THE FAMILY INSTITUTE
at Northwestern University
President’s Letter

from WILLIAM M. PINSOF, PhD

The Family Institute is about change and growth. We want to make a difference in people’s lives. And in order to make a difference in more people’s lives, we are growing. This summer, contractors transformed the 10th floor of the Institute’s Michigan Avenue location into 12 new offices. Now, with two whole floors at 8 South (the 5th and 10th), we can help more individuals, couples and families.

Our commitment to growth and change also manifests itself in our research. We want to discover how people actually change and what therapists do to facilitate that change. Twelve years ago, the Research Team at the Institute established the Psychotherapy Change Project. We developed a client self-report instrument – the STIC® – that tracks client change. The STIC®, together with the STIC® scoring algorithms and database, allows psychologists to monitor the progress of therapy for respective individuals during therapy and measures progress against normative data. An online website feeds the results back to the therapist. Not only do we use the STIC® to discover how people change but also to provide scientific feedback that can be used throughout the course of therapy to directly influence the change process. With the STIC®, we are bringing science into practice and transforming the way in which we do therapy. What is also exciting is that we are training our Master- and Doctoral-level students to use the STIC® system in their work, and in doing so, are positioning them to lead the field into the 21st Century.

Not only are we using the STIC® System in our work and training the next generation of therapists to use it, but we have developed an extensive collaborative research project with a consortium of mental hospitals and treatment centers in Norway that are using the STIC® to improve outcomes and evaluate intervention programs. With this collaboration, we are using our research to improve treatment around the world. We are dedicated to understanding and facilitating change at home in Chicago and around the globe. Your interest and support helps us to lead the way in making a better world for all families.

Thank you.

William M. Pinsof
President
Fiscal year 2011 takes on a theme of transformation and change. We began part of that change last year, when The Family Institute was awarded a service grant from The Taproot Foundation to conduct a Visual Identity and Brand Strategy Service project. This project focused on shaping a compelling visual identity, which included a logo. This identity helps shape the way donors, funders, clients and others perceive the value our organization brings to the community.

The Taproot Foundation is devoted to matching deserving organizations with volunteers from the creative professions to accomplish otherwise hard-to-achieve goals. The Institute simply did not have the money in reserve to pay for the branding work that was so greatly needed.

Five advertising, marketing and brand strategist professional volunteers made up the Taproot Service team. For about nine months, they worked collaboratively with the Institute team (Board member Barbara Buenger, Senior Vice President for Strategy and Advancement Karen Krefman and Director of Public Affairs Cyndi Schu) to help refine the Institute’s brand and identity standards, including key messaging.

The Taproot team conducted research to better understand the Institute, how our key audiences perceive us, as well as the visual identity of our competitors. They concluded that The Family Institute’s strengths and reason for being is centered around “shaping the future of family therapy.” We distinguish ourselves as being innovative, committed and leaders.

Through the process, the Taproot team learned that our consumers want to entrust themselves with the very best. As such, the Institute will continue to lead the way in family therapy, striving to be innovative, committed and leaders, all reflected in our new logo.

The Family Institute Expands

Over the past several months, The Family Institute has seen a significant change in its downtown offices. Contractors transformed the 10th floor of the Institute’s Michigan Avenue location into 12 new offices. This expansion allows us to help more individuals, couples and families.
Dr. Pinsof discussed how the skills, attributes and capacities necessary to being a successful, high-functioning man or woman in this society have dramatically changed over the last 40 years. However, some of the old gendered challenges are still very present, both in the world and in our own heads.

New insights from family psychology illuminated the unique challenges faced by each gender in today's world and how the interactions between boys and girls and men and women change over the life course.

We strongly believe in what we do and are deeply committed to making sure everyone has access to our knowledge and care, regardless of their ability to pay. But we cannot do this without those who partner with us to achieve our goal. First Bank & Trust is one such partner. Through their generous support of the Circle of Knowledge, they are helping us bring our knowledge to all families.

This past April, The Family Institute held its annual Spring Circle of Knowledge lectures. Over 150 guests gathered at two separate private clubs on the North Shore and in downtown Chicago to hear Dr. William Pinsof discuss “Boys to Men/Girls to Women: New Paths and Old Ruts on the Road to Becoming an Adult.”

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Researchers on stress management tend to divide coping strategies into two categories: behavioral coping, what you do to cope with stress, and cognitive coping, what you think to cope with stress.

