Greetings!

Our history is very much on my mind these days. The Institute incorporated in October 1969, meaning that this year we celebrate 45 years of strengthening and healing families from all walks of life through clinical service, education and research.

The overarching goal of the Institute since its beginning has been to provide state-of-the-art service to our clients. Last year our clinicians provided over 71,000 therapy sessions to over 6,500 individuals, couples and families.

This goal has guided our education and research programs from their very inception. Cutting-edge knowledge, gained through our research program, continues to inform our world-class education programs for the benefit of our clients and the field of family therapy.

In 1979 there were seven students treating 60 families in the newly created family and child clinic. Today, there are 84 therapists-in-training treating over 1,400 clients in the Bette D. Harris Family and Child Clinic. The founders’ dream of providing quality mental health care to the uninsured and under-insured is realized daily through our sliding-fee scale Clinic.

This year we begin another chapter in our history with the hiring of a new President. Jana Jones brings her knowledge and expertise in health care and business to our leadership team. Read more about Jana on page 3.

For 45 years the Institute’s doors have been open to all those in need of our services. We thank our donors, staff and students for their help in fulfilling our mission.

With gratitude,

William M. Pinsof
Chief Executive

Institute News is published three times a year for friends, donors and alumni.

Join The Family Institute mailing list and receive updates and further information on events and happenings by contacting Michelle Weil Javaherian at 312-609-5300, ext. 480 or mjavaherian@family-institute.org.

If you are interested in donating to The Family Institute, please contact Tamara Reed Tran at 312-609-5300, ext. 484 or treed@family-institute.org.

Looking for a speaker? Email speakersbureau@family-institute.org.

If you are a member of the media and would like to speak with a Family Institute expert, please contact Cyndi Schu at 312-609-5300, ext. 483 or cschu@family-institute.org.

Questions or comments about Institute News? Email newsletter@family-institute.org.

Photos courtesy of Matthew Kaplan Photography and Beth Rooney Photography.

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Follow us on Facebook and Twitter (@tffinu).
Read our blog, TFITalks, at thefamilyinstitute.wordpress.com!
TFI has a New President

In the last decade The Family Institute has grown from a $5 million to an almost $15 million business with over 125 employees. Last year our Board and staff decided we needed to add a person with business expertise to help lead our growth into the coming years.

With advice from our Board, major donors and business colleagues, we launched a national search to find a new president. The search firm of Witt/Kieffer found 25 potential candidates for our review. The Search Committee, made up of Bill Pinsof and the Institute's Vice Presidents along with our Board Chair, James Feldman, and Vice Chair, Leslie Barker, winnowed down the pool to five candidates. Of those five, the Search Committee unanimously felt Jana Jones was the candidate with the credentials and experience to do the job. She was invited back for a second round of meetings with staff and Board members whose feedback was universally positive. She enthusiastically accepted the Institute's offer to be its first ever business leader.

Jana comes to the Institute with a wealth of management experience in the health care field, not the least of which was managing a budget of $5 billion for Blue Cross Blue Shield of New York.

Jana, who started September 2, reports to Bill Pinsof, who remains Chief Executive. We look forward with great anticipation to the business "boost" which Jana brings to us at this opportune time in our 45th year.

From a Dining Room table to the Greater Chicagoland Area: The Family Institute’s clinical service history

By Colleen O'Connor, Content & Grant Manager

In 1967, mental health professionals began meeting around a dining room table at psychiatrist Chuck Kramer’s Oak Park home. They explored how they could treat and understand people's issues by including whole families in treatment. Family therapy was new, and these experts defined how they could practice this innovative form of clinical service while training others to do so as well. This was the start of The Family Institute.

Since then, our clinical services have expanded, and helped us continue to strengthen and heal families from all walks of life. The following milestones illustrate how much we've grown.

The 1960s and 70s: Immediate Impact

In 1968, The Family Institute officially formed as a not-for-profit organization and in the first year, clinicians conducted nearly 2,000 therapy sessions. In 1979, the Institute opened its Family and Child Clinic to treat Chicagoland’s under-resourced families.

The 1980s: Transition & Expansion

In 1986, Dr. William Pinsof succeeded Dr. Chuck Kramer as Institute President, ushering in a new era of growth and establishing it as an independent leader in the field.

The 1990s: Widening Our Reach

In 1994, William Pinsof established the Bette D. Harris Family and Child Clinic, where our sliding-fee scale allows families, couples and individuals to seek our care regardless of their ability to pay. Opening our LaGrange Park office extended this work into the western suburbs.

The 2000s: Integrating Science & The Art of Therapy

Throughout the 2000s, the Institute expanded its clinical work with specialized services such as Anxiety and Panic Treatment, LGBT services, and Mindfulness and Behavior Therapies. We widened our services to Northbrook.

The Institute also enhanced its services through the use of empirically-based treatment. The Epstein Center for Psychotherapy Change and the STIC®, its primary tool, allows clinicians to track change throughout therapy, making it more effective and efficient.

