Celebrating 40 years of strengthening and healing families.
President’s Letter

from WILLIAM M. PINSOF, PhD

Happy 40th Anniversary Family Institute!

Our anniversary year has officially begun.

Forty years ago, Charles H. Kramer, MD, and his colleagues started the quest for strengthening and healing families. Today we continue their mission as we carry on the tradition. We are dedicated to providing the highest quality of mental health care possible. The Family Institute is the place for knowledge and caring families count on.

As we begin our new fiscal year, we look back at how far we’ve come and at how much we’ve grown, and look toward 2009 with hopefulness and anticipation. Within this issue is a list of our donors for the fiscal year that concluded in August. Thank you for your continued generosity and support of The Family Institute.

Look for announcements about programs and events celebrating our 40th anniversary that reinforce our mission and core values — our way of sharing the knowledge.

I am privileged to lead The Family Institute as it celebrates its 40th Anniversary. Thank you for sharing in our 40 years.

Leadership

William M. Pinsof, PhD, LMFT
President, The Family Institute at Northwestern University
Director, The Center for Applied Psychological and Family Studies

Angeline Heisler, MM
Senior Vice President for Finance and Administration, The Family Institute at Northwestern University
Associate Director for Finance and Administration, The Center for Applied Psychological and Family Studies

Cheryl Rampage, PhD
Senior Vice President for Programs and Academic Affairs, The Family Institute at Northwestern University

Rebecca Hoffman, MSEd
Vice President for Institutional Advancement, The Family Institute at Northwestern University

Karen Krefman, MSMFT, LMFT
Vice President for Strategy and Planning, The Family Institute at Northwestern University

Reginald C. Richardson, PhD, LCSW
Vice President for Quality Assurance and Evaluation, The Family Institute at Northwestern University

Advancement Staff

Suzanne Puntillo
Director of Development

Cyndi Schu
Director of Public Affairs

Erin Conway
Development & Public Affairs Coordinator

Katie Schechter
Grants & Fundraising Coordinator

In-kind donations help support our many programs. If you or a business you know is able to donate the following items, please contact Katie Schechter at kschechter@family-institute.org. Your support is greatly appreciated!

• New or gently used laptops
• New or gently used toys such as puppets, games and dolls
• Children’s books
• Youth/adolescent books on therapeutic topics
• Art supplies
• Bean bag chairs
• Area rugs for children to play and sit on
• Therapeutic board games
Our Circle of Knowledge lectures continue to grow. We’ve branded these events with a new vibrant logo (see above). This will help identify these lectures as an important part of The Family Institute’s education mission. We’ve held five Circle of Knowledge events in 2008 and are proud of the knowledge shared at each.

Launching Our Kids

Enthusiastic audiences gathered at Lake Shore Country Club in Glencoe and The Saddle & Cycle Club in Chicago to hear William Pinsof, PhD, deliver his talk, entitled Launching Our Kids: Helping Adults Work and Love. Dr. Pinsof explained how the capacities to love and work define a healthy adulthood, and the challenges and risks associated with emerging adulthood, and how parent and child can create a successful relationship throughout the lifecourse. More than 200 people enjoyed these programs, which are just one way we reach out to our greater community and offer our insights and knowledge.

Aspirational Sacrifice

This fall, Cheryl Rampage, PhD, delivered a talk on Husbands & Wives: "Aspirational Sacrifice": Gender roles and rules in contemporary marriage.

Almost 200 attendees learned how our beliefs about the capabilities of women and men have changed significantly in the past half century. Yet when we enter into marriage, and especially into parenthood, we still feel both conscious and unconscious pressures about our proper roles as men and women. These pressures often lead us to give up crucial aspects of our own potential and sometimes blame each other for any subsequent losses. This lecture explored creative solutions to these dilemmas, and suggested ways that couples can minimize those losses while supporting each other’s goal to live a whole and satisfying life.

A Night of Generativity

In June, we broke with tradition and offered an evening lecture with cocktail reception.

Gorgeous space was graciously furnished by Jenner & Block with a view of the city from their 41st floor windows in the IBM Building. The gathered audience heard William Pinsof, PhD, deliver a talk entitled, Wisdom, Generativity and Power: Building a Legacy for the Next Generation.

Save the Dates!
The Golub Family Lecture will be held November 20 at The Standard Club in Chicago. Dr. William Pinsof will present “Passing It On: The Generational Transfer of Wisdom, Power and Wealth.”

Our Spring 2009 Lectures will be held on April 17 (Lake Shore Country Club) and April 24 (Chicago).
Environmental Play Initiative Grant Received

The Alumnae at Northwestern University recently awarded The Family Institute a $5,000 grant to support the expansion of the Environmental Play Initiative. This Initiative benefits and is utilized by students enrolled in our two Master’s programs—Marital and Family Therapy and Counseling Psychology. Development and specialty play pods are used by therapists-in-training during therapy sessions with children and their families. Each play pod contains items such as art supplies, puppets, developmental toys, and therapeutic games and books, which are appropriate to use with each target age group to treat a variety of therapeutic issues, as well as specific treatment issues like divorce and child abuse.