**Behavioral Coping**
Protecting your physical health goes a long way in buffering the effects of stress. Feeling physically strong enables you to feel more competent and capable to combat stressors. Exercise certainly elevates mood, perhaps via its release of endorphins or its benefits on the immune system. In our culture, where productivity and achievement trump self-care, sleep deprivation and a vending machine diet are badges of honor. Exercise moderately, sleep adequately and eat nutritiously. Taking care of yourself physically can mean sitting down for meals, sleeping eight hours a few nights of the week and riding your bike to Starbucks. You don’t have to become a caffeine-shunning, iron-pumping, sleeping beauty to experience stress reduction.

Having caring others around is one of the most powerful variables to mediate the impact of stress. Social support means being able to ask for help, getting validation of your experiences, and enjoying laughter and enjoyment with others. To derive the benefits of supportive other people, disconnect from technology and connect with significant others.

**Cognitive Coping**
What we tell ourselves can either mitigate or exacerbate our experience of stress. For example, say that you hear on the morning news that the market has suffered a steep loss. One way to incite anxiety is to predict further declines, perhaps future job loss and dialing back your lifestyle. Also, focusing on all the other dips in recent days could spur anxiety. Talking to yourself in a different way can alleviate the stress. Understand that the only reality is today’s loss and that whatever else you predict is simply your made-up story. Ground yourself in the present moment to avoid catastrophic thinking. Look to all the evidence to create a reasonable framework, not simply the negative pieces.

Unless you’re planning to move out of Chicago, you’re still likely to experience stress. Along with your Chicago Bears spirit, embrace the prerogative of safeguarding your mental and physical well-being. Change is hard as any Lovie Smith fan can attest, but efforts to reduce stress can effect great victories.
On Saturday, June 26, the Alumni Association of The Family Institute held a five-year reunion for the Class of 2005 at The Family Institute. This was a first-time event and a wonderful opportunity for classmates to re-connect and learn about new developments at the Institute since their graduation. The Alumni Association plans to make this an annual event at the Institute.

Commencement 2010

Commencement was held for the class of 2010 on June 19 at Alice Millar Chapel. Twenty-six Counseling Psychology students and 21 Marriage and Family Therapy students graduated.

Dan McAdams, PhD, was the keynote speaker. He gave an inspiring commencement address about the importance of personal narratives in giving meaning to our lives, and how therapy can be seen as a series of conversations designed to help people change their personal narrative in such a way to add that meaning.

After the ceremony, everyone came back to The Family Institute for a warm celebratory reception.

A Snapshot of the Class of 2010-2012

MARRIAGE AND FAMILY THERAPY
Size: 25
Mean Age: 27
Gender: 2 male; 23 female
Race & Ethnicity: 5 African/African American; 17 Caucasian; 2 Latino; 1 Asian
International: 1 Peru
Out-of-state: 18
In-state: 6
Mean GRE Score = 1008
Mean GPA = 3.47

COUNSELING PSYCHOLOGY
Size: 25 (Standard Program: 18; 2+ Program: 7)
Mean Age: 23
Gender: 2 male; 23 female
Race & Ethnicity: 2 African/African American; 18 Caucasian; 4 Latino; 1 Asian
Out of State = 13
Out of State = 12
Mean GRE Score = 1140

Five-Year Reunion

On Saturday, June 26, the Alumni Association of The Family Institute held a five-year reunion for the Class of 2005 at The Family Institute. This was a first-time event and a wonderful opportunity for classmates to re-connect and learn about new developments at the Institute since their graduation. The Alumni Association plans to make this an annual event at the Institute.
Connect/Re-Connect: Class of 2010

On Thursday, August 12, the Alumni Association of The Family Institute held a first-time event for new graduates called “Connect/Re-Connect: Class of 2010” at the Institute. Alumni from previous years were in attendance to speak about their school-to-career experiences and answer questions.

The new graduates networked with alumni and each other to learn about job opportunities and gain advice for their job search and obtaining a license. This will be an annual event to help new graduates with the transition from school to career.

Since You Asked

Why is alumni support important to The Family Institute?

Many of you have asked, “I paid tuition. Why is it important for me to give to the Institute?”

It’s a fact: tuition to attend The Family Institute’s Master of Science in Marriage and Family Therapy and Master of Arts in Counseling Psychology programs is high due to the relationship with Northwestern University. Many of you may not know that The Family Institute is an affiliate of Northwestern University and is governed by its own independent Board of Directors and responsible for its own funding.

Due to this unique affiliation, we share tuition revenue with Northwestern University. Much like at our peer institutions, the portion that remains at the Institute does not cover the total cost to educate our students. As when you were a student, donations help us make up the difference — and help us stay competitive in our quest for the very brightest.