2010 – the Present: Continued Growth

Our clinical services continue to expand, particularly in our Millennium Park location. We deepened our clinical work by launching new services like our Child and Adolescent Program, and by furthering the way we integrate science, technology and research into our practice with the use of the STIC. In 2014 we welcomed our new President, Jana Jones, to help us continue this growth and expansion.

Our rich clinical service history has influenced the organization we are today, and will continue to influence our future.

Learn more about The Family Institute at www.family-institute.org.
At The Family Institute, we aim to strengthen and heal families from all walks of life through clinical service, education and research. No place better demonstrates this mission than our Bette D. Harris Family and Child Clinic. At the Clinic, clients receive our expert care regardless of their ability to pay or access to insurance. Our sliding-fee scale structure gives families of all income levels access to our high quality care, with an average fee of $12. Our Clinic therapists-in-training (Master’s-level students from our Marriage and Family Therapy and Counseling programs) work with their supervising staff therapists to treat whole family systems, providing the deeply impactful, integrative and collaborative care that embodies The Family Institute.

In the past year, our Clinic has seen tremendous growth, particularly in our downtown Millennium Park office. Since the beginning of 2014, we have seen nearly 200 new cases at this location, making downtown our fastest growing Clinic site. This growth allows our therapists-in-training and their supervisors to further extend the reach of our services into a wider Chicagoland area in addition to our Clinic services in Evanston, Northbrook and LaGrange Park.

Our recent Clinic growth undergirds our excitement about what's to come, including the expansion from three to four floors at our 8 S. Michigan Avenue location. Moving forward, our therapists-in-training will continue to learn to integrate research into the way they treat clients through the use of the STIC, and our clients will continue to see the benefits of our empirically-based treatments. Additionally, we are looking into ways to further develop how we deliver our services to the clients that come through our doors, including how our senior staff clinicians can work alongside our therapists-in-training to directly provide services to Clinic clients.
The Child and Adolescent Program: Integrative care that helps families thrive
By Danielle Black, PhD, Director of the Child and Adolescent Program

When children and adolescents need help maximizing their potential and successfully overcoming and coping with their challenges, The Family Institute is there to help them thrive. We help children function at their best in all situations: at home, at school and with their peers. We also counsel parents and families to strengthen the core and foster a nurturing atmosphere, creating an environment in which the whole family can thrive.

One of the Institute’s newest offerings, this program focuses on developing evidence-based systemic treatment programs for specific child and family issues. Each specialty area includes comprehensive evaluations, innovative treatment and effective research that informs services. We design interventions and plans to specifically meet each child’s individual needs while identifying and developing the strengths they already possess.

The program is dedicated to providing complete care for children and their families. Children often need many inter-related services in order to thrive and succeed, and our program provides that complete, integrated treatment. To that end, The Family Institute recently hired a child and adolescent Psychiatrist, Dr. Sonali Nanayakkara, to the Child and Adolescent team, adding this important specialty to the current offerings, including early childhood, learning and other disabilities, and assessment. The availability of each of these specialties allows the program to expand its services and increase the integration that children need.

As it grows, the Child and Adolescent program will continue to focus on building innovative, integrative treatment programs to help children and families thrive. We look forward to continuing to develop specialty, empirically-based niches to better serve children and families in deeply impactful ways.

For more information on the Child and Adolescent Program, contact Dr. Black at dblack@family-institute.org or visit www.family-institute.org/child.
Take a Moment
Use mindfulness to create a presence

By Michael Maslar, PsyD, Director of Mindfulness and Behavior Therapies

Everyone has moments. You may have had one when something your child did captured your attention or during an important conversation with your partner. You may have experienced one while on vacation or when concentrating on playing an instrument or a sport. These are moments when you experienced an unusual degree of presence. You had a sense of “flow” or being “in the zone.”

If you are like most of us, however, you go about daily life partially distracted, wandering from the present to past regrets or longings, to future worries or wishes. The clock ticks off seconds before that next thing you have to do, while you struggle with things not going quite the way you would like them to go. Then with no warning, moments of presence hit and disappear as quickly as they come.

In our program, we use mindfulness practice to help people with a range of difficulties, including depression, anxiety, impulsivity and relationship problems.

Mindfulness practice is a way of cultivating that presence. A collection of ancient mind exercises, mindfulness has the attention of therapists, neuroscientists, basketball coaches and business leaders. While not a panacea for human problems, ongoing mindfulness practice can have surprising benefits for its practitioners. In our program, we use mindfulness practice to help people with a range of difficulties, including depression, anxiety, impulsivity and relationship problems.

So how do you practice mindfulness? Start with five or more minutes a day. Sit in a quiet place. Pay attention to where you feel your breath most distinctly. Your attention will wander almost immediately — just bring it back. Do this over and over, despite feeling distracted, bored or upset. Be gentle, but be consistent. In doing this as regularly as you can, you are training your mind to be more present. If you are motivated, sit for longer periods. Today there are many audio recordings, YouTube videos and phone apps to help you. Experiment.