This grant will allow The Family Institute to purchase five development pods (one for each age group: children under 3 years; children 4-6 years; elementary school age children; middle school age adolescents; older adolescents). The pods will be utilized in the Bette D. Harris Family and Child Clinic Evanston location.

The Bette D. Harris Family and Child Clinic provides counseling and psychotherapy on a sliding-fee scale so clients pay what they can afford (the average payment is $12 per session).

The Clinic operates at all four Institute sites—Chicago, Evanston, LaGrange Park and Northbrook—and serves more than 2,000 people annually.

Our goal is to have clinic treatment rooms at all four locations equipped with the development and specialty pods.

For information on how to make gifts in support of the Bette D. Harris Family and Child Clinic, please contact Suzanne Puntillo, Director of Development, at spuntillo@family-institute.org or 312-609-5300, ext. 484.

Matching Our Goal – $1 at a Time

Thanks to a generous foundation, we have received a $30,000 challenge grant in support of our Community Outreach program, which is 100% philanthropically supported. The foundation pledged to match dollar for dollar gifts, from new donors or current donors who increase their giving.

If you would like to help us reach our goal of raising an additional $30,000 for Community Outreach, please visit our website (www.family-institute.org) and submit the online giving form, indicating that your gift is for the Community Outreach program, or contact Suzanne Puntillo at 312-609-5300, ext. 484 to make a donation. Contributions of all sizes are appreciated.
The Family Institute thanks all of our donors for generously supporting us.

Fiscal Year 2008 Donors (Gifts received September 1, 2007-August 31, 2008)

**$300,000 and above**
- Anonymous Individual
- Harris Family Foundation
- Joe and Pam Szokol
- King and Caryn Harris
- Katharine Harris
- John and Stephanie Harris
- Bill and Linda Friend

**$100,000-299,999**
- Randy L. and Melvin R. Berlin
- The Margaret Clark Morgan Foundation
- Mr. Arthur C. Nielsen, Jr.

**$50,000-99,999**
- Mrs. Irving Harris/The Irving Harris Foundation
- Mr. and Mrs. Kenneth Lehman/The Kellicie Fund
- Judy and Jim Klutznick
- Karen and Ronald Krefman
- Polk Bros. Foundation

**$25,000-49,999**
- Anonymous Foundation
- The Crown Family
- Arie and Ida Crown Memorial
- The Kovler Family
- Lloyd A. Fry Foundation
- Holly and John Madigan/Madigan Family Foundation

**$10,000-24,999**
- Anonymous Individual
- Aileen S. Andrew Foundation
- Mr. and Mrs. T. Stanton Armour
- Dr. Scholl Foundation
- Mr. Eugene Golub/Golub & Company
- Mr. Robert F. Lipman
- Ashley and Matthew McCall/McCall Family Foundation
- W.P. & H.B. White Foundation

**$5,000-9,999**
- Alumnae of Northwestern University
- Mr. Alvin H. Baum, Jr./Alvin H. Baum, Jr. Philanthropic Fund
- Solomon Cytrynbaum and Susan A. Lee
- Francis Beidler Foundation
- Laurie and Cary Glenner/Glenner Family Foundation
- Mr. John J. Glier/Grenzebach Glier & Associates
- Ms. Holly Hunt
- The Rotter Family/JSJ Family Foundation
- Mr. Todd Logan
- Mr. and Mrs. Michael E. Murphy/Michael E. Murphy Foundation
- Patrick and Anna M. Cudahy Fund
- Tina and Buzz Ruttenberg/The Ruttenberg Charitable Foundation
- Margaret Silberman, PhD
- Gail and John Ward
- Mrs. Debbie E. Youderian, MSW