Contributions make an important difference in the daily lives of Family Institute students. It’s the most direct way to make an impact on financial aid, outstanding programs, student services and much more.

Join our Circle of Support and help make an impact on the field of mental health.

Give today by visiting www.family-institute.org, calling 312-609-5300, ext. 484, 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.

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Members of The Family Institute’s President’s Circle — business and civic leaders, alumni, grateful patients and employees — form an elite group of philanthropic leaders. Through their generosity, they provide the resources that enable the Institute to deliver high quality, innovative care to all individuals and families. President Circle members receive periodic updates on Institute initiatives and exclusive invitations to educational and social events.

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Vivian and Bob Klopfer
Mr. and Mrs. Stephen Malkin
Dr. George Meschel and Dr. Susan Meschel
MOMs of Multiples
Ms. Susan Penn
Dr. and Mrs. Robert Perlmutter
Ms. Gerri Sciarra
Cari and Mark Sterne and Family
Willard School PTA
Mr. and Mrs. Norman Rich
David Van Dyke Family

In Honor of Pam Szokol
Ms. Anne Rossiter

In Honor of Deborah E. Youderian
Ms. Ilana Fradkin
Mr. and Mrs. David Pritzker

Matching Gifts:
Jenner & Block LLP
Microsoft Corp.
PepsiAmericas Foundation
Parents in Charge (PIC)
Partnering with parents to promote self-regulation in early childhood

The Family Institute is proud to present a brand new program – Parents in Charge (PIC).
This program is aimed at children 2-6 years of age and offers a novel, developmentally-based approach to parent training embedded within a family therapy model.

PIC is a unique program because of its emphasis on developmentally-sensitive assessment of young children as the basis for an individualized treatment plan that is attuned to each child’s behavioral needs and developmental level within the context of his/her own family. The use of specialized methods specifically designed for early childhood is essential for determining whether young children’s behavior is merely a reflection of the normative misbehavior of this age period or an early indicator of concern.

The Parents in Charge program is directed by Barbara Danis, PhD, and Carri Hill, PhD, who have extensive experience working with families of young children with emotional and behavioral challenges such as aggression, tantrums and noncompliance.

PIC is a unique partnership between The Family Institute and the Developmental Mechanisms Research Program directed by Laurie Wakschlag, PhD. The Developmental Mechanisms Research Program is part of Northwestern’s Department of Medical Social Sciences, chaired by David Cella, PhD.

The components of the program include:

**An Assessment of Child Behavioral and Developmental Functioning**
- The Disruptive Diagnostic Observation Schedule (DB-DOS), a specialized observational assessment we have developed which allows the clinician to observe children’s ability to cope with frustration and disappointment with caregivers and with a clinician.
- Developmental testing to assess the child’s language and cognitive abilities, which are important building blocks of behavioral regulation and self-control.
- Interviews with parents about the child’s developmental and behavioral history.
- Assessment of the child’s behavior and development at school/daycare, if applicable.

**Feedback with Family**
- In-depth discussion with parents meant to share information learned during the assessment and to work in partnership with parents to develop an intervention plan that is suited for their family’s needs.

**Family-Based Treatment**
- Strategies that help parents feel more effective in managing their child’s behavior and allow them to teach their child age-appropriate coping and self-control.

The process is two-fold.

After an initial screening questionnaire, service begins with a three-hour assessment session. Parents and child are brought in together to gather information. Parents then meet the following week with the team to discuss the child’s strengths and challenges and to develop a treatment plan.

Treatment then includes eight weeks of family-focused sessions to promote child behavioral regulation and effective parenting strategies. The entire family is invited in for effective interventions – all siblings, parents, grandparents, caregivers – anyone with a caregiving role with the child is invited.

PIC has been specifically designed to be responsive to the needs of diverse families, including stepfamilies, adopted families, same-sex families and children raised by grandparents.

For more information or to set up an initial evaluation, please call 847-733-4300 and ask to speak to someone from Parents in Charge or visit www.family-institute.org/counseling-and-psychotherapy/specialized-services/pic.
The Family Institute Trains the Future: Postgraduate Clinical Fellowship
By Linda Rubinowitz, PhD, Director

The Postgraduate Clinical Fellowship at The Family Institute provides advanced, intensive training for mental health professionals who have completed Master’s or Doctoral degrees. The goal of the program is to develop the next generation of leaders and innovators in family therapy and family psychology. The program is rare in the mental health field as it offers advanced training in couples and family therapy. It is further exceptional in that it integrates research with clinical application.

