

## EXECUTIVE COMMITTEE

### PRESIDENT

**Scott Kahler**  
(W) 317-449-2651  
[scottkahler@gmail.com](mailto:scottkahler@gmail.com)

### IMMEDIATE PAST PRESIDENT

**Suzanne Coyle**  
(W) 317-931-2349  
[scoyle@cts.edu](mailto:scoyle@cts.edu)

### PRESIDENT-ELECT

**Nenetzin Reyes**  
(W) 317-713-6159  
[nenetzin.reyes@indwes.edu](mailto:nenetzin.reyes@indwes.edu)

### SECRETARY

**Adam Smithey**  
(W) 317-771-3839  
[adam@smitheycounseling.com](mailto:adam@smitheycounseling.com)

### TREASURER

**Open**

### Region Representatives

**Region 1 - Tanika Forestal**  
[mrs.forestal@hotmail.com](mailto:mrs.forestal@hotmail.com)

**Region 2 - Anne Devine**  
[anne@oaktreeguidance.com](mailto:anne@oaktreeguidance.com)

**Region 3 - Ashley Brown-Herndon**  
[ashleybrown17@gmail.com](mailto:ashleybrown17@gmail.com)

**Region 4 - Anibal Torres Bernal**  
[torresb@iupuc.edu](mailto:torresb@iupuc.edu)

### At-Large Members

**June Behn-Watts**  
[june.behn.watts@gmail.com](mailto:june.behn.watts@gmail.com)

**Aubrey Christman-Vogelheim**  
[avogelheim@ijtherapy.com](mailto:avogelheim@ijtherapy.com)

**Julia Pratt**  
[juliapratt1@hotmail.com](mailto:juliapratt1@hotmail.com)

**IAMFT Central Office**  
Ann Ninness, Assn. Manager  
3125 Dandy Trail, Ste. 110  
Indianapolis, IN 46214  
PH: 317.484.2630  
[ann@centraloffice1.com](mailto:ann@centraloffice1.com)  
[www.inamft.org](http://www.inamft.org)



## From the President's Pen ....

*Scott Kahler, MA, LMFT*

Greetings, IAMFT members!

I am honored to be writing you as the new President of IAMFT.

I would like to begin this message today by publicly congratulating our newly-elected Board and Elections Committee members: Nenetzin Reyes, Adam Smithey, Anne Devine, Ashley Brown Herndon, Laura Snyder, Kristina Graber, Jessica Hernandez, and Julia Pratt. Readers can learn more about Adam, the new Secretary, and Anne, the new Region 2 Representative, as well as Aubrey Christmas-Vogelheim, who began as a Member-at-Large in 2016, in this newsletter. I look forward to working with each one of these new officers and representatives alongside our existing Board and Committee members – and you (yes, you!) -- to support and advance the profession of marriage and family therapy in Indiana.

I would also like to express my appreciation to our existing Board and Committee members, as well as the following people, for their service in 2015-2016: Kim Wallace, Amy Harshman, Janet Eggiman, Don Osborn, and Thaddeus Shelton. Thanks to all of you for sharing your time and talents with our organization and profession! If anyone is aware of someone I have missed, please let me know so I can correct the omission!

I decided to open this message in our first newsletter of 2017 with these congratulations and appreciations because one of my primary goals as President is to expand and enhance opportunities for collaborative member involvement in our organization and its activities. I want to expand and enhance these opportunities for members who have never taken a role or participated before, as well as for members who have a history of involvement. I hope that if you are reading this message and have an interest in becoming more involved in IAMFT that you will contact me to let me know. I would be very happy to hear from you! Perhaps there are those among you who might be interested in joining our standing committees related to Ethics, Finance, and Membership, and our Legislative Committee.

LIKE US ON



Click [here](#) and like us now!

