-medicating disorders).
- A contributing factor to the risk is that affluence creates a risk of materialism, which is based on the (false) premise that having more things makes us happier.
- Another risk is that affluent parents tend to be very protective of their children, sometimes to the extent of protecting the children from ever failing. Children who are over-protected do not develop the capacity to tolerate failure, and are often unwilling to push themselves, or to take risks.
- At the same time, children in affluent families feel tremendous achievement pressures. They feel this in the examples of their parents’ successful lives, in the expectation that all of their advantages should guarantee spectacular performance in any endeavor they undertake, and in the awareness of their peers’ success in academics, athletics or other competitive activity. These external pressures work in opposition to the internal motivation to succeed that takes the form of passion and zeal about one’s activities.
- Ironically, having been over-supervised as younger children, affluent adolescents are more isolated from their families than any other demographic group. By age 18, they have their own cars, phones, computers, credit cards, bedrooms and bathrooms. All of these luxuries allow them to have less contact with their parents at a time when their own development is driving huge mood swings, intellectual questioning and interpersonal volatility.
- There is no single answer to this problem, but there do seem to be parenting practices that reduce the risks faced by these adolescents, including:
  - Have consistent and achievable expectations for children.
  - Let them make their own choices as they are developmentally ready and able to do so.
  - Allowing them to experience failure and learn from it.
  - Staying emotionally connected through the turbulence of adolescence.
IN INVOLVEMENT

Opening Up to Tragedy: The Family Institute Responds to NIU Tragedy

February 14, 2008 will forever be a day of infamy for Northern Illinois University. On that day, a single gunman took the lives of six innocent people. The aftermath has seen continued rebuilding and moving forward. One of The Family Institute’s own, Timothy Dwyer, PhD, McCormick Tribune Foundation Chair and Director of the Master of Science in Marital and Family Therapy, who survived Hurricane Katrina, experienced the first day of class back at NIU firsthand. In his own words, here are some of Dr. Dwyer’s insights into what he experienced that day.

A tragedy like the shooting at Northern Illinois University rocks every campus across the country. It strangely bonds each of us in the eerie knowledge that it could happen anywhere. It disrupts our usual routines and sends shockwaves through our consciousness, reminding us that any sense of comfort, peace and safety is somewhat illusory and precarious.

When I reached out to Dr. Lin Shi, the Marriage and Family Therapy (MFT) Program Director at NIU, I didn't know how I might be of help. I just knew I wanted to be there in some way. I wanted to be present and to be with them in whatever way, whatever their thoughts or feelings, whatever their current needs. I simply wanted to honor their community by showing up, by demonstrating “you are in my thoughts.”

“I was moved and honored at the way the folks at NIU let me in. I was struck by their trust and candor with me, and the subtle grace shown by each of the students and the sensitivity of the faculty.”

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One first-year student was wondering about his own reactions. He expressed concern and the sensitivity with him to this experience. He acknowledged that he was still uncertain as to how this event was going to affect him. “Right now, it just seems so remote for most people. I mean, if I were in the classroom when the shooting occurred, I could see how that would affect me more.” I encouraged him to allow whatever he was feeling to surface without judging it, and to honor each aspect of his feelings as part of his experience, recognizing that his peers and clients may be experiencing other feelings, but that he might still connect. Another student requested to meet privately. She was having a very difficult time with her emotional response. Upon her return from a military tour in Iraq three years ago, she was treated for severe trauma. The tragedy at NIU brought all those feelings and experiences to the foreground again. She was uncertain whether she could complete her

Karen Krefman, MSMFT, LMFT
Vice President for Strategy and Planning

Q What is your biggest fear?
A “Biggest personal fear — that I might stop myself from taking advantage of all that life has to offer. As they say, there’s no dress rehearsal.”

Q What music is currently in your CD player/iPod?
A For my birthday, my sons burned a mix of songs (pop, classic rock, & R & B, even Broadway tunes) on 4 CDs, each humorously and aptly titled. I was touched — and they had me pegged to accurately I listen to them a lot.