There are six Postgraduate Fellowship positions – four General Clinical Fellows and two Postdoctoral Research Fellows. All Fellowships are two years in duration. Three new Fellows are accepted annually in a nation-wide search, recruited from major institutions across the country. Over the two years, the program focuses on integrated training components:

1. Strengthening and refining therapy skills through clinical practice supervised by senior therapists at our Bette D. Harris Family and Child Clinic.
2. Strengthening research capabilities for research fellows.
3. Mastering theory and application of The Family Institute’s perspective on systemic therapy.
4. Building additional professional skills, including development of clinical specialties, sharpening research focus, developing and/or honing organizational/administrative skills and learning about marketing.

Each Fellow develops and maintains a clinical case load and participates in individual and group clinical supervision. All Fellows participate in educational experiences such as a bi-weekly Couples Theory Seminar or an Applied Clinical Couples and Family Therapy Seminar. Fellows also present on topics of special interest at monthly Grand Rounds to faculty, staff and students, and write a professional clinical/research paper, which is distributed to a larger community interested in mental health. Research Fellows work with faculty on research projects.

Each Fellow develops a personal training plan, which, in addition to the above, includes selected options based on the Fellow’s interest, skills and learning objectives. Some of the options include:

• Become a teaching assistant in Master’s programs or an undergraduate course in marriage.
• Receive specialized training in Psychological Assessment or Dialectical Behavior Therapy.
• Enroll in a clinical supervision course and then supervise trainees.
• Lead or co-lead an on-going or develop a new clinical therapy group.

Fellows who complete the Fellowship take a variety of paths. Some become valued members of The Family Institute’s highly regarded clinical staff. Of the 34 Fellows since the program’s inception in 2001, approximately 65% have joined and enriched our staff. Others have accepted positions at universities, hospitals and government agencies, or have entered private practice.

We are proud that our Fellows use their training to become major contributors in the mental health field.
Monthly tidbits for families and couples

Sharing knowledge is an integral part of the Institute’s mission. To continue the dissemination of this knowledge, the Institute has created a new initiative, Tip of the Month, a monthly online eBlast.

Our research-based Tips of the Month center on couple and family topics which are relevant and current. Grounded in research and best clinical practices, Tips highlight how to promote strong couples and healthy families.

Fitting in with our new online media efforts, each Tip of the Month is written by clinical staff, and posted on our website and sent via email. Subscribers enjoy the varied content month-to-month and especially like the convenience of reading the eBlast on their own time.

When signing up for Tip of the Month, people can choose which Tip(s) they wish to receive, couple or family. Sent directly to your Inbox each month, the Tips are concise yet informative and easy to read.

To sign up, simply go to the box on our homepage (www.family-institute.org) and check the Tip(s) you wish to receive.

SAMPLE EXCERPT FROM COUPLES TIP OF THE MONTH

Are you Overdrawn? July/August 2010

Marriage researcher John Gottman tells us that the happiest couples are the ones who make five times as many deposits as withdrawals from their marital (relationship) bank account. What do they deposit? Words of admiration and appreciation, and goodwill gestures that express love, thoughtfulness and interest … A big account balance is important because it cushions the impact of inevitable withdrawals: criticisms, impatience, behaviors we later regret. An excess of withdrawals — too many negatives without a fat cushion of positives — will overdraw your account and leave your relationship in the red.

SAMPLE EXCERPT FROM FAMILY TIP OF THE MONTH

Rally ‘Round the Meal July/August 2010

What is it about family mealtime that seems to benefit adolescents? Perhaps it’s the time spent checking-in with one another through uninterrupted conversation — despite hectic schedules and distractions — so that teens experience their parents’ real interest and know they have a parent on their side. It’s not easy nowadays for parents to find 20, 30 or more minutes — the time a proper meal requires — to focus attention on the youngsters. (Indeed, research has found parent-teen communication to be a key ingredient in adolescent mental health.) And it’s harder for surreptitious-inclined teens to fly below the radar when they sit face-to-face with mom or dad on a regular basis.
In each issue of Institute News, we will introduce you to Family Institute board members. Our board members are responsible for governing and overseeing the Institute's financial security and charting the strategic direction and future growth of the Institute.

**Leslie Barker**

Tell us a little bit about yourself.

