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THE FAMILY INSTITUTE at Northwestern University

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President’s Letter
from WILLIAM M. PINSOF, PhD

This is a year of “embracing change” at The Family Institute. Like all dynamic organizations, we accept change as an inevitable part of life but this year, the amount of change we are embracing is extraordinary. The entire field of mental health is undergoing a seismic shift, in which the practice of psychotherapy is increasingly grounded in and informed by science. There will always be art in the practice of psychotherapy — the ability to read a nuance in the facial expression of a client, to weave together a story from the past into the problem of the present, the capacity to form a trusting and empathic relationship. But advances in treatment methods are converging on the idea of “evidence-based” approaches, methods and techniques of psychotherapy that lend themselves towards empirical validation.

Here at the Institute we have spent a decade developing a tool that allows us to assess client systems, plan treatment and track progress in psychotherapy. The STIC® (Systemic Therapy Inventory of Change) is an online self-report instrument that clients fill out before each session. We have been piloting the STIC for several years, and have two major consortium partners (one in Norway and one in Chicago) collaborating with us on its implementation and evaluation. We are progressively implementing it throughout our therapy services at the Institute.

The second major area of change will be the adoption of an online behavioral health information system. The system will allow us to aggregate data that will tell us how effectively we provide services to our clients and how to increase that effectiveness.

Other changes include further expansion of our Millennium Park location, the integration of additional clinicians and a complete overhaul of our website, making it more user-friendly. No doubt there will be a few hurdles along the way but we are excited about the prospect that these changes will keep us at the forefront of clinical science, clinical service and clinical training.

William M. Pinsof
President
The Chicago PsyChange Consortium is a three year project with the mission to improve the effectiveness and evaluation of psychotherapeutic services to underserved, under-resourced and minority populations within Chicago. This will be achieved by using the STIC® (Systemic Therapy Inventory of Change), a client self-report instrument that tracks client change over the course of psychotherapy.

Psychological problems are often complex and difficult to treat. A comprehensive, detailed assessment is essential as the first step in successful intervention. Because minority, underserved populations often lack access to high-quality assessment and diagnostic services, the development of comprehensive assessment instruments such as the STIC®, which can facilitate treatment planning and coordination of care, is essential.

The innovation of the STIC® provides therapists with detailed feedback that informs intervention and treatment. This tool allows therapists to monitor the progress of an individual and documents change over the course of therapy. As a result of the ongoing feedback, therapists are able to adapt therapy more specifically to the person and the problem.

With this new collaboration, we aspire to transform and improve the quality of family-oriented mental health services in Chicago. Not only are we using the STIC® in our work at The Family Institute and with the Chicago PsyChange Consortium, but we have also developed an extensive collaborative research project with a consortium of mental health hospitals and treatment centers in Norway that are using the STIC® to improve outcomes and evaluate intervention programs.

We are dedicated to understanding and facilitating therapeutic change at home in Chicago and around the globe.
Radical Acceptance: Coming to terms with yourself and the world
By Michael Maslar, PsyD, Director of Mindfulness and Behavior Therapies

When Marsha Linehan, chief developer of the currently most effective psychological treatment for chronically suicidal people, invited 150 close friends, relatives, colleagues and former clients to hear a special talk, cloaked in secrecy, few guessed what she would say. Until Linehan’s treatment, Dialectical Behavior Therapy (DBT), people with chronic suicidality and the deep emotional suffering that drives it, were considered untreatable, despite 35,000 Americans dying by suicide annually, and being the third leading cause of death between age 15 to 25. With over 10,000 trained DBT therapists worldwide, Linehan’s efforts have brought hope to millions.

But just what was so important that she gathered those closest to her and her work on June 17 at the Institute for Living in Hartford, Connecticut? For the first time in public, Linehan revealed she had been chronically suicidal herself. Moreover, she had been hospitalized for more than two years at that very site. Thought of as the most troubled individual the Institute for Living staff had seen, Linehan spent most of her hospitalization in seclusion, due to her danger to herself. Discharged largely because no one at the Institute knew what to do with her, Linehan spent several years drifting and continuing attempts to kill herself.

Although this story was surprising and deeply moving for the audience, one of the most unexpected revelations was still to come. Just what was it that helped Linehan turn the corner, not only to save herself, but so many others in the years since?