Q Can you briefly explain your role as Vice President for Strategy and Planning?
A In part, my role is to facilitate and strengthen the functioning, cohesiveness and coherence of The Family Institute’s Board of Directors, and to manage the strategic planning process between Board and staff members.

Q What is your favorite book?
A To be a torch singer or a dancer. Thinking more realistically, I would get involved in a business. I’m rather particular about my physical surroundings and appreciate beautiful things — so perhaps the accessories/furnishings/design field.

Q What is your favorite food?
A For my birthday, my sons burned a mix of songs (pop, classic rock, & R & B, even Broadway tunes) on 4 CDs, each humorously and aptly titled. I was touched — and they had me pegged to accurately I listen to them a lot.

Q What is your dream vacation?
A Traveling with my husband and family to someplace exotic. On the domestic front sunny Rancho Mirage in California is my home away from home.

Q What is your favorite vacation?
A I’ll take both ... city for the culture and excitement and country for relaxation and the chance to marvel at the beauty of nature.

Q What drove you to become a Marriage & Family Therapist?
A Dynamic facetime me. I did clinical work earlier in my life as a speech and language pathologist but did not find it rewarding. After spending years at home raising my four sons, I wanted to go back to doing clinical work, albeit in a different field entirely.

Q What is your favorite movie?
A Hurricane Katrina, experienced the first day of class back at NIU firsthand. In his own words, here are some of Dr. Dwyer’s insights into what he experienced that day.

“I was moved and honored at the way the folks at NIU let me in. I was struck by their trust and candor with me, and the subtle grace shown by each of the students and the sensitivity of the faculty.”

Q What is your favorite book?
A “Little Miss Sunshine” and “There Will Be Blood” ... Q What is your favorite vacation?
A Traveling with my husband and family to someplace exotic. On the domestic front sunny Rancho Mirage in California is my home away from home.

Q What is the most satisfying aspect of your work as a therapist?
A It’s particularly rewarding to be involved in the process of helping people make changes or build more satisfying lives, however they may define it. We face challenges and struggle.

Q What is your dream vacation?
A I’ll take both ... city for the culture and excitement and country for relaxation and the chance to marvel at the beauty of nature.

Q What is your favorite food?
A Dark chocolate.

Q Do you prefer the city or the country?
A I enjoy my relationships with colleagues and clients.

Q If you weren’t a therapist, what would you be?
A I was moved and honored at the way the folks at NIU let me in. I was struck by their trust and candor with me, and the subtle grace shown by each of the students and the sensitivity of the faculty.”

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Q If you weren’t a therapist, what would you be?
Teaching Empathy
By Lisa Gordon, PhD

As a psychologist, I am keenly aware of how empathy promotes emotional healing and behavioral change. However, the power of understanding another’s feelings extends beyond a therapist’s office to children’s classrooms and playgrounds. Learning empathy is undeniably crucial for successfully maneuvering the tasks of childhood. Here are a few tips on teaching children empathy:

- Empathy vitally contributes to a child forming friendships because sharing and helping become more plausible when someone else’s sadness and joy are tenable concepts.
- Empathy increases the rate of pro-social behaviors, while simultaneously decreasing the rate of antisocial behaviors, most notably impulsivity and intolerance. When children clearly understand a kick’s sting or the desperation coinciding with a swiped toy, they have additional reason to resist those destructive impulses.
- The formula for teaching empathy dovetails with the formula for teaching more observable behaviors like polite table manners and proper tooth-brushing. Demonstrate the behavior and reinforce its appearance.
- Several opportunities exist for practicing the accurate labeling of emotions. Use yourself as a teaching tool by pairing words with your own emotional experiences. For example, “I feel frustrated when the telephone company can’t fix our phones.” Or “This morning I spilled tea all over myself. I was so annoyed.”
- Identify the feelings of other people, such as your children, their friends and storybook characters.
- Although parents’ naming emotion is essential to the development of a working emotional vocabulary, parents should refrain from prematurely labeling their children’s emotions based on what parents WANT them to feel. A common example occurs when children hurt themselves and cry, and parents utter “You’re OK.” Responding with “Are you OK? That looks like it hurt,” is more constructive.
- Reinforce children’s displays of empathy.