A I live in Elmhurst with my wife Pam and two sons, Giancarlo (21) and Marco (19). Giancarlo is a film production major at Columbia College and Marco an accounting major at Northern Illinois University. I'm currently busy with our two teenagers, Laura and Zachary, and several volunteer organizations.

What attracted you to The Family Institute?

A I first learned about The Family Institute at a Circle of Knowledge luncheon. I was impressed by the staff that I met as well as by the mission of the organization: to strengthen and heal families. I was also impressed by the commitment The Family Institute has made to help all families regardless of their ability to pay.

What do you hope to accomplish during your tenure on the Board?

A I'd like more people in Chicago to be aware of what a wonderful organization The Family Institute (TFI) is. Some people may know that the Institute did over 60,000 therapy sessions last year, but they don't know that TFI is internationally recognized for the research conducted here. Or some people may know about the two Master's programs, but not know that TFI provides sliding-fee scale service in its Bette D. Harris Family and Child Clinic.

What three words describe the Institute?

A Compassionate, Committed, Innovative

**Ernie Iannotta**

Tell us a little bit about yourself.

A I moved to Chicago after college, and other than a three-year stint in Belgium, I’ve lived here ever since. I met my husband, Bill, at the Kellogg Graduate School of Management at Northwestern University, and we’ve been married for 23 years. After Kellogg, I worked in human resource management in both Chicago and Brussels. I’m currently busy with our two teenagers, Laura and Zachary, and several volunteer organizations.

What attracted you to The Family Institute?

A My expertise in accounting and working with nonprofit organizations was a good fit with the Institute. I was sold on the mission of the Institute and the great things that were being done to help families. I’m a very family-orientated individual and the values of the organization matched with mine. I have been very fortunate in my career and wanted to give back to help the Institute in any way that I could.

What do you hope to accomplish during your tenure on the Board?

A I have been on the Board for close to 20 years. Over that period of time, I have been involved very closely with the finances of the Institute. I have served on the Finance Committee as Chair and have been on the Executive Committee. I have seen the Institute grow from an organization with one location and a million dollar budget to an organization with multiple locations and a 10 million dollar budget. Over the next several years, I would like to continue in that role of Finance Chair and see the Institute grow further.

What three words describe the Institute?

A Therapy, Education, Research

Anything else you’d like to share?

A The Institute is a great organization helping many families. I have benefited greatly by my involvement with the organization.
**CLINICAL STAFF**

**Leah Bloom, MSMFT**
Leah Bloom is a staff therapist. She holds a Master of Science degree in Marital and Family Therapy from The Family Institute. Leah treats individual adults, couples, families, children and adolescents. She also co-facilitates the adoption group.

**Mary E. Doheny, PhD**
Dr. Mary Doheny is a licensed clinical psychologist. For the past 30 years, she has maintained a private practice and served as adjunct clinical professor at Northwestern Memorial Hospital. She received her PhD in Clinical Psychology from Loyola University of Chicago and received postdoctoral training in psychoanalysis from the Chicago Center for Psychoanalytic Psychology.

**Maureen R. Ford, PhD**
Dr. Maureen Ford is a licensed clinical psychologist. She received her PhD in clinical psychology from the University of Kentucky after completing her internship at Northwestern Memorial Hospital. She has maintained a private practice for the last 20 years.

**Francesca G. Giordano, PhD, Director, Counseling Psychology Program**
Dr. Fran Giordano received her PhD from the University of Virginia in Counselor Education and Supervision and her Master’s degree from Michigan State University. Before joining The Family Institute, she was a full professor in the Counseling Program at Northern Illinois University. She is the president-elect of the Illinois Counseling Association and the Vice Chair of the Illinois Professional Counseling Licensure and Disciplinary Board. Her clinical specializations include sexuality counseling and anger management.

**Kate Goldhaber, PhD**
Dr. Kate Goldhaber is a Licensed Clinical Psychologist. She received her undergraduate degree from the University of Pennsylvania and her PhD in clinical psychology from the University of Virginia. Kate treats adolescents, adults, couples and families. She has specialized training in Dialectical Behavioral Therapy and Trauma Focused Cognitive Behavioral Therapy.

**Megan Mayberry, PhD**
Dr. Megan Mayberry is a staff therapist. She received her undergraduate degree from Cornell University and completed her Master of Science and PhD in Counseling Psychology from the University of Illinois at Urbana-Champaign. Megan has clinical experience with children, adolescents and families, emphasizing the integration of developmental and systems perspectives on psychopathology and treatment. She is also trained in Dialectical Behavioral Therapy and Assessment.