Despite her pain, Linehan had intensely committed herself to her Catholic faith. One night, in desperate prayer, she experienced a profound shift. After years of misery, she found love for herself, and what she would later call radical acceptance. Vowing to spend the rest of her life learning how to exit the hell she had been in, and then how to help others as well, she embarked on her career in psychology.

In the years since that turning point, Linehan’s work on acceptance, and the work of countless others, has led to major transformations in psychology. While the ability to change one’s behavior is paramount — no life in chaos can improve without change happening — the fundamental need to accept exactly how you, and the world are, right now, can set the stage for liberation.

My own journey as a therapist, and as a person, has been forever changed through personal work with radical acceptance, and is now inspired by Linehan’s personal story, which she shared in a June 23 New York Times article (“Expert on Mental Illness Reveals Her Own Fight”). After my mother died in my arms while I attempted CPR, it felt like my life had ended, too. Many years, failed relationships and much suffering later, I came to what I later understood as radical acceptance. Cultivating the willingness to see my own limitations, to feel my own pain, to see my contributions to the problems in my life and how I need to continually work at change, has improved my personal world, and made me a much better person and therapist than I was before. This lifelong process of coming to terms with myself, and the world as it is, has aided me in helping my clients to find love and greater peace.

Work on acceptance is one of the cornerstones of the treatments we offer through the Mindfulness and Behavior Therapies Program at The Family Institute, including DBT, as well as other approaches such as Acceptance and Commitment Therapy. Our highly skilled therapists provide services informed by their own personal work with meditation and acceptance. These compassionate approaches offer hope for a wide range of problems from chronic suicidality to anxiety and depression, to relationship issues and more.

Dr. Maslar can be reached at mmaslar@family-institute.org.
Mindfulness for Alzheimer’s Patients and Caregivers Clinical Trial Sheds Promise

Michael Maslar, PsyD, Director of the Mindfulness and Behavior Therapies at The Family Institute, along with six colleagues, recently conducted a clinical trial for Alzheimer’s patients and their caregivers. Their goal was to design and implement an eight-week training of mindfulness for Alzheimer’s patients and their caregivers, and evaluate its helpfulness. Ten patients and 10 caregivers received an initial assessment of cognitive tests and mood measures. Once the trials began, they each received weekly, 90-minute group intervention sessions led by a therapist, where they learned a new set of practices, including seated meditation, walking meditation and simple yoga stretches to be used at home. Participants incorporated each of these practices into their daily routines. Results from this pilot study showed significant improvements in quality of life, sleep and depression in addition to a decrease in caregiver stress. A second clinical trial will be conducted with a larger group of participants. A six month follow-up interview will be conducted with the initial group.

Dr. Maslar can be reached at mmaslar@family-institute.org.

Updated Perspective: Integrative Problem Centered Metaframeworks

By Douglas C. Breunlin, MSW

The Family Institute has long been a nationally and internationally recognized center specializing in the integration of psychotherapies. After nearly two decades of collaboration, the team of William Pinsof, PhD, Douglas C. Breunlin, MSW, Jay Lebow, PhD, and William Russell, MSW, has developed an updated perspective on integration featured in the September 2011 issue of the journal Family Process.

This new integrative perspective, Integrative Problem Centered Metaframeworks (IPCM), synthesizes two influential texts on integration, Integrative Problem Centered Therapy, by Dr. Pinsof and Metaframeworks: Transcending the Models of Family Therapy by Mr. Breunlin, Richard C. Schwartz and Betty MacKune Karrer. For 15 years, these works served as the backbone of the conceptual framework taught in our Marriage and Family Therapy program.

The team worked intensively for two years to create IPCM. “The graduate program needed an integrative perspective that would build on the previous work and give the students a perspective on psychotherapy that could guide their work into the 21st Century,” explained Mr. Breunlin.

IPCM begins with the premise that clients seek therapy to solve problems. Those problems are embedded in a relational context defined by a set of problem sequences. The therapist works with the clients to identify them and to find and implement more adaptive sequences that will resolve the problem. Frequently, the clients’ capacity to deploy the adaptive sequence is constrained by any number of systemic factors. “The therapist works respectfully with clients first to identify and lift behavioral constraints in the present, and proceeds, if necessary, to historical or psychological constraints when they impede problem resolution,” said Dr. Pinsof.

IPCM therapists track the progress of therapy using the STIC” (Systemic Therapy Inventory of Change), also developed at the Institute.

Dr. Lebow notes, “IPCM integrates and uses the best of psychotherapy while also keeping up with the evolution of the field.”