Friendships, marriages and communities exist because of empathy. Offering other people the respect that we appreciate and displaying fairness so that all people equally enjoy resources both stem from empathy. With the same diligence and effort that accompany teaching reading and inside voices, teach empathy.
COMMUNITY OUTREACH

The Family Institute
Is Alive in the Community

The Community Outreach Program is, ultimately, The Family Institute in the community. Since 1989, the Community Outreach Program has been offering family-oriented psychotherapy to clients who face financial and geographical barriers to receiving services. The Program has provided 7,000 units of service to 600 clients at 12 community sites in Chicago and Evanston over the years.

Community Outreach provides individual and family counseling, social skills and support groups for students, and consultations for school staff. The specific services provided are tailored to the needs of each school community. For example, the Middle School Identity Project is a special group we facilitate with seventh grade students at an Evanston middle school. The Identity Project addresses issues of individual and group identity that are often in the forefront of children’s middle school experiences. The group addresses topics like group dynamics, leadership, being an individual and belonging to a group. It has been widely successful at its current site, and The Family Institute plans to expand it to other Evanston sites in the future.

Community Outreach benefits the lives of children and families often overlooked by traditional mental health care providers. Thank you to all of the donors who make this program possible.

WISH LIST

Are you looking for ways to support our many programs? If you or a business you know is able to donate the following items, please contact Katie Schneiter at kschechter@family-institute.org. Your support is greatly appreciated!

• New or gently used laptops
• New or gently used toys such as puzzles, games and dolls
• Children’s books
• Youth/adult books on therapeutic topics
• Art supplies
• Bean bag chairs
• Area rugs for children to play and sit on
• Therapeutic board games

Current Community Outreach Sites

CHICAGO

Janesville Academy of the Arts (Calumet Green/West Town neighborhood)
Walker Payton College Preparatory High School (Calumet Green/West Town neighborhood)
Farragut Elementary School (Logan Square neighborhood)

Evanston

Family Focus Our Place & Weisburd-Holmes Center
Evanston Township High School
Chuta Middle School
Haven Middle School
Kingrey Elementary School
Nichols Middle School
Quinn Elementary School
Latino Outreach at The Family Institute*
*Spanish/English services at these sites

The dual foundations of mindfulness and behavioral therapy have been used in a number of evidence-based treatments, for a range of human problems. Dialectical Behavior Therapy (DBT) has been developed to help people with multiple, complex problems that have, as a major feature, intense and changeable emotions, including chronic suicidality and self-injurious behavior. People with these kinds of problems, who may be difficult to treat using other therapies, can find compassionate and effective help with DBT. A comprehensive solution, DBT involves multiple therapy modalities. These modalities include: individual, couples, or family psychotherapy, group skills training, between-session telephone access to a DBT therapist for dealing with crisis and problem situations, and the benefit of a team of clinicians to guide the therapy process.

The reality of psychological, emotional and other problems for some people is that despite having the most effective available treatments, they still may be left experiencing significant levels of symptoms. Acceptance and Commitment Therapy (ACT) utilizes mindfulness practice and behavioral principles to help people manage problems like anxiety, chronic pain and other debilitating conditions that persist or remain despite their best efforts to solve these problems. To help people with problems like these, ACT first assists people in clarifying their values. The therapy then helps them identify how their efforts to avoid their symptoms also have interfered with living in a committed and involved way. Next, the person explores how living more fully can bring greater life satisfaction despite having symptoms. ACT then supports them in using mindfulness and behaviorally based strategies to live a more committed, involved and satisfying life.

Mindfulness and Behavior Therapy Program

By Michael Maslar, Psy.D., Director of Mindfulness and Behavior Therapies

The mission of the Mindfulness and Behavior Therapies program at The Family Institute is to deliver therapy services that integrate the benefits of mindfulness practice with the evidence-based and practical approach of behavior therapy. Behavioral therapy seeks to help a person understand how their thoughts, emotions and actions function in life with respect to their relationships, values and goals. The therapy helps the person develop concrete avenues toward change when thoughts, emotions and actions interfere, helping people live fuller, more valued lives.

