BUILDING STRONGER FAMILY BONDS

Training Future Mental Health Practitioners
Greetings! As we celebrate the Institute’s 45th Anniversary this year, I am reflecting on the evolution of our education programs. The Institute started with training sessions in the Oak Park home of Chuck and Jan Kramer with a handful of psychotherapy professionals interested in exploring a new field – family therapy.

As demand for this new training steadily increased, The Family Institute of Chicago was incorporated in 1969. Soon after, the Institute formalized the two-year postgraduate program for mental health professionals. By 1993, through the Institute’s new affiliation with Northwestern University, we began offering the two-year Master of Science in Marital and Family Therapy (MFT) degree under the direction of Dr. Cheryl Rampage. That first cohort had four students. Within 10 years, the Institute also became home to the Master of Arts in Counseling Psychology Program. That program, having moved from Northwestern’s School of Education and Social Policy, joined the MFT Program in the Center for Applied Psychological and Family Studies, an academic and research collaboration between Northwestern and the Institute.

Today our two full-time Master’s programs are thriving and we have the largest (107, plus 21 in our 2+ program) and most diverse enrollment in the Institute’s history. In addition, we continue the tradition of offering postgraduate and postdoctoral fellowships (a total of 10 this year) to clinical/research scholars who hold the promise of becoming tomorrow’s leaders in the fields of family therapy and family psychology.

From our humble origins in Oak Park to the present, we continue to fulfill the goal of educating young professionals to carry on the Institute’s mission to strengthen and heal families from all walks of life.

To our current students and thousands of alumni, we extend our thanks for your passion and commitment over the past 45 years to our education programs and to the families and individuals we serve.

With gratitude,

William M. Pinsof
President
No place better demonstrates that synergy than our Bette D. Harris Family and Child Clinic. At the Clinic, clients receive our expert care regardless of their ability to pay — our sliding-fee scale structure gives families of all income levels access to our high quality care, with fees starting at $5, and an average fee of $12.

The Clinic is staffed by Institute graduate students (therapists-in-training) who are closely supervised by Institute staff therapists. All graduate students at The Family Institute take part in this mentoring relationship, allowing our clients to benefit not only from qualified therapists-in-training, all of whom meet rigorous academic and professional requirements, but also from supervising staff therapists and their years of expertise.

Our therapists-in-training work with their supervising staff therapists to provide the impactful, collaborative care The Family Institute is known for. To provide this care, our therapists-in-training are educated in a variety of therapy models, depending on their program of study. Our graduate students in Marriage and Family Therapy study our systems model of therapy, allowing them to look not only at individual issues, but also at the intricate ways those issues impact and are impacted by entire families. Our graduate students in Counseling study a number of therapeutic interventions with an underlying psychodynamic conceptualization, allowing them to become reflective practitioners, capable of accurately evaluating their own critical knowledge and skills.

One family shared their story with us. They had relocated from another country and the transition had not gone smoothly. The family of five came to the Clinic when their family structure became off-balance — the children struggled to adjust to their new school and new home, and the parents were unsure how to handle all the changes. Their treatment focused on helping the parents establish consistent boundaries and routines. After treatment, the father stated that they “got great support to reorganize our family, to change, to live in the community and be safe.”

Clients receive our expert care regardless of their ability to pay.

This process — how therapists-in-training learn from their supervising staff therapists, and then take that knowledge to their clients — creates a synergistic, well-rounded experience for our students, our clients and our supervising staff therapists. It is a unique method by which we not only enhance the lives of our clients, but the education of our students as well.

To learn more about the Bette D. Harris Family and Child Clinic, visit www.family-institute.org/affordable.
Accreditation is a multiple-step process. The first step was changing the program’s name from Counseling Psychology to Counseling, which was completed in 2013. Curriculum changes were then implemented so that the program more clearly reflects national standards, including changes to course titles as well as some of the course content.

The next step involved a self-study. This recently submitted 100+ page document articulates how the program meets each of the CACREP standards. CACREP will make its final determination after reviewing this self-study and conducting a site visit. If all goes well, the Counseling program should be fully accredited by January 2015.

Before seeking accreditation, the Counseling program already exceeded CACREP standards in several ways: CACREP requires students to work with clients for one semester/quarter in practicum, while our Counseling program requires students to do so for a full year. CACREP also requires students to participate in 600 hours of “professional counseling work,” of which 240 hours must be direct client contact. The Counseling program has always required students to do external internships in agencies and practices. CACREP accredited programs must be taught by faculty with doctoral degrees in Counselor Education and Supervision. Their specialized knowledge in developing Master-level students’ therapeutic skills and applying academic information to clinical work allows them to create practitioners who are flexible in their critical thinking and reflective in their clinical skills.