To download a PDF of both articles, visit www.family-institute.org.
Commencement was held for the Class of 2011 on June 18 at Alice Millar Chapel. Twenty-three Counseling Psychology students and 25 Marriage and Family Therapy students graduated.

Susan B. Noyes, founder of the publication Make It Better, gave the Commencement address. She advised graduates to live their lives at their own pace to find out what and who they love. Ms. Noyes encouraged the graduates to “make it better” through their professional commitment to work with clients. She reminded them that, “Life is long and good, even when it is hard. If you follow your heart, you’ll enjoy the journey.”

Graduates and their guests enjoyed a reception after Commencement at The Family Institute.

Reunion for the Classes of 1996, 2001 and 2006


THE INSIDE TRACK

The Alumni Association hosted a first-time event, The Inside Track, last May. Exclusive to TFI alumni, the event provided the opportunity to socialize and participate in an enriching learning experience with one of our many successful alumni.

Guest speaker Joyce Marter, LCPC (Class of 1996), spoke about her career path and the lessons she has learned along the way, and led a lively discussion about creating a successful professional vision (or private practice) that simultaneously promotes personal well-being and a healthy work/life balance. Joyce is co-owner of the group practice Urban Balance, LLC and was selected for the “40 under 40” Crain’s Chicago Business List of 2010.
SNAPSHOT OF THE CLASS OF 2011-2013

MARRIAGE AND FAMILY THERAPY

Class size: ......... 24
Male: .............. 1
Female: ........... 23
Race & Ethnicity:
• 17 Caucasian
• 3 Black
• 1 Hispanic
• 2 Asian
• 1 Not Specified
Mean Age: ....... 24
Mean GPA: ....... 3.52
Career Changers: .... 5
In State: .......... 7
Out of state: ....... 17
Including: AZ, CA (3), FL, GA, IN, KS, MD, MI, MO, OH, OR, SC, VA, WA, WI

COUNSELING PSYCHOLOGY

Class Size: ......... 25
Male: .............. 5
Female: .......... 20
Race & Ethnicity:
• 3 Asian
• 2 Black/African
• 12 Caucasian
• 1 Hispanic
• 2 Hispanic/Caucasian
Mean Age: ....... 26
Mean GRE: ....... 1186
Two-Plus Students: ........ 7
Standard Students: ....... 15
In State: .......... 15
Out of State: ....... 9
Including: CA, GA, MD, MI, NJ, NY (3), WI
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ALUMNI NEWS

STAY CONNECTED WITH YOUR ALUMNI ASSOCIATION

The Alumni Association strives to foster life-long relationships between The Family Institute and its alumni. Keep up-to-date with the latest news and events by:

- Visiting the Alumni section of the Institute’s website (www.family-institute.org/alumni).
- Create a free online membership for:
  - Access to the Practice Directory, a searchable directory of Family Institute alumni
  - Job postings
  - Event photos
  - Calendar of events
- Joining the conversation on Facebook (www.facebook.com/tfinu).
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- Staying in touch professionally on LinkedIn.

Contact Michelle Weil at mweil@family-institute.org for more information.

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SINCE YOU ASKED

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

Why do alumni give to The Family Institute’s Annual Fund?

Many alumni want a way to help today’s students succeed at The Family Institute. Every dollar contributed to the Annual Fund is used by The Family Institute to provide:

- Scholarship aid for deserving and talented students
- Upgrades to clinic rooms and classrooms that enhance graduate students’ training and learning
- Support for programs that inspire our students such as the sliding-fee scale Bette D. Harris Family and Child Clinic

Unlike contributions that are designated for very specific purposes, 100 percent of your flexible, tax-deductible gift to the Annual Fund is used to cover the wide-ranging, vital, immediate and sometimes unforeseeable needs of Family Institute students and clients.

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For information on the President’s Circle, please call 312-609-5300, ext. 484.

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In Honor of Paula Young
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The Family Institute is grateful to the following donors who made a Leadership Gift with a multi-year pledge between September 1, 2010 and August 31, 2011.

In support of the Bette D. Harris Family and Child Clinic
Sandy and Lee Golub
$3,000
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In Support of the Parents in Charge Program
Irving Harris Foundation
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In support of the Psychotherapy Change Project
The Chicago Community Trust
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Circle of Service Foundation
$60,000 (two-year matching grant)
Dan J. Epstein Family Foundation
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Adding Visibility through the Media

Family Institute staff therapists are often asked by members of the print, broadcast and online media to comment on world events, relationship issues and health matters. Here are some highlights from the past few months.