**$1,000-4,999**
- Anonymous Individual
- Mr. Jeff Aeder and Ms. Jennifer Levine/JDI Children’s Foundation
- Mrs. James W. Alsdorf/Alsdorf Foundation
- Mr. James R. Anixter/James R. & Lesley B. Anixter Family Foundation
- Ann and Brian Balusek/Mammel Family Foundation
- Mr. and Mrs. William G. Barker, III/Michael E. Murphy Foundation
- Roy and Jacquie Berlin/Berlin Metals LLC
- John H. Bittner and Family/H. M. Bittner Charitable Trust
- Mrs. Barbara Buenger
- Ms. Christina Codo and Mr. Patrick Maloney/Charlotte and Norman Codo Charitable Trust
- Mrs. Roger Eklund/Geraldi Norton Memorial
- Ms. Joan Elisberg Mandel and Mr. Richard Mandel
- Marina Eovaldi, PhD
- Dan J. Epstein
- James H. Feldman/Jenner & Block LLP
- Mr. and Mrs. Christopher B. Galvin
- Sandy and Lee Golub
- Mary Gower
- Kathleen Grady and Victor Grimm/AXA Equitable Life Assurance Society
- Paula and David Harris
- Mr. and Mrs. Ernest Iannotta/United Way of Metropolitan Chicago
- Mr. Ted Jadwin and Ms. Ellen Morris
Mr. and Mrs. W. W. Kaehler
Mr. and Mrs. Burton Kaplan/The Mayer & Morris Kaplan Family Foundation
Rebecca and Lester Knight
Dr. Colman and Julie Kraff
Mr. and Mrs. Frederick A. Krehbiel
Mr. and Mrs. Glen Lefkovitz/Lefkovitz Foundation
Margaret and Paul Lurie
Mr. and Mrs. Neil McKay/McKays Fund
Mental Health Addiction & Retardation Organizations of America
Mr. Ralph Muller/The Muller Family Charitable Fund
Navistar
Michael and Sheila Newman
Dr. and Mrs. Arthur C. Nielsen, III/ Gertrude B. Nielsen Charitable Trust
Mrs. Norman Olson/Katherine L. Olson Charitable Foundation
Dr. and Mrs. William Pinsof
Viviana E. Ploper, MA, LCPC
Cynthia Reusche
Michele and Steve Rogers
Ms. Carol Ryan/The Ryan Foundation
Bev Shaw
Mr. and Mrs. Tom Shworles
Mr. and Mrs. Michael Supera/Supera Family Foundation
Suzy Thompson/Harold F. & Suzanne D. Falk Foundation
Mrs. Andrew Valentine
Dr. and Mrs. Michael Vender
Dr. Jesse Viner/Yellowbrick Foundation
David M. and Mary Ann Barrows Wark/ MADA Charitable Lead Trust
Mr. and Mrs. Jeffrey Wellek/Elizabeth and Jeffrey Wellek Philanthropic Fund
Janice Witzel, PhD, LCP

$500-999
Mrs. Edwin Bergman/B.L. Bergman Fund
Mr. Alex Bernhardt and Ms. Susan Wein/Wein Family Foundation
Mr. and Mrs. Philip D. Block, III/ J.B. Charitable Trust
Mr. and Mrs. Francis J. Bomher
Mr. and Mrs. Edward Bowen/Susan R. and John W. Sullivan Foundation
Dr. Susan Burland and Mr. George Plumb
Mr. and Mrs. Christopher B. Combe Judy and Gus Crivolo
Mr. and Mrs. Dirk Degenaars
Mr. and Mrs. Stephen J. Eisen
Drs. Doris and Arthur Freeman
Mr. and Mrs. Bert Getz
Mr. and Mrs. Lawrence E. Gilford/The Gildford-Atkins Families Foundation
Ms. Patti Gilford/The Gildford-Atkins Families Foundation
Jean and Martin Goldsmith
Ruth Guillaume/Guillaume & Freckman, Inc.
Mr. and Mrs. Richard Jaffee/Shirley H and Richard M Jaffee Family Foundation
Mr. and Mrs. Edgar D. Jannotta, Sr.
Mr. and Mrs. Frank S. Karger/Karger Fund
Gail Epstein Kovler/Gail Epstein Kovler Fund
Edward O. Laumann, PhD
Elliot and Frances Lehman/Frances and Elliot Lehman Fund
Mrs. Francis Little
Mr. and Mrs. Richard Melman/Richard and Martha Melman Foundation
Ms. Karen Otto
Ms. Pamela Phillips Weston and Mr. Roger Weston
Ms. Susan Piser

Ms. Anne Rea and Mr. Ken Bigg
Mr. and Mrs. Jeff Schneider
Carole and Gordon Segal
Sherry Koppel Design
Mr. and Mrs. John R. Siragusa
Dr. William Stiers
Mr. and Mrs. James H. Swartchild
Mr. and Mrs. Gregory Taubeneck/ Greg and Anne Taubeneck Family Fund
Mr. and Mrs. Thomas Terry
Beatrice and Charles Tier/W.W. Grainger, Inc.
Mr. Scott Turow/Turow Foundation
Dr. and Mrs. Jeffery Vender
Mr. and Mrs. James R. Woldenberg