For our students, CACREP accreditation means they will receive a Master of Arts degree in Counseling with an emphasis in Clinical Mental Health Counseling, making it easier to seek Counseling licensure in any state upon graduation.

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Aiming for Gold: The Counseling program seeks accreditation

By Francesca Giordano, PhD, Director of the Counseling program

The Family Institute’s Counseling program is in the process of becoming a CACREP accredited program. CACREP (Council for the Accreditation of Counseling and Related Educational Programs) is the gold standard for counseling programs, and this accreditation will indicate that our program meets the highest level of national standards.

For more information about the Counseling program, email counseling-psychology@northwestern.edu or visit www.family-institute.org/counselingprogram.
The Master of Science in Marriage and Family Therapy program (MSMFT), launched in 1990, is one of the leading programs of its kind. Every year the program attracts a national and international cohort of talented students who choose our program for good reasons: They recognize the stellar reputation of The Family Institute and Northwestern University. They also value the program's accredited status, the faculty’s national reputation, the volume of clinical work, the extensive supervision, and the thoughtful curriculum.

Programs that train marriage and family therapists are unique because they train therapists to work with relationships, particularly families and couples. The clinical approach is grounded in systems theory positing that human problems are functions of the context in which they occur; consequently, therapy must change that context for the problems to be resolved. In practice, this translates to having the relevant relationships present for therapy.

As the field of marriage and family therapy evolved, many approaches to this type of therapy have been developed. The MSMFT program doesn’t select one approach, but rather uses an integrative approach, systematically utilizing the many models of therapy. Faculty of the program developed the approach — Integrative Problem Centered Metaframeworks (IPCM). IPCM provides a map that enables trainees to learn how to navigate the biopsychosocial terrain of relationships, and enables students to choose clinical strategies that help clients solve their problems.

The MSMFT program prepares graduates for practice in the 21st Century. Therapy has always been part art and part science, but increasingly, the science of therapy is getting better and more emphasized. Accordingly, the emphasis of the program is to train therapists in the scientist-practitioner model that uses science to guide practice. Trainees learn to use the STIC* (Systemic Therapy Inventory of Change), which allows therapists to track the progress of therapy over time. Graduates of the program have a range of options. With further experience and supervision, they can obtain a license in marriage and family therapy in all 50 states. This license enables them to collect insurance and to practice independently in agency settings or private practices. Some go on to doctoral studies in marriage and family therapy, clinical psychology, counseling, and human development. Regardless of their specific paths, the training and education they receive at the Institute prepares graduates for promising futures as mental health practitioners.

For more information about the MSMFT program, email education@family-institute.org or visit www.family-institute.org/mftprogram.
Grand Rounds: Fellows transition to emerging leaders

By Anthony Chambers, Director, Post-Doctoral Fellowship Program

The Postdoctoral Clinical and Research Fellowship Program is one of The Family Institute’s most valuable education programs. The program provides fellows with two years of advanced training in systemic thinking and therapy, and is also the breeding ground for The Family Institute’s next generation of leaders.

One of the primary goals of the program is to provide fellows with opportunities to develop, nurture and solidify their professional identities. That is, to transition from being students — where the focus is on consuming and creating knowledge — to focusing on disseminating that knowledge to the larger profession and the lay population at large.

One of the primary vehicles for actualizing that goal is our Grand Rounds presentations. Each month, a fellow selects one of their specialty areas and presents an hour-long talk to Family Institute staff. Grand Rounds have a long history of being important teaching tools that help healthcare professionals keep up-to-date on important evolving areas which may be outside their core practice. Additionally, fellows universally identify their Grand Rounds presentations as key fellowship components that help them become emerging leaders.

Here are a few points from two of our current fellows’ Grand Rounds presentations.

**Ashley Seewald, MA**
Postgraduate Clinical Fellow

**Mindfulness and Stress Management**

Stress can affect the body in two ways: it revs us up or shuts us down. Here are some tips to manage stress:

1. Notice your body. Is your heart/breath rate increasing? Or are you lethargic?
2. If you’re revving up, practice belly breathing (1-2 minutes). Place your left hand on your chest, right hand on your belly. Slowly breathe, expanding your belly (the right hand moves; keep your left hand still).
3. If you’re shutting down, get moving! Walk around the office; climb stairs at home. Getting the blood moving will take you out of shutdown mode.