“What is fundamental in relationships is that we take them for granted. We don’t say we care about someone. ‘You really make a difference for me.’ Conveying appreciation or acceptance or respect – we take it for granted. It’s not said.”
Karen Krefman, LMFT
USA Today, “What would you say if you knew it was your last chance?”

“We all have to parent from a place that feels really authentic. I parent best when I parent from a place that feels authentically me.”
Alexandra Solomon, PhD
Chicago Parent, “Is the ‘Tiger Mom’ crazy, or onto something?”

“Given the nature of the devastation that’s happened, [it’s important that we] help people understand and make sense of what they’re experiencing.”
Ken Shimokawa, PhD
North by Northwestern, “Students band together to support Japan”

“It’s easier for women to run amok with their suspicions, but rather than accuse him outright, pay closer attention to how his routine and patterns may have changed.”
Karen Krefman, LMFT
iVillage.com, “Will he cheat? How to tell if he’s being unfaithful”

“Cutting them off (from a parent) leaves a big hole, a lot of curiosity and a lot of worry.”
Linda Rubinowitz, PhD
Chicago Tribune, “Woman’s cancer a factor in complex custody case”

“This could be very confusing to a child who has just learned, ‘Thou shall not kill.’ These are deep moral discussions. Each family is going to have to (think about) how to answer these questions.”
Dan Gill, MSMFT, LCPC
Chicago Tribune, “Parents and teachers struggle with how to discuss Osama bin Laden’s death”

“These pageant girls are taught from a very early age that what is most critically important in life is their physical appearance along with a superficial and eroticized charm … Also, for the mothers, their whole focus is imparting the critical importance of physical beauty … And so the message these little girls take away is that natural beauty isn’t enough — that their self-esteem and sense of self-worth only comes from being the most attractive girl in the room, not from being smart or resourceful or tough or creative.”
Mary Doheny, PhD
Good Housekeeping, “Toddlers in Tiaras”

“Consider negotiating for extra help or more time on a project, adjusting your hours so you can pick up the kids earlier from child care or even shifting to a lower-stress position in another department, if that’s what you need.”
Cheryl Rampage, PhD
Working Mother, “Mad-Mommy Makeover”

“Women need to remember that ‘perfection is the enemy of the good’ — that is, trying to do everything all the time ‘perfectly’ isn’t realistic, and just adds unnecessary pressure on top of the stress that is already there. Acknowledge and celebrate your limitations rather than trying to be perfect!”
Lynne Knobloch-Fedders, PhD
youbeauty.com, “Be a super mom, not super stressed”

“When a parent loses a job, it’s an identity issue as well as a financial one. How it’s handled is key. It’s more of a question, to find what support is needed and what resources you can offer.”
Linda Rubinowitz, PhD
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Monthly tidbits for families and couples

Sharing knowledge is a vital part of the Institute’s mission. To continue the dissemination of this knowledge, the Institute has created Tip of the Month, two monthly online eBlasts.

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

Fitting in with our 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

Better Than Before
July 2011

You don’t have to be a classic film star to offer a quip about marriage. Seems we all have an opinion — light-hearted or otherwise — about its challenges, heartaches and joys. And yet, what is it about marriage that keeps the institution alive, despite stories of marital conflict and disappointment?

Apart from what we’re learning about our species’ instinctive need to find secure attachment, many of us want more. We want to feel that our lives are fuller, that we ourselves are “better” than we were before. You may have felt in the early days of courtship that your life suddenly was more interesting, more fulfilling; you sensed that your life was enriched.

SAMPLE EXCERPT FROM FAMILY TIP OF THE MONTH

Unplug Those Kids
July 2011

Is there a moment when your kids are really unplugged? No cell phone or computer, no television, iPod or iPad? Increasingly, our children cycle from one device to another all day long. Even homework is done to the background blips and dings of electronics seeking their attention.

The brain has not a moment to rest.
Bette D. Harris Family and Child Clinic: Need for Clinic services continues to grow

The Bette D. Harris Family and Child Clinic is an integral component of The Family Institute’s clinical service offerings. The Clinic was created to care for people from all walks of life regardless of their ability to pay for our services thanks to the generosity of the Harris Family.

“Clinic care is wide reaching,” says Clinic Manager Jayne Kinsman. “The Clinic is found at each of our four locations — Evanston, Chicago, Northbrook and LaGrange.”