$250-499
Richard and Kathleen Adler
Lynn and Joel Altschul
John and Clare Ardizzone
Mr. and Mrs. Adam Aron
Donna and Bill Barrows
Mrs. Janet Beatty
Mr. and Mrs. Charles W. Benton
Ms. Katherine B. Bliss
Bloomingdale’s
Mr. and Mrs. Laurence Booth
Mr. and Mrs. John Bradbury
Kirsten J. Chadwick, PhD
Mr. Steve Ciolino
George and Carol Cyrus
Dr. and Mrs. A. Todd Davis
Mr. and Mrs. Andrew Denenberg
Mr. and Mrs. Thomas Donahoe
Mr. and Mrs. Richard R. Donnelley, III
Marie Dwyer
Mr. and Mrs. Sidney Epstein/The Sidney Epstein and Sondra Berman Epstein Foundation
Dr. and Mrs. Charles Falcone
Mr. and Mrs. E.G. Frank, III
Mrs. Zollie S. Frank
Mr. and Mrs. Erich Gerth
Mr. and Mrs. Richard Glabman
Dr. and Mrs. Jack Graller
Mr. and Mrs. Robert J. Greenbaum
Mr. and Mrs. Arthur W. Hahn
Ms. Angeline Heisler
Mr. E. Franklin Hirsch
Mr. and Mrs. Richard Hoffman
Dr. Lauren D. Holinger
Mrs. Arnold Horween, Jr.
Mr. Michael C. Jackson
Herta Hess Kahn/Herta Hess Kahn
Philanthropic Fund
Mr. and Mrs. Fred Koermer
Ms. Patricia Krause
Mr. and Mrs. Gilbert K. Krulee
Ms. Anne Larson and Mr. Josh Vincent
Dr. and Mrs. Ed Lemire
Ms. Carey Lennox/Budziak Foundation
Mr. and Mrs. Frederick C. Lowinger
Mr. and Mrs. Walter M. Mack
Mrs. Karin Maddox
Mr. Stanislaw Maliszewski/L’Aiglon Foundation
Mr. and Mrs. Chuck Maniscalco
McGladrey & Pullen LLP
Ms. Joanne Meyers
Ms. Suzanne Morgan/Renaissance Charitable Foundation
Margie Morrison, LCSW
Ms. Julie Weiss Murad
Moni Murdock, MSW, LCSW
Mrs. Eileen Murphy
Ms. Jane Murray
Mr. and Mrs. Gregg S. Newmark/Gregg and Jodi Newmark Charitable Gift Fund
Katherine Panattoni, MA
Christopher Randolph, PhD and Nehama Dresner, MD
Susan and J. Rick Riechers
Donna Schatt
Richard and Carla Seidel
Mr. and Mrs. Bill Shonfeld/Joseph Perlman Family Foundation
Kristin Hall Sliwicki, LMFT, LCPC
Deborah H. Stern, PsyD
Ms. Katherine Gould Straight
Nancy Sutherland, MA
The Tenbrink Family
Mr. and Mrs. Richard P. Toft/Toft Family Fund
Mr. and Mrs. Patrick S. Wallace
Betty Weiss
Mr. and Mrs. Hugh Williams
Mr. and Mrs. Jeffrey Yingling

Honor and Memorial Gifts FY 2008

In Honor of Nancy Albrecht, Susan Hugebeck, and Leslie Jenner
Mr. and Mrs. William Doyle

In Honor of Lenore Blum
Ms. Enid L. Baron
Mr. and Mrs. Bill Cottle
Mr. and Mrs. Bill Shonfeld/Joseph Perlman Family Foundation
Nancy Sutherland, MA

In Honor of Joan Elisberg Mandel’s Birthday
Ms. Nadine Fourt
Ms. Angeline Heider
Dr. and Mrs. Arthur F. Kohrman
Aliza and Joe Lewinbuk
Ms. Millie Mannin and Mr. Jerry Hausman
Ms. Mary Ann McCarthy
Dr. and Mrs. Leo Sadow

In Honor of Dan J. Epstein’s Birthday
Mr. and Mrs. Edward Berman
Mr. and Mrs. Alan Koppel

In Honor of James H. Feldman
Thomas and Kathy Mandler

In Memory of Bette D. Harris
Mr. Frank B. Serpe

In Honor of Karen Krefman
Mr. and Mrs. Mark Krefman
Ms. Julie Weiss Murad

In Honor of Ronald Krefman’s Birthday
Mr. and Mrs. Mark Krefman

In Memory of John J. B. Morgan
Ms. Suzanne Morgan/Renaissance Charitable Foundation

In Honor of William M. Pinsof
Herta Hess Kahn/Herta Hess Kahn Philanthropic Fund

In Honor of Debra Steele’s Birthday
Ms. Stacey Busbee

In Honor of Pam and Joe Szokol
Mr. and Mrs. Michael E. Murphy/Michael E. Murphy Foundation

Every effort is made to provide accurate information. If your name or gift has been listed incorrectly or inadvertently omitted, please contact Katie Schechter, at 312-609-5300, ext. 485, so we may correctly acknowledge your support in the future.

Thank you!
William Pinsof, PhD, recently gave the keynote address to over 400 people at the 4th annual meeting of Red Española y Latinoamericana de Escuelas Sistemicas (RELATES). This conference was founded in Spain to facilitate devotion of family in the Spanish-speaking world, celebrating the vitality of couple and family therapy throughout the entire world.

The two founders, Juan Linares, MD, PhD, University of Barcelona, and Roberto Pereira, PhD, University of Deusto, created this organization to bring together family therapists from around the Spanish-speaking world. They lead various programs in Spain and all over Latin America, Mexico, Colombia, Chile, Argentina, Brazil, Peru and Ecuador. The conference discusses a new topic each year, with this year’s focus being couple therapy.

The opening lecture Dr. Pinsof delivered (entirely in Spanish) at the University of Deusto discussed the development of integrated empirically-formed couples therapy. Over one-and-a-half hours, he explained that this form of couples therapy is integrative as it brings together different models of couples therapy, and is empirically-valued as it has been tested in randomized clinical trials. These tests covered marital distress and depression.