The Mindfulness and Behavior Therapies Program currently offers individual ACT, FAP and MBSR at the Evanston and Millennium Park locations. DBT services include adult skill training groups at Millennium Park, adolescent skill training groups at Evanston and individual DBT at all locations. Future programming will include multiple family DBT groups, DBT-oriented couples resistance and mindfulness workshops for couples.
Is The Family Institute Heading to Norway?

Dr. William Pinsof, President of The Family Institute at Northwestern University, was recently asked to speak in Norway by a group of researchers at Modum Bad Psychiatry Hospital in Vikersund, Norway, approximately 60 miles west of Oslo. Modum Bad is an internationally recognized center for residential psychotherapy, education and research. Dr. Pinsof was invited to consult on the creation of a multi-site research network in Marriage & Family Therapy in Norway.

This five-day discussion in early March also included a one-day workshop attended by 70 people in Oslo on the problem center framework model, or The Family Institute model of integrative family, individual and biological therapy. Norway maintains a strong interest in our integrative work.

Modum Bad is a unique center as it offers a program where entire families are hospitalized in a beautiful treatment center for three months at a time. Each family must have a parent who has had several unsuccessful treatments for non-psychotic diagnoses (depression, OCD, anxiety, etc.). There is nothing like this anywhere else in the world. Families participate at no cost.

Dr. Pinsof spent two days with a consortium of researchers from Modum Bad, Kristiansund (a city in southern Norway) and the federal government. They explored the possibility of a research project involving the in-patient program at Modum Bad, the in-patient and out-patient programs of a major center in Kristiansund, as well as several family service agencies throughout Norway. All are interested in using the STIC® (Systemic Therapy Inventory of Change) and the STIC® feedback system to understand, evaluate and improve their work. “This is very exciting,” says Dr. Pinsof. “If this works, it will allow us to compare regular out-patient couple and family services with a one-week and a 12-week, in-patient program for families.”

Modum Bad is interested in evaluating their program in relation to an out-patient program and a one-week in-patient program in Kristiansund.

Using the STIC® will allow researchers to see differences in initial states of families in the different programs as well as the amount and breadth of changes that occur in the different programs.

Norwegians are in an enviable position of being very family-oriented, very interested in quantitative research and evaluation, and of having extraordinary financial resources due to their status of being the 3rd largest oil-producing country in the world. Norwegians are in an enviable position of being very family-oriented, very interested in quantitative research and evaluation, and of having extraordinary financial resources due to their status of being the 3rd largest oil-producing country in the world.

Sharing the Knowledge

In the United States, there is an urgent need for enhanced mental health services in low-income communities. According to the Surgeon General, Americans in the lowest strata of income, education and occupation are two to three times more likely to suffer a mental disorder.

Yet this same group also has the most difficulty accessing the help they need, in part because there is a severe shortage of qualified mental health professionals working with underserved populations, particularly racial and ethnic minorities. Thanks to the generous support of donors, The Family Institute is able to award scholarships to promising students attending the two-year Master of Science in Marriage and Family Therapy program offered through the Graduate School at Northwestern University and operated by The Family Institute. These scholarships help expand educational opportunities for future therapists committed to working in underserved communities. Scholarship candidates must demonstrate a significant background and an active interest in helping under-resourced and underserved populations, and must be committed to working within diverse communities upon graduation. As part of their clinical training, all scholarship recipients are required to work in The Family Institute’s Community Outreach Program, which provides no-cost and low-cost mental health care for underserved communities in Chicago and Evanston.

Starting next Fall, The Master of Arts in Counseling Psychology will also have a scholarship program. Thanks to generous alumni donors, we will be able to offer scholarships to our students.

Thanks to these scholarships, The Institute is able to attract the highest caliber applicants — students who have the capacity not only to be successful clinicians, but also to become the mental health leaders of tomorrow ... and to effect profound changes within their respective communities.