The Bette D. Harris Clinic is unique in that we are committed to offering low-fee counseling for clients who see our therapists-in-training — students in one of our two Master programs, Marriage and Family Therapy (MFT) or Counseling Psychology (CPSY), or our Clinical Psychology interns.

Ms. Kinsman explains that part of the Institute’s clinical training model is “to learn by doing.” Family Institute students start seeing clients early on, and have access to veteran therapists for supervision throughout their training. “Therapists-in-training are door-to-door with seasoned professionals; they all practice at one location.”

In addition to rigorous courses, our students receive supervision throughout their training via live sessions (two-way mirrors) and audio/video recordings of sessions where a professional eye gives input.

Another key piece to the Clinic is the use of the STIC® (Systemic Therapy Inventory of Change), a sophisticated measure for tracking progress and evaluating outcomes. This system alerts therapists to issues that need to be addressed and lets the therapist know quickly whether clients are making progress towards their goals, so that the therapist can adapt the treatment plan to keep progress on track, a strength to both clients and therapists.

True low-fee quality mental health care is hard to find in the Chicago area. Today, more than ever, we are noting an increased demand for services through the Clinic, and are proud we can continue to offer great care to all people regardless of their ability to pay or proof of insurance.

“TFI Clinic is filling the gap that the public sector cannot fill because of budgetary shortfalls,” explains Reginald Richardson, PhD, Vice President for Evaluation and Clinical Service.

In 1998, the Clinic’s first year, we offered 9,758 units of service. As of August 2011, the Clinic conducted over 16,000 units of service, with an average fee of $15. Regardless of their ability to pay, all of our clients receive the same high quality care. We believe quality mental health care should be accessible to everyone.

To make an appointment in our Bette D. Harris Family and Child Clinic, please call 847-733-4300, ext. 0.
Circle of Knowledge: A Delicate Balance

Over 160 guests joined us at our annual Spring Circle of Knowledge lectures. The Institute’s President, William Pinsof, PhD, presented A Delicate Balance: Change Versus Acceptance in Our Intimate Relationships.

Guests learned that change is possible but it takes courage. One must own up and acknowledge the disowned parts of themselves (the things we avoid) first. There is a natural resistance to change, in moving from the familiar and the known to the unknown.

Dr. Pinsof explained that the most important step for acceptance is taking responsibility for yourself. Genuine wisdom in a relationship is predicated on self-knowledge and letting go of delusions about yourself and your partner without bitterness or resentment. We should look at acceptance as a growth opportunity.

These lectures are wonderful ways we connect with our friends and supporters, bringing them knowledge and expertise on relevant topics.

Parents in Charge Receives Grant

The Institute’s Parents in Charge (PIC) program has secured a $50,000 grant to continue their work with children between the ages of 18 months and 6 years old. Thanks to the generosity of the Irving Harris Foundation, Co-Directors Barbara Danis, PhD, and Carri Hill, PhD, will train Family Institute students to work with families of young children and assess and treat behavioral concerns in young children. This grant will allow the PIC program to serve between 75-100 low income and/or uninsured families with young children through our Bette D. Harris Family and Child Clinic.

PIC helps families determine if their child’s disruptive or challenging behaviors fall within a developmentally typical range. Utilizing a short-term family-focused model, all family members are invited to the treatment sessions. Through assessment and treatment, the PIC team works with parents on how to direct the child onto a healthier path.

For more information on PIC, please call 847-733-4300, ext. 1174, email pic@family-institute.org or visit www.family-institute.org/counseling-and-psychotherapy/specialized-services/pic.
Introducing the Child and Adolescent Program
By Danielle Black, PhD

The Family Institute is dedicated to excellence in 2012. As part of a strategic initiative to organize our clinical staff into groupings that will create a collegial home within our ever-expanding organization, we created the Child and Adolescent Program. This program includes Family Institute psychotherapists who specialize in working with families with children from birth through adolescence to help navigate and reduce the challenges that may interfere with a child’s and family’s development. Director Danielle Black, PhD, explains the goals of the program.

Why develop a program specifically for children and adolescents?
The Family Institute is committed to strengthening and healing families from all walks of life. We are well known for our devotion to family and couple therapy. Over the years, the need for specialty services for children and adolescents has grown within the Institute. The Child and Adolescent Program is the newest program developed at the Institute to address this need. The goal of our program is to develop empirically based clinics to provide the most cutting-edge therapy for children and adolescents and their families.