Dr. Pinsof introduced the use of the STIC® (Systemic Therapy Inventory of Change) for the empirically-valued portion of the tests. The STIC® allows researchers to evaluate progress and to see if the therapy is working and if people are changing, and if so, to what extent? This thinking is the emerging Family Institute model of psychotherapy, and the preview of our new model focusing on couples therapy.

A two-hour Spanish language workshop was also held as part of the conference on use of the STIC® and ITSR (Integrative Therapy Session Report) in empirically-informed couple and family therapy.

As a result of Dr. Pinsof’s involvement in this conference, he has been asked to present next March and to engage in research in Bogota, Colombia.

Dr. Pinsof’s involvement with RELATES and the Spanish-speaking world will help create a collaboration not only with this organization but throughout Latin America.

The Family Institute’s ambition is to bring science and data to the practice of couple and family therapy, and to transform the way people do therapy – systemically and data-driven.
The Family Business Program (FBP) was established in 2003. Designed with the Institute’s model of providing service, education and research, the FBP’s focus is on strengthening and enhancing the relationships that families have with the businesses they own.

The FBP builds on the Institute’s extensive understanding of and clinical work with families to provide cutting-edge service when the interface between the family and the business is ailing.

Led by Program Director Douglas C. Breunlin, a senior staff therapist at the Institute and a clinical professor of psychology at Northwestern University, the FBP is staffed with professionals who have psychotherapy training and other areas of expertise relevant to family businesses. For example, one member has a Kellogg MBA and another is an attorney who formerly worked as a tax specialist. These skills enable the staff to understand and work with the complex issues facing family businesses.

Referrals for the consulting services of the FBP come from other professionals working with family businesses as well as from other therapists who are aware that the family-business interface is constraining progress in their therapy. Typically, two consultants initially meet with representatives from the family to assess need and develop a strategy for intervention. Subsequently, other family members will be involved so that a consensus can be built for a problem-solving solution to the family-business dilemma.

The research of the FBP has focused on the challenge of succession in family businesses. The research team, led by Mr. Breunlin and Alexandra Hambright Solomon, has just completed an article summarizing a three-year qualitative study in which owners of family businesses were interviewed in an effort to understand the narratives of owners about their businesses and how succession in family businesses works, and particularly how it gets stuck.

Having analyzed over 500 pages of transcripts, the eight-member research team recognized a number of important themes and drew a number of important conclusions, including:

- Some owners had a passive entry into the business that seemed to affect their attachment to and subsequent difficulty passing on the business.
- Succession is not a carefully planned out process. Rather, succession seemed to work when a natural successor joined the business and was somewhat easily identified as the successor.
- There were significant gender factors that predicted who the successor was, with daughters treated differently than sons.
- Today’s business owners are much like other Americans facing retirement age: they see themselves remaining active in their work well into their 70’s, thus making it difficult for them to step aside for a successor.
- Throughout the years that owners ran their businesses, how much they identified with those businesses and how much they had issues of control and trust affected how they approached succession.

This research has been accepted at an international conference sponsored by the Family Firm Institute and was presented in London, England in October 2008.
Alumni Spotlight

Dr. Alex Panio, a 1971 graduate of The Family Institute’s two-year training program in marital and family therapy, has accepted an invitation to teach at Makerere University Medical School in Kampala, Uganda.

Dr. Panio spent six weeks working in Uganda in 2006. He was the first clinical psychologist asked by Health Volunteers Overseas to prepare specialized training in adolescent and family systems medicine for the medical staff and graduate psychology students at the University, in addition to Mulago and Butabika Hospitals. In addition to supervising students, he gave live family system interviews and addressed forensic and social network elements in a family systems model.

On his first day at the hospital, Dr. Panio saw several adolescents die due to severe medical complications in addition to psychiatric issues. He also found overmedicated youths with poor diagnostic work-ups, no activity or therapeutic schedules. No plan of treatment was recorded because the problems were not clearly defined — most patients were diagnosed as psychotic, depressed, possessed or with convulsions.

During his previous time in Uganda, Dr. Panio learned that the practice and rituals of herbal medicines, spiritism, healings and sacrifices have been maintained, often under the guise of more formalized institutions. It was evident that family therapy was not considered an integrated component for most aspects of medical and psychological training.

“Tol was careful not to intrude, examine or be critical of any specific practice or ritual, but to accept the code of tradition as part of the process of assessment, to take these beliefs and practices from a hidden to a revealing dimension,” he says.

When Dr. Panio came to the hospital, his clinical psychology students expected him to treat the patients in the same way the psychiatrists were doing, which amounted to arriving at a diagnosis to prescribe a medication.

What they got instead were tutorials that enabled them to consider the importance of environmental and family factors in the understanding and management of individual problems. The tutorials were immediately followed by practical experiences with the psychiatric patients and their families. The consultation helped the students to turn away from the medication focus to appreciate the fact that mental health is the function of the total well-being of a person — physically, behaviorally and psychologically.