Bring mindfulness into everyday life. Before rushing from activity to activity, pause and feel your breath for just a few seconds. Pause when getting into your car before driving off. Pause before leaving your office for that next meeting. Pause before you start to cook dinner.

Give yourself a moment to be present, and feel yourself being alive.

For more information about Mindfulness, contact Dr. Maslar at mmaslar@family-institute.org or visit www.family-institute.org/mindfulness.
Everyone experiences anxiety on occasion, whether when giving a speech, at a job interview or when worrying about finances. An anxiety disorder, however, persists across time and situations and can interfere with a person’s ability to engage in activities that are personally important. For example, a person experiencing sudden and acute physical symptoms of anxiety, which can manifest as panic attacks, may begin to avoid activities for fear of having panic, such as riding public transportation or going to the movie theater.

An “anxiety disorder” is not just one thing; there are different types of anxiety disorders, each characterized by its own set of fears. They include Panic Disorder, Agoraphobia, Social Anxiety Disorder, Generalized Anxiety Disorder and Specific Phobia. Obsessive-Compulsive Disorder and Illness Anxiety Disorder, while not anxiety disorders per se, share several elements in common and are characterized by anxiety and fears of certain situations. Taken together, anxiety disorders affect about 40 million American adults in a given year.

The Anxiety and Panic Treatment Program, part of the Institute’s Cognitive Behavior Therapies, uses evidence-based treatments for these disorders. Cognitive Behavioral Therapy (CBT) helps people to understand and change anxious thought patterns and replaces them with more realistic coping thoughts. It also helps individuals modify the way they react to anxiety-provoking situations. When people are ready to confront their fears, Exposure Therapy helps them gradually face their feared situations until they are no longer bothered by them. Often, therapists will accompany the person to a feared situation to provide support and guidance.

For example, CBT can help someone with Panic Disorder understand that panic attacks, while associated with great discomfort, are not actually life-threatening or dangerous, and the unpleasant symptoms will go away over time. Therapist and client then test this idea by gradually approaching anxiety-provoking situations and activities that have been avoided — perhaps by going to a movie theater together and staying long enough for the client to feel their anxiety symptoms decrease and their confidence in handling them increase.

One of the most rewarding aspects of this treatment for clients, as well as therapists, is being able to see change happen right in the session as the client begins to re-engage in important life activities that were previously avoided due to excessive anxiety and fears.

For over 15 years, therapists in the Anxiety and Panic Treatment Program at The Family Institute have been helping people reclaim their confidence and freedom from anxiety. The program includes staff therapists (Dr. Young, Dr. Richard Zinbarg, Jennifer Welbel), a post-graduate clinical fellow (Velizar Nikiforov) and Family Institute therapists-in-training. The program also provides in-depth training for students in Northwestern University’s Clinical Psychology. Participants can also get involved in the development of novel approaches for the treatment of anxiety disorders through the studies conducted by Dr. Zinbarg, a leading researcher in the field. Therapy groups such as the The Anxiety Network for young adults with anxiety and Flight School for fearful flyers are also available.

To find out more about Cognitive Behavior Therapies, contact Dr. Young at cbt@family-institute.org or visit www.family-institute.org/cbt.
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, Northbrook and LaGrange Park. For more information on our staff practice, please call 847-733-4300 or visit our website at www.family-institute.org.

DISCOVER PLANNED GIVING

Like many people, you may be wondering what planned giving is.

Planned giving is a way to integrate your personal, financial and estate planning goals. The right planned gift may provide you with tax and income benefits while helping The Family Institute further its mission. Here are some of the most common planned gifts you can make:

Bequest
Your Will may include a gift of a specific asset, a dollar amount or a percentage of your estate to charity.

Charitable Gift Annuities and Charitable Remainder Trusts
These plans can provide you with lifetime income, a charitable income tax deduction and leave a nice gift to charity. If you own appreciated assets such as stock or real estate, we can help you sell those assets tax free.

Life Estate
You can make a tax deductible gift of your home and remain living in it for your lifetime.

There are additional real estate sale strategies that can provide you with cash, a charitable deduction and even income.

There are many ways you may benefit from planned giving. Contact us or visit our website today, so we may assist you in discovering the right plan for you.

For more information on giving to The Family Institute visit www.family-institute.org/giving.

Circle of Knowledge Events

November 14, 2014
Grandparenting: A three generational affair
University Club, Chicago

February 12, 2015
42%
Apostolic Faith Church, Chicago

March 12, 2015
Women in Mid-Life
Edgewood Valley Country Club, LaGrange

April 10, 2015
Straight As & Stressed
Exmoor Country Club, Highland Park

April 30, 2015
Dating, Mating & Marrying in the Age of Social Media
Microsoft, Chicago

If you are interested in more information about our upcoming events, please contact Michelle Weil Javaherian at 312-609-5300, ext. 480 or cok@family-institute.org.