What special populations do we currently serve?
The Child and Adolescent Program serves a wide range of children and adolescents and their families. Our staff consists of experts in a number of issues children and adolescents and their families face, such as the following:
- Anxiety
- Depression
- Adoption issues
- Adjustment to divorce
- Neurobehavioral issues
- Emotion and behavioral regulation

What does the future hold?
Our plan is to continue to grow our program by hiring more clinicians with a specialty in children and adolescents. Clinicians in our program will participate in ongoing consultations once a week and continued training. We will continue to monitor referrals in a systemic manner in order to ensure we are developing programs and specialties based on the needs of our clients. We also plan to develop summer programs to target specific childhood problems that will be delivered similar to summer camps. These summer programs will help children learn and develop skills at an accelerated pace within a framework in which they can relate. Eventually, we will also develop specialized clinics to serve specific populations.

Danielle Black, PhD, is the Director of the Child and Adolescent Program. She received part of her training in the division of Behavioral Pediatrics at the internationally acclaimed Kennedy Krieger Institute of the Johns Hopkins University, a major center for pediatric developmental disabilities. In addition, she has published in the area of risk factors for child abuse. Dr. Black also has special expertise in Cognitive Behavioral Therapy. She can be reached at dblack@family-institute.org.
In each issue of Institute News, we will introduce you to Family Institute board members. Our board members are charged with maintaining the Institute’s financial security and charting its direction and future growth.

**Dr. Art C. Nielsen III**

**Tell us a little bit about yourself.**

I am a psychiatrist, psychoanalyst and couples therapist in private practice as well as a Clinical Associate Professor of Psychiatry at Northwestern Medical School and am on the faculty of the Chicago Institute for Psychoanalysis. About 15 years ago, I partnered with Dr. Bill Pinsof (TFI), to design what became the Northwestern University course, Marriage 101: Building Loving and Lasting Partnerships, a popular course that gives undergraduates the vocabulary, science and practical skills to help them in their intimate relationships. My private life has also contributed to my passion for trying to help couples. I had a relatively short and unhappy first marriage, ending in a painful divorce, followed by a very rewarding and loving partnership and marriage for the past 30 years with my wife, Sheila. My second marriage has taught me not only the great benefits of a close relationship but how it can sometimes be challenging to accomplish. My three daughters have taught me much about parenthood and women.

**What attracted you to The Family Institute?**

During my residency at Yale, I became interested in family systems thinking. When I moved back to Chicago, it seemed natural to seek out a group of like-minded mental health professionals.

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

To bring my clinical knowledge and professional experience in mental health organizations to the deliberations of the Board.

**What three words describe the Institute?**


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**Joan Elisberg Mandel**

**Tell us a little bit about yourself.**

I am a native Chicagoan and lived in Glencoe for 26 years, where my late husband, Richie Elisberg, and I raised our two children, Steve Elisberg and Susie Dutge. During that time, I began a teaching career at the junior high in Winnetka, returned to Northwestern University for a PhD and joined the faculty as Director of Teacher Education Programs. A later position at La Rabida Children’s Hospital introduced me to the world of fundraising. I moved back to Chicago and married Dick Mandel in 1984, joined the Institute staff in 1988, retired from my position as VP for Development in 2000 and joined the Board a year later. Dick and I both love to travel and have done so extensively since we retired.

**What attracted you to The Family Institute?**

In 1988, when the Institute was establishing itself as an independent affiliate of Northwestern University, I met Dr. Bill Pinsof. Board members and staff while interviewing for a newly defined development position. I was impressed with their sense of mission, their integrity and their potential for leadership. I was particularly interested in their goal to provide services to economically disadvantaged families.

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

My Board involvement enables me to continue to support the mission and growth of The Family Institute through the continual honing of the organizational structure and securing support for its programs and initiatives. I would like to continue to find new ways to grow our support base and provide for the long-term success of the Institute’s innovative programs.

**What three words describe the Institute?**

Commitment. Integrity. Capability.

**Anything else you’d like to share?**

The Family Institute group is exceptional in its vision, creativity and ability to realize its goals. Being involved in the Institute’s planning, growth and accomplishments is very rewarding.
NEW FACES

CLINICAL STAFF

Tamara Sher, PhD, Vice President for Research
Dr. Tamara Sher is a licensed clinical psychologist and Vice President for Research at The Family Institute. She maintains an active clinical practice specializing in the treatment of couples and individuals. She is the author of dozens of research publications, a co-editor of a book published by the American Psychological Association (The Psychology of Couples and Illness) and serves on the editorial boards of Health Psychology and Journal of Family Therapy.