Family Institute students discuss psychotherapy and ways to help each other.
Alumni Meet for Social Networking Reception

The annual alumni social networking reception was held on April 23rd at BIN 36 in Chicago. This event gives alumni the chance to catch up with faculty, supervisors and fellow classmates in a fun, relaxed atmosphere. Each year, a raffle is held to raise funds for The Family Institute’s education programs. Thank you to the following organizations who made donations to the raffle:

- Adler Plantarium
- The Cheesecake Factory
- Chicago Cubs
- Chicago Sky
- Chicago White Sox
- Elizabeth Arden Salon
- Evanston Athletic Club
- Eysomage
- The Field Museum
- Hilton Northbrook
- John G. Shedd Aquarium
- Julie Ann Conroy Photography
- Leigh Weinraub
- LuLu’s Dim Sum & Then Sum
- Pascal pour Elle
- Pete Miller’s Evanston Restaurant
- Renaissance Chicago North Shore Hotel
- Roscoe’s Restaurants
- Tillie Studios
- Vanity Nails

Thank you to the following alumni panelists who offered some very helpful insights:
- Leah Brunner, MFT ’07
- Tara Edwards, MFT ’99
- Jan Forsaith, MFT ’01
- Brad Giedeman, MFT ’95
- Emily Harris, MFT ’06
- El’I Karam, MFT ’11
- Tina Lee, MFT ’05
- Emma Starrett, MFT ’03

COMMENCEMENT
Commencement will be held on Saturday, June 21 at the Akoo Theatre at 10:00 a.m., with a reception following at The Family Institute. Free. Jessie Jackson will be giving the keynote speech.

Interesting facts and figures about our Alumni.

We have 1,500 alumni from various programs, which include:

- PhD or MA in Counseling Psychology at Northwestern University
- MS in Marital and Family Therapy at Northwestern University
- Postgraduate Training at The Family Institute
- Postgraduate Fellowship at The Family Institute
- Clinical Practice at The Family Institute
- Clinical Dependency Training at The Family Institute

Alumni work in a wide range of professional settings including community service centers, non-profit counseling hospitals, major corporations and private practice. One even works for the National Football League!

Age ranges as follows:
- 16-20: 8th-grade group
- 21-24: 9th-grade group
- 31-34: 10th-grade group
- 35-38: 11th-grade group
- 39-42: 12th-grade group

Alumni are located in 48 states, including:
- AK, CT, DE, MA, MA-CE, ME, MI, MN, MO, MS, OH, WA, WI, WY, IA, IL, IN, KS, LA, KY, MS, MO, NC, ND, NE, NJ, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WI, WV, WY and internationally in Puerto Rico, Canada, Mexico, Africa, West Indies, Italy, Greece.

Alumni Advisory Board
Janice Witzel, PhD, LCPD, Chair
Jean Arnold, MSMFT
Leah Brunner, MSMFT
Catrina Carmon, MA
Jean Froelich, Sr., BFA
Doug Haist, MA
Arna Losinski-Hunt, PhD
Nancy Jerose, PhD
Sandra Lou, MSMFT
Viviana Pizarro, BFA, LCPD
Loretto Piscopo, MA
Delilah Soutoule, MSM
Science Council, Director of Development

Career Guidance Night Is a Success

The Alumni Association sponsored Career Guidance Night for the Marriage and Family Therapy Program on March 6. Graduating from the program and entering the workforce can be a stressful time, so the goal of the evening is for our alumni to help students feel better prepared for the change.

Derek Ball, PhD, LMFT, Division President of the Illinois Association for Marriage and Family Therapy, and Brett Boettcher, MA, LCPC, Assistant Director of Northwestern University Career Services, joined our panel of Family Institute alumni. The evening was moderated by Linda Rubinowitz, PhD.

Janice received her BA and MA in Psychology from Roosevelt University in Chicago. She worked for 14 years at the Great Lakes Mental Health Center, where she developed and directed a Family Therapy Program. She also began a private practice, which she has maintained for the past 31 years.

Janice received her PhD from the Counseling Psychology Program and also took a life-long practicum in marital and family therapy at The Family Institute. Her dissertation, “Lives of Successful Never-Married Women: Myths and Realities” was well-received in The New York Times, Chicago Tribune, Psychology Today and other publications. She has been supervising graduate students, individually and in groups, in both the former Practicum and Two-Year Training Programs of The Family Institute, the former Counseling Psychology PhD

Janice Witzel, PhD (right), was named Alumnus of the Year by Deane Graham (left).