**Jennifer McComb, PhD, LMFT**
Dr. Jennifer McComb is a Licensed Marriage and Family Therapist. She received her Master’s degree in Family Relations and Human Development with a specialization in human sexuality from the University of Guelph and her PhD in Marriage and Family Therapy from Purdue University. Her clinical interests include gambling, couple conflict and intimacy, family relationships, sexuality, parenting, adolescents, and substance use/abuse.

**Jeff Sieracki, PhD**
Dr. Jeff Sieracki is a staff psychotherapist. He received his undergraduate degree from University of Illinois at Urbana-Champaign and his PhD in clinical psychology from Loyola University Chicago. Jeff has extensive training in empirically supported treatments and cognitive-behavioral interventions.

**AFFILIATES**

**Heather Bates, LMFT**
Heather Bates received her Master's degree in Marital and Family Therapy from The Family Institute. She specializes in working with adolescents and young adults with a particular interest in substance abuse.

**Aryn Froum, PhD**
Dr. Aryn Froum is a licensed clinical psychologist. She earned her PhD in clinical psychology from the University of Michigan. She treats children, adolescents, parents and families.
Pamela Horan-Bussey, LCSW
Pamela Horan-Bussey is a licensed clinical social worker. She serves children, adolescents, adults and families. Pam is fluent in Spanish and experienced in navigating the effects of immigration on individuals and families.

NON-ClinICAL STAFF

Michelle Weil
Development and Database Manager
Michelle Weil joined the Institute as Development and Database Manager. She is instrumental with our database in addition to our Circle of Knowledge events and Alumni Association. Michelle has a degree from Vanderbilt University and came to us with a background in political fundraising.

Mike Kuta
Jr. Systems Administrator
As Jr. Systems Administrator, Mike Kuta is the point person for all user and help desk issues. He graduated from North Park University with a degree in Information Systems and worked for several years in the Information Technology field.

Jamie Weinberg Jefkin
Director of Administration
Jamie Weinberg Jefkin returns to the Institute, having worked as an Office Assistant while completing the Institute’s MSMFT program. She has worked in the medical field for a number of years, recently implementing an Electronic Health Record system.

Yadira Wardlow
Intake Coordinator
As the Intake Coordinator, Yadira Wardlow is the first person a potential client speaks to, explaining the different levels of treatment here at the Institute. She graduated from Northeastern Illinois University with a degree in Psychology, and has worked in social services for six years. Yadira is also bilingual (Spanish/English).

Nida Siddiqui
Administrative Assistant
As an Administrative Assistant, Nida Siddiqui manages the flow and workings of the credit card system and assists in the billing department. She started working at The Family Institute as a part-time receptionist at the front desk. She currently attends Northeastern Illinois University, majoring in Psychology, with an anticipated graduation date of Spring 2011.

Lexy Nichols
Intake Worker
Lexy Nichols is our part-time intake worker in addition to working in the billing department.

Erin Staab
Assistant Research Administrator
Erin is the Institute’s new Assistant Research Administrator. She manages the research lab and works on the Depression, Anxiety and Couples study and the Psychotherapy Change Project. Erin graduated from Northwestern University with a degree in Psychology and Sociology.

POSTGRADUATE CLINICAL FELLOWS

Mallory C. Rose, MSMFT
Mallory C. Rose holds a Master of Science in Marital and Family Therapy from The Family Institute. She treats adults, couples, families, children and adolescents. Her focus includes self-esteem/body image issues and transition to parenthood. She co-facilitates the children of divorce group.

Kenichi (Ken) Shimokawa, PhD
Dr. Kenichi (Ken) Shimokawa is the Madigan Postdoctoral Fellow. He received his PhD in clinical psychology from Brigham Young University. He completed his pre-doctoral internship at the University Counseling Center at the University of Rochester, emphasizing in working with couples and individuals with international background. Ken’s research focuses on development and evaluation of psychotherapy quality assurance systems.

Jillian Wickery, PhD
Dr. Jillian Wickery is a postgraduate clinical fellow at The Family Institute. She received her undergraduate degree from the University of Illinois at Urbana-Champaign and her PhD in Clinical Psychology from Northern Illinois University. Jill treats individual children, adolescents and adults, as well as couples and families. She has particular interests in working with couples on issues of communication, intimacy, and transitional difficulties related to marriage and parenting.

ON THE MOVE

Adam Christensen
Education Coordinator
Adam Christensen has moved from Operations to the Education Department. As Education Coordinator, he will organize administration for the Marriage and Family Therapy Program.
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.