Leah Brennan, LMFT, CADC, Staff Therapist
Leah Brennan is a Licensed Marriage and Family Therapist and Certified Alcohol and Drug Counselor. After serving in the Peace Corps and establishing a career as a fundraiser for area social service organizations, she entered the mental health field to provide direct service to couples, families and individuals. After receiving her Master of Science in Marriage and Family Therapy from The Family Institute, Ms. Brennan worked as a substance abuse counselor for adolescents and their families.

Nancy Burgoyne, PhD, Staff Therapist
Dr. Nancy Burgoyne sees adolescents, young adults and couples. She joins the Core Faculty of the Marriage and Family Therapy program where she will teach Family of Origin and Self and Other Systems. She is also a clinical supervisor.

Jessica Davis, MSW, Staff Therapist
Jessica Davis is a Licensed Clinical Social Worker. Ms. Davis received her undergraduate degree from the University of Wisconsin-Madison and her Master’s degree from the University of Minnesota-Twin Cities. She has worked with diverse populations of clients with a wide range of presenting issues across various settings. Ms. Davis has specialized training in Dialectical Behavior Therapy.

Heidi J. Hayden, MA, LPC
Staff Therapist/Coordinator of the PsyChange Project
Heidi J. Hayden is a licensed professional counselor. She graduated with a Master of Arts degree in Counseling Psychology from The Family Institute, with clinical training at the Institute’s Bette D. Harris Family and Child Clinic. Recently, she completed Womencare Counseling Center’s Natalie Haimowitz Postgraduate Fellowship Program that focused on the relational treatment of trauma. Prior to joining The Family Institute, she worked in private practice.

Gretchen King, MS, LMFT, Staff Therapist
Gretchen King is returning to The Family Institute after graduating in 2001 with her Master in Marriage and Family Therapy. She completed a two-year Post-graduate Fellowship at Womencare Counseling Center, specializing in treating trauma survivors. Gretchen values bringing systemic thinking to individuals, as well as couples and adult families. She is a Certified IFS Therapist and an Assistant Trainer of Internal Family Systems (IFS) Therapy.

Rachel S. Port, PsyD, Staff Therapist
Dr. Rachel Port is a licensed clinical psychologist. Dr. Port received her undergraduate degree in psychology from Washington University in St. Louis, and she completed her graduate training at the Illinois School of Professional Psychology. Dr. Port also completed her pre-doctoral internship at the University of Michigan, an APA approved internship program.

Samantha Schulze, PsyD, Staff Therapist
Dr. Samantha Schulze is a licensed clinical psychologist. For the past few years, she has been in private practice working with children, adolescents and families. Most of her prior clinical work has been in residential treatment. Dr. Schulze received her PsyD in Clinical Psychology from the Illinois School of Professional Psychology.

Lori Tall, PsyD, Neurologist and Staff Therapist
Dr. Lori Tall is a licensed Neuropsychologist with The Family Institute. For the past six years, Dr. Tall has been a core member of the Rush Neurobehavioral Center clinical evaluation team. Her practice focuses on the evaluation and treatment of children with complex emotional, social and cognitive needs using a combination of neuropsychological testing and therapy.

POSTGRADUATE CLINICAL FELLOWS

Kathleen Gettelfinger, MSMFT
Kathleen Gettelfinger holds a Master of Science degree in Marriage and Family Therapy from The Family Institute. She treats individuals, couples and families. Her focus includes adolescents and couples work. She has also worked as a co-facilitator for the girls’ adoption group.

Jonathan K. Lee, PhD
Dr. Jonathan Lee received his PhD in clinical psychology from Suffolk University in Boston, Massachusetts. He completed his pre-doctoral internship training at the Veterans Affairs Greater Los Angeles Health Care System, Los Angeles Ambulatory Care Center. He will be joining the Institute as the Dr. John J.B. Morgan Postdoctoral Fellow.

Linda L. Michaels, PsyD
Dr. Linda Michaels holds a doctorate in Clinical Psychology from the Illinois School of Professional Psychology. She treats individuals (adults, adolescents and children), as well as couples and families. Her interests include life transitions, identity and self-esteem issues, and multicultural and immigrant families.
NEW FACES

AFFILIATES

Mudita Rastogi, PhD, LMFT, Approved Supervisor
Dr. Mudita Rastogi obtained a PhD from Texas Tech University in Marriage and Family Therapy. She is a Licensed Marriage and Family Therapist, working with couples in the areas of conflict, communication, intimacy or divorce. She also sees families with children and adolescents, and individual adults in therapy.