Now, two years later, the University has invited Dr. Panio to return as a visiting professor and to help set up the first family therapy focused adolescent clinic in the country. They are in need of journals and books to begin a modest library for teaching, learning and supervision purposes.

Several of Dr. Panio’s former students still seek weekly consultation with him, and one student is even applying to our Master of Science in Marital and Family Therapy program. The student is promised a faculty position at Makerere University if he completes his training.

Dr. Panio now resides in Indian Hills, CO. He can be reached at docpanio@cs.com.
Commencement 2008

Our 2008 Commencement was held on June 21. Eighteen students from the Counseling Psychology program and 22 students from the Marital and Family Therapy program celebrated their education with a ceremony at Alice Millar Chapel, followed by a reception at The Family Institute’s Bette D. Harris Family and Child Clinic.

Rev. Jesse Jackson, Sr. delivered an inspiring keynote speech, touching on all the ways counselors make a difference in our world. He encouraged our graduates to work toward changing inequalities in the world and to collectively counsel our country to greatness. Students from each program also gave remarks. Jessica Jackson represented Counseling Psychology and Leah Bloom (continuing on as an Institute fellow) spoke for her Marital and Family Therapy class.

Thanks to everyone on the Convocation Committee for planning such a memorable event!

A Snapshot of the Class of 2009-2011

Marital and Family Therapy

Size: 23
Gender: 4 male; 19 female
Race & Ethnicity: 1 Asian Indian; 1 Chinese; 2 Latinas; 2 African Americans
International: 1 China; 1 Venezuela
Language fluency: Spanish; Portuguese; Chinese; French
Mean age: 26 (range 22-33)
Mean GRE score: 1140
Out-of-state undergraduate: 18

In-state undergraduate: 5 (Loyola, U of C.; NU, Illinois, Columbia College)
Advanced degrees: 2 (JD; MDiv)

Counseling Psychology

Size: 27
International: 1 Germany
Language fluency: Spanish, Latin, Italian, French, Hebrew, Gujarati, Hindi, Korean, German, Ancient Greek, American Sign Language

Online Presence

The Family Institute has hit the Internet. We are now on Wikipedia (www.wikipedia.org) and Facebook (www.facebook.com). With your help, we hope to increase traffic to our sites and add content to our pages. Please feel free to add what you can about our Master’s and training programs or your memories of The Family Institute. Be sure to add us as a friend and hear about our upcoming events.

Change.org

The Family Institute now has a page on change.org. This website serves as a platform that aims to connect people, allowing them to exchange information, share ideas and support the issues they care about. Check out our page: www.change.org/nonprofits/view/175765.

LinkedIn

The Alumni Association now has a group on LinkedIn. This can be a helpful networking tool, as well as a way to stay in touch with other alumni.

If you would like to update your contact information, please visit our website at www.family-institute.org/alumni or contact Erin Conway at econway@ family-institute.org or 312-609-5300, ext. 480.

If you would like to make a gift to the Alumni Scholarship Fund, please contact Suzanne Puntillo at spuntillo@family-institute.org or 312-609-5300, ext. 484.
Currently, the primary focus of our research program is on improving the effectiveness of treatment for generalized anxiety disorder (GAD). The central characteristic of GAD is excessive worry about a number of different areas or activities that the individual finds difficult to control (i.e., turn off). This worry must also be accompanied by manifestations of anxiety such as restlessness, irritability, difficulty sleeping, muscle tension, fatigue and/or concentration difficulties. Finally, GAD is also a chronic condition lasting a minimum of six months and in many cases, much longer than that.

The form of psychotherapy for GAD with the most scientific evidence documenting its effectiveness is individual cognitive-behavior therapy (CBT). However, the same scientific evidence that shows that individual CBT is effective for GAD also shows that we need to develop more effective treatments as it is estimated that only 50% of the patients treated with individual CBT for their GAD might be considered to be cured.

Our efforts to improve the effectiveness of therapy for GAD involve refining individual CBT and exploring systemic interventions. Our refinement of individual CBT for GAD involves adding a relatively innovative CBT technique we call imagery exposure to the more conventional CBT techniques of cognitive restructuring and relaxation training.

We are currently conducting a comparison of our treatment package including imagery exposure, cognitive restructuring and relaxation training to a wait-list control condition (patients assigned to the wait-list condition receive the treatment upon completion of the wait-list). As part of this study, we are also collecting information regarding the relationships of our patients with either their partners or an adult relative with whom they live. This relationship information includes both questionnaires and a videotaped interaction that our research assistants subsequently code for various interaction patterns. We can then test whether some relationship variables are associated with better than average response to our individual CBT and other relationship variables are associated with worse than average response.

An earlier study found that partner hostility toward the patient was associated with worse than average outcome for the patient whereas partner non-hostile criticism was associated with better than average patient outcome. If these findings replicate in our current study, we will begin to develop a systemic intervention to decrease hostility and increase non-hostile criticism among the family members of patients with GAD receiving individual CBT.