We're also on Twitter

<https://twitter.com/inamft>

Follow us @inamft

(continued on next page)

President's Message (cont'd)

Finally, thanks to the current members of Conference Committee (Nenetzin Reyes, Julia Pratt, and Laurie Budlong-Morse), as well as to the staff of Central Office Management Solutions (Ann Ninness, Stephanie Waddell, and Denise Wagner), for all the work you have done organizing and preparing for our upcoming IAMFT Annual Spring Conference, April 28 and 29. Members, take note: registration is now open! We expect the topic of attachment security and sexual pleasure, with Jeff Hickey from the Chicago Center for Emotionally Focused Therapy, to be a popular one. You don't want to miss this opportunity! More information about the conference is available in this newsletter.

With much excitement and best wishes for 2017,

Scott

## **Newly Elected Board Members**

President-Elect/Nenetzin Reyes

Secretary/Adam Smithey

Member-at-Large/Julia Pratt

Region 2 Representative/Anne Devine

Region 3 Representative/Ashley Brown Herndon

Elections Committee Representatives/Laura Snyder & Kristina Graber

Student Representative/Jessica Hernandez

## IAMFT - 2017 Spring Conference

### Keynote - *Better Together: Attachment Security & Sexual Pleasure*



Many couples come to us wanting help to reduce conflict and increase emotional intimacy. Others are desperate to revive a dormant sex life and address specific desire or functional concerns. How are these goals related and how does the clinician integrate them? Does attachment security promote sexual pleasure? Will a robust sex life strengthen attachment bonds? Are they overlapping, but distinct facets? While the adult attachment literature has been largely silent about how to promote sexual satisfaction, sex therapy has often minimized the role of attachment security, especially among sexual minorities. This workshop utilizes Emotionally Focused Therapy as a framework to view couple distress through an attachment lens. Contributions from the sex therapy field include approaches for addressing the most common sexual problems as well as an overview of the diverse expressions of human sexuality. Therapists will have new resources that integrate attachment security and sexual satisfaction to help couples create lasting and pleasurable bonds.

At the conclusion of the session participants will be able to:

- Describe couple conflict from an attachment perspective
- Name the key elements of the conflict de-escalation process
- Name and describe the three phases of the sexual response cycle
- List at least three treatment approaches for addressing sexual dysfunction

#### Session Information:

**Reporting: Legal and Ethical Duties** - Carl J. Becker & Lana Pendostki - An overview of the duties and obligations created by the AAMFT Code of Ethics, the Laws of Indiana, and the interplay between the two.

At the conclusion of the session participants will:

- Learn what information you receive will create an obligation to report
- Learn how quickly such report must be made and to whom such report can be made
- Educate yourself regarding confidentiality concerns on both records and testimony

**Suicidal Ideation: WHEN IS THE RISK REAL** - Diane Lamond - An overview of the risks for suicide, how to intervene and knowing where to access treatment and care.

At the conclusion of the session:

Participants will learn to recognize demographic and behavioral risk indicators for potential suicide.

Participants will learn how to talk about suicide risk, and how to intervene when they think someone is at risk for suicide.

Participants will learn how to access treatment and care including gaining an understanding of funding sources for the treatment of suicidal ideation or attempts.

**Member Mixer at Thr3e Wisemen** - Join us for a casual, social evening to connect with your colleagues Friday evening from 5 to 7 pm. IAMFT will provide plenty of free pizza for all, beverages and additional food items will be available for purchase. This optional event is open to IAMFT members and requires registration in advance. Space is limited, reserve your spot by registering today.

#### Peer Consultation Groups Luncheon

IAMFT will be offering an additional opportunity for individuals to take part in case consultation groups with colleagues who share similar interests over lunch. Participation in these groups will provide an additional 1.0 CEU.

#### There will also be opportunities to:

Visit with exhibitors - View and judge student poster presentations - Network with peers

[Click here for more information and to register online.](#)



## Meet New Board Members

**Adam Smithey - Secretary**

**Anne Devine - Region II Representative**

**Aubrey Christman-Vogelheim - Member-At-Large**



### **Adam Smithey, PhD, LMFT**

It is a rare gift when a person is able to recognize a purpose in life to drive their ambitions. It is even more unheard of that a child is able to identify this purpose at the ripe old age of six. Truth is, that was me, and I have never looked back.