Jodi Smith Cohen, LMFT
Jodi Smith Cohen is a licensed marriage and family therapist. She earned her Master in Marriage and Family Therapy from The Family Institute. She works with individual children, adolescents and adults; couples; and families.

NON-CLINICAL STAFF

Michael Gantt, Director of Finance
Michael Gantt is responsible for the management and oversight of The Family Institute’s revenue, expenditures, budgets and strategic planning for operations. He has spent the past 10 years managing people, finances and balancing budgets for Chicago-area non-profit institutions, most recently serving as the Director of Finance and Administration at Lincoln Park Zoo. Michael is a native Georgian and has his degree in Finance from the University of West Georgia.

Lisa Webb, Director of Information Technology
Lisa Webb has 13 years experience in increasingly responsible roles within the IT field managing people, systems and budgets. In her most recent position she managed the Nursing and Physician Clinical documentation system and all ancillary systems for a 407 licensed bed multi-location acute care facility with 22 satellite physician offices and ancillary locations.

Amna Alam, Administrative Assistant
After a two-year hiatus, Amna Alam has returned to the Institute to manage the front office and assist the operations department with annual events and meetings. She completed her Bachelor’s in English from the University of Illinois at Chicago and recently returned from London where she obtained her Master’s in Film Making and the Creative Economy from Kingston University.

Karl Brunner, Millennium Park Office Coordinator
Karl Brunner assists everyone concerned with TFI’s downtown office (staff, affiliates, students, vendors and clients). Karl is the glue, staples and tape that holds it all together. He has an Associate’s degree in Arts from Kishwaukee College and attended the Chicago School of Massage Therapy, and worked as a CMT for several years.

Kathleen McGloin, Receptionist
Kathleen McGloin is a front desk receptionist at the Evanston office. She has also worked in the billing department. Kathleen has a degree in Psychology from the University of Rhode Island. She worked for a number of years in the insurance industry, and most recently worked for Wellpoint in downtown Chicago.

ON THE MOVE

Crissy Anderson, MSMFT, Staff Therapist
Crissy Anderson recently transitioned from being a Clinical Fellow to a Staff Therapist. Crissy works with individuals, couples and families. She is also on the Dialectical Behavioral Therapy (DBT) team.

Barbara Danis, PhD
Co-Director, Parents in Charge Program
Dr. Barbara Danis will continue to direct the Parents in Charge Program and will also see children from birth through school age and their families as part of The Family Institute staff.

Carri Hill, PhD
Co-Director, Parents in Charge Program
Dr. Carri Hill joins The Family Institute staff. She will continue to co-direct the Parents in Charge Program. Dr. Hill has particular expertise in children with challenging behaviors, including aggression, tantrums and defiance.

Chaaé Roberts, MSMFT, Staff Therapist
Chaaé P. Roberts recently completed two years of advanced training in the Institute’s Postgraduate Clinical Fellowship Program. As a full-time Staff Therapist, Chaaé works with families, couples, individuals (particularly emerging adult men), groups and children/adolescents.

David Klow, LMFT, Affiliate Psychotherapist
David Klow has moved from the Staff Practice to become an Affiliate Psychotherapist as well as to open his own private practice, David Klow & Associates, LLC. David runs multiple therapy groups, provides individual, family and couples counseling, and specializes in working with men.

Josh Hetherington, MSMFT, LCPC, LMFT
Affiliate Psychotherapist
Josh Hetherington moved from the Staff Practice to become an Affiliate Psychotherapist as well as opening his own private in the Ravenswood neighborhood. He will do individual supervision in the MFT program.

Domonique F. McCord, AM, LCSW
Affiliate Psychotherapist
Domonique McCord transitioned to an Affiliate Psychotherapist as well as opening her own private practice in Northbrook and Evanston locations. She will be doing both psychological/psycho-educational testing and therapy.

Leigh Weisz, PsyD, Affiliate Psychotherapist
Leigh Neiman Weisz moved from the Staff Practice to become an Affiliate Psychologist as well as opening her own private practice in Northbrook and Evanston locations. She will be doing both psychological/psycho-educational testing and therapy.
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.