**Katie Buckley Hauser, PhD**
Chief Fellow

**Meeting the Social and Emotional Needs of Gifted Children**

Some common challenges among gifted children include low levels of frustration tolerance, anxiety, perfectionism, and difficulty in social situations. Parents, teachers, and therapists can best support the social and emotional needs of gifted children by:

1. Modeling interest in others
2. Providing experiences that promote a sense of belonging
3. Modeling a willingness to look to others for help
4. Not over-emphasizing performance
5. Not modeling arrogant responses to authority

For more information about the Postdoctoral Fellowship Program, email Dr. Chambers at achambers@family-institute.org or visit www.family-institute.org/fellowship.
A Distinguished Lineage: The Family Institute’s Alumni of the Year
By Colleen O’Connor, Content & Grant Manager

For the past 45 years, students have left The Family Institute with academic knowledge and clinical experience that allows them to impact the mental health field in resounding ways. Our alumni create a distinguished lineage — a lineage based in systemic, family-based therapy that deeply impacts clients and their loved ones. When students leave the Institute, they carry this systemic thinking with them, spreading our lineage, expertise and mission throughout the mental health field and the world at large.

Each year, The Family Institute’s Alumni Association honors this lineage with the prestigious Alumnus of the Year Awards. The winners of the 2014 Alumnus of the Year Awards, presented at the Alumni Association Annual Luncheon in November 2013, are Maureen Stimming and Joe Wetchler, PhD. These alumni demonstrate how our lineage continues to impact our field and our communities.

Maureen Stimming graduated from the Counseling program in 1994 and went on to work as a child and family therapist at a number of Chicago-based agencies. She also spent seven years as Associate Director and Director of Career Services at Chicago-Kent College of Law, and was the Director of External Affairs at The Harris School of Public Policy Studies at The University of Chicago (U of C). Currently, she is the Director of Professional Development Programming at U of C’s Chicago School of Social Service Administration.

With her sister, Maureen co-authored and co-edited the book Before Their Time: Adult children’s experiences of parental suicide, the first collection of children survivors’ accounts of their loss, grief and resolution following a parent’s suicide.

Joe Wetchler, PhD, received his Master’s in Counseling Psychology from George Williams College and graduated from The Family Institute’s two-year postgraduate training program in 1982. He earned his PhD in Marriage and Family Therapy at Purdue and became the program director at Purdue Calumet. He is now a Marriage and Family Therapy professor there and maintains a private practice.

Dr. Wetchler is widely published, has written several books, and has served on the AAMFT board. He is also a member of the following professional organizations: American Association for Marriage and Family Therapy; American Family Therapy Academy; Indiana Association for Marriage and Family Therapy; International Family Therapy Association; National Council on Family Relations.

The Family Institute’s education programs create a resounding, impactful lineage, and the Alumni Association’s Alumnus of the Year Awards recognize the contributions our distinguished alumni make in the mental health fields.

For more information on the Alumni Association, visit www.family-institute.org/alumni.

LEADERSHIP TRANSITION ON TFI’S ALUMNI ADVISORY BOARD

After serving nine years as Alumni Advisory Board (AAB) Chair, Janice Witzel, PhD, LCPC, transitioned into the Ex Officio role in November 2013. The AAB highlighted Dr. Witzel’s tremendous role as Chair at the Alumni Association’s Annual Meeting, including a personal thank you video from Institute President Dr. William Pinsof.

Dr. Witzel passed the baton to newly elected Chair, Debbie Youderian, LCSW, LMFT. Ashly Lawrence, LCPC, was elected as the new Vice Chair. Additional officers Gary Friend, DPM, LPC, and Jayne Kinsman, LMFT, are completing their first terms as Nominating Chair and Secretary, respectively. The AAB leads the Alumni Association as they foster lifelong relationships between the Institute and its alumni.
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.

Making a difference in the lives of families, couples and individuals—
that’s what motivates the students who attend The Family Institute to receive their Master of Arts in Counseling or their Master of Science in Marriage and Family Therapy. Every year, the Institute welcomes a new cohort of students eagerly seeking the knowledge and training necessary to help those in need. But with the soaring cost of education, students are finding it more difficult to pursue their inherent desire to make a difference in the lives of those who walk through our doors. Please consider a gift in support of scholarships to The Family Institute by visiting www.family-institute.org/scholarships.

To learn more about our education programs see pages 4 and 5.

Circle of Knowledge Events

May 8, 2014
You’re Talking but I Can’t Hear You:
Building family communication & closeness
Jackson Junge Gallery, Chicago

June 5, 2014
Gay & Married:
Welcome to the family!
Center on Halsted, Chicago

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

LOCATIONS

Bette D. Harris Center–Headquarters
618 Library Place
Evanston, IL 60201
847-733-4300

LaGrange Park
335 North LaGrange Road
LaGrange Park, IL 60525
847-733-4300

Millennium Park
8 South Michigan Avenue, Suite 500
Chicago, IL 60603
312-609-5300

Northbrook
866 Dundee Road, Suite 1501
Northbrook, IL 60062
847-733-4300