Dr. Richard Zinbarg is the Patricia M. Nielsen Research Chair and Director of the Anxiety and Panic Treatment Program at The Family Institute at Northwestern University. He is a licensed clinical psychologist and a professor of Psychology at Northwestern University. He can be reached at rzinbarg@family-institute.org.

The Anxiety and Panic Treatment Program of The Family Institute has three primary missions. First, we provide the highest quality clinical care that we know how to deliver to patients with anxiety disorders. Second, we conduct research to better understand the factors that cause and maintain anxiety disorders and to improve the effectiveness of our treatments. Finally, we also train student therapists (primarily PhD students in clinical psychology at Northwestern University) how to assess and treat anxiety disorders.

Funding Update
A generous donor has made a three year pledge of support for Dr. Zinbarg’s Generalized Anxiety Disorder research. As a result of this gift, Dr. Zinbarg, along with his research team, will be able to further this body of inquiry and synthesize and publicize findings with the academic world and general public.

If you would like to donate to the GAD research, please contact Suzanne Puntillo at 312-609-5300, ext. 484 or spuntillo@family-institute.org.
**Back 2 School**
*By Linda Rubinowitz, PhD*

Returning to school is an individual and family affair. It takes preparation, both emotional and practical, to effectively negotiate this transition. These concepts cross all ages, 2, 8, 15, 19, 35 or 70, whether continuing students, midlifers changing careers or seniors enjoying the pleasure of learning. While the anticipation of new possibilities may be exciting, change is not always easy.

Getting back into the swing of school poses some challenges. The following illustrates how emotional and practical preparation for the individual and family can support a satisfying experience across the course of life.

**School-Age Children**
Generally, it is helpful to start several weeks prior to school by establishing routines that are similar to the school year. Set and practice the upcoming bedtime and morning routines in order to ease into the year. For younger children, visit the school to get acquainted, and arrange play-dates to promote social comfort and friendships. Plan a ritual such as an annual shopping trip to purchase supplies and clothes. Perhaps have a good-bye summer, hello fall family walk or bike ride accompanied by a family meal where everyone talks about the best, funny and challenging times of the summer and the anticipation for the upcoming school year. In addition, some individual parent-child time can provide an opportunity to discuss the social milieu, old friends, new friends, class composition and how to handle any worrisome relationships. It is also a good time to discuss feelings and concerns about new and old teachers, academics and extracurricular activities.

**College Bound**
Going off to college requires the practical focus on moving, purchasing room accoutrements, course selection, extracurricular decisions, financial planning and attention to this special emotional experience that affords more independence for the emerging adult, especially if living away from home. Sadness and anticipation usually intermingle, as parent and child develop new ways to maintain closeness. How to accept changes that may occur in friendships is also important to consider.

**Midlife and Beyond**
Going back to school may require juggling responsibilities related to school work, children and older parents, while sustaining important other relationships. If the midlifer is a parent, each family member must adjust to the new schedule that the coursework demands while also focusing on the transition to school for other family members. For seniors especially, there is the thrill of learning often coupled with the stress of uncertainty, whether they will be up to studying, retaining information and performing in class.

Each stage has its particular excitement and stresses. With preparation for the emotional and practical issues that affect both the individual and the family, the normal change can be accomplished with a feeling of competence and confidence. Attention given to the transition helps highlight the powerful emotional impact that change engenders. The preparation process provides a model to think about for handling school and other transitions over the course of ones’ life.

*Linda Rubinowitz, PhD, is a licensed clinical psychologist and licensed marriage and family therapist at The Family Institute at Northwestern University. She is an assistant clinical professor in the Northwestern University Master of Science in Marital and Family Therapy Program and the Director of the Postgraduate Clinical Fellowship Program. A former director of the Northwestern University MSMFT Program, Dr. Rubinowitz is also the founding director and a member of The Family Institute’s Midlife and Beyond Program for Maturing Adults. Dr. Rubinowitz sees individuals, couples and families in Evanston. She can be reached at lrubinowitz@family-institute.org.*
What is your favorite book?
A Prayer for Owen Meany

What music is currently in your CD player/on your iPod?
Mostly Rock but I’ve got a few show tunes on there, too. I share it with my wife and we sort of negotiate for space — I’m pretty adolescent in my musical taste but I’m always looking for new ideas on music. Love the White Stripes. Love the Shins. Love the Rolling Stones …

What is your dream vacation?
Skiing in British Columbia, or the Alps, maybe somewhere that would require a helicopter.

Do you prefer the city or the country?
I think that I fantasize about the country but know that in the end I would be bored without all of the stimulation a big city has to offer. I love going by Wrigley Field on the el on my way to the Loop office.

What do you do to relax? Where do you go?
Right now, I spend time with my wife and baby boy and dog. I pretty much stay home or walk around the block with a stroller.

If you weren’t a therapist, what would you be?
A Landscaper – one of the guys pushing a mower in your yard. Or maybe a dentist …

What is your favorite part of your job?
Connecting with couples and families and being let in and given the trust to help them grow and change and then seeing it work. It’s a great privilege.

Can you briefly explain your role as Associate Director of Clinical Services?
I oversee the sliding-fee clinic. I talk to students about clinical issues and help supervisors sort out what is most appropriate to do with student cases. I also supervise the intake coordinators to develop the priority lists and coordinate the annual transfer of cases from second- to first-year students. That’s it in a nutshell.

What drove you to become a Marriage & Family Therapist?
Probably I was influenced by my own family and the experiences I had growing up. I think that led me to have questions about myself and about families in general. Also, I think, a sense of wanting to help people in pain and a knowledge that things can get better.

What is the most satisfying aspect of your work as a therapist?
The connection and being a part of a change in a system. It’s like being inside a play and being able to help with some directions some of the time while the action is going on stage.

What do you like most about working at The Family Institute?
This is a unique place that offers professionals a chance to grow, learn and excel. I like the freedom and sense of respect that I feel here. It is also an amazing opportunity for working with young therapists and helping them begin their professional journeys.

Any other words of wisdom?
As a new father and aspiring Dialectical Behavior Therapy therapist, I guess the best I can say is to pay attention to what is in front of you, and don’t get too wrapped up in plans.

Contact Josh at jhetherington@family-institute.org.
POSTGRADUATE CLINICAL FELLOWS

Leah Bloom, MSMFT
Leah Bloom holds a Master’s in Marital and Family Therapy from The Family Institute. Leah treats adults, couples, families, children, and adolescents. She also co-facilitates the adoption group at The Family Institute.

Thomas Hammerman, MLIS, MSMFT
Thomas Hammerman holds a Master’s in Marital and Family Therapy from The Family Institute. Thomas is a member of the Family Business Program at The Family Institute, which conducts research and provides consultation to family businesses.

Megan Mayberry, PhD
Dr. Megan Mayberry is the Madigan Family Fellow at the Family Institute, completing a two-year postdoctoral program of advanced training in marital and family therapy. Dr. Mayberry has clinical experience with children, adolescents, and families, and emphasizes the integration of developmental and systems perspectives on psychopathology and treatment.

NON-CLINICAL STAFF

Melissa Roberts, Executive Assistant to the Office of the President (Millennium Park)
Melissa is the Executive Assistant to the Office of the President at the downtown office. In her spare time, Melissa enjoys spending time with her two year old son and her husband.

Kay Lackey, Clinical Service Assistant
Kay works in the billing department at The Family Institute. She is responsible for all aspects of billing, which include insurance verification, insurance billing and processing patient inquiries. In her free time, she enjoys reading, improv shows and volunteer work.

Kayleigh VandenBosch, Operations Assistant
Kayleigh is the Operations Assistant for The Family Institute, which includes working with AV equipment, space planning, training and IT. She recently graduated from Northwestern University with a BA in Psychology, and looks to pursue a career in clinical or counseling psychology.

Vickie Bhatia, Assistant Research Administrator
Vickie is the Assistant Research Administrator at The Family Institute, which includes overseeing the undergraduate research assistants, managing the research lab and providing administrative support for all major research projects. Vickie plans to pursue a PhD in clinical or counseling psychology.

Erin Hageman, Part-time Receptionist/Part-time Intake Worker
Erin works for the Intake Department at The Family Institute where she makes initial contact with incoming clients, in addition to working at our Evanston reception desk. Erin eventually hopes to continue her education and complete a PhD in Sociology.

BOARD OF DIRECTORS

Adam J. Hecktman
Adam J. Hecktman is the Managing Consultant for Microsoft Technology Center. He is a native Chicagoan. Adam is active in Chicago’s non-profit community, sitting on the advisory board of B2P Commerce Corp., an Internet consulting firm for the non-profit sector. Of note, Adam was listed in Crain’s Chicago Business “40 under 40” in 2001. He is married and lives in Chicago with his wife and daughter.

Susan Kennedy-Riechers
Susan Kennedy-Riechers is currently Chief Litigation Attorney of the Law Department of the Chicago Transit Authority. Susan previously worked at The Child and Family Law Center of the North Shore, where she practiced exclusively in matters involving child custody, visitation and support. Susan and her husband reside in Winnetka and have five children.

ON THE MOVE

Greg Friedman, PhD
Greg Friedman is the Director of Clinical Training. In this new position, Dr. Friedman will oversee all clinical training programs of The Family Institute, which include the externships of our two Master’s programs in addition to the clinical psychology practica, the psychiatric residency rotation and postgraduate fellowships.

Domonique McCord, MA, LCSW
Domonique McCord is Interim Director of Community Outreach. She will oversee the Institute’s Community Outreach program, which has 11 sites around Chicago and Evanston.

Josh Hetherington, LMFT
Josh Hetherington is the Associate Director of Clinical Training, assisting with all the clinical training programs of The Family Institute.
The Family Institute at Northwestern University, founded in 1968, is the premier organization dedicated to couple and family therapy, community outreach, education and research. In addition to our community sites, we have four staff practice locations, including Evanston, Chicago, LaGrange Park and Northbrook. For more information, please call 847-733-4300 or visit our website at www.family-institute.org.