Throughout my higher education there was this theme that kept presenting itself: “advocacy for the profession.” The majority of my professors and fellow students had the cookie-cutter response that advocating meant belonging to professional organizations and letting *someone else* advocate for therapists. **I wanted more.**

When I finally got into the field I quickly realized that we MFTs are outnumbered. We don’t seem to fit the mold for most agency work. Thus, we isolate ourselves in private practice and are dispersed throughout the state. Considering the online-nature of many education programs, we are starting to put even greater distance between ourselves. It was this that made me realize that advocating for our profession meant first enhancing our collective identity. That is the moment I decided I wanted to serve on the Board.

Balancing a private practice while being a stay-at-home dad to my three kids; completing my PhD before I was 30; researching and developing weekend intensive retreats that are now served to couples from across the country and even to international couples; becoming the first and only Certified Gottman Therapist in the state - I realized that none of these accomplishments meant much if there wasn’t a community to share them with.

As an AAMFT Approved Supervisor Candidate, I have worked with some amazing supervisees. In talking candidly with some of them and with some colleagues, I realized that MFTs from around the state are doing amazing things and should be recognized. If that means revamping an IAMFT awards and recognition program or enhancing networking opportunities to bring us all together, then let’s do it – *together*. I hope it is plain to see that my goal is to get more of us actively involved with IAMFT by empowering, motivating, recognizing, and celebrating MFTs and the amazing things each of us do and dream of doing.



### **Anne Devine, MS, LMFT**

Anne received her Master’s in Counselor Education from Indiana University Purdue University Fort Wayne in 2011. She worked in the Dialectical Behavioral Therapy Department at Park Center in Fort Wayne and in a private practice setting that focused primarily on the needs of children. Recently she was one of the founding members of a holistic practice that incorporates physical and emotional therapies, and includes Chiropractic services, Acupuncture, Nia, Reiki, Healing Touch and Yoga. Her therapeutic interests are primarily focused on couples work and the transition to parenthood, and has received Postpartum Support International’s certificate in Perinatal Mood Disorders.

Anne was interested in becoming a regional representative because she believes in the training and compassion that MFTs have, and that she could use her ideas to help us be a stronger local community. She has heard non-members admit that it’s another fee to pay and not something they thought would be valuable, so she thought that defining IAMFT membership benefits would be important.

Anne is interested in promoting an informal mentoring system for area students to help them identify strongly as MFTs and help them through the internship and licensure process. She is also excited about the possibility of Meet Ups to help us know our fellow MFTs, build a referral network, brainstorm ways to specifically market ourselves, and share speaking or employment opportunities.



### **Aubrey Christman-Vogelheim, LMFT**

Hi, I’m Aubrey, and I’m currently serving as a Member At Large on the IAMFT Board. I am also in private practice in addition to my position on the board. I have experience working with individuals, couples, and families all within various ages and stages of life. I have a particular niche in working with teens and young adults with a variety of mental health issues including anxiety, depression, adjustment disorders, stress, trauma, grief or loss, and life cycle transitions. I’m also passionate about my work with military personnel and their families as both a Tricare and Star Behavioral Health Provider.

Part of my role as Member At Large is maintaining the IAMFT Facebook page that serves as a way of keeping all of us members connected, in addition to posting news and events. I see my role as one in which I can connect, network, and obtain feedback from other members in our community so as to be a voice for providing that feedback during meetings and decision-making opportunities. I also try to stay involved in supporting other members in the projects IAMFT may currently be working on.

## 2016 Fall Conference

### **Family Law & Legal Issues for Therapists December 2, 2016 Indiana Wesleyan University**

A huge thank you to our attorney presenters who shared their expertise with us about family law issues. Alan Bouwkamp, Carl Becker, and Lana Pendoski, attorneys from the legal firm of Newton Becker Bouwkamp Pendoski, PC. shared expert information on the following topics: Therapist's Legal and Ethical Duty to Warn, Duty to Report, The Law and Vulnerable Clients, Divorce Myths and Facts, Record Production and Subpoenas, and Referrals - Knowing Your Role.

While our audience of thirty-three was a bit smaller than usual (we hosted in the holiday month of December), we heard rave reviews from our feedback responses. Here is a small excerpt of quotes sharing what people really liked:

- Not enough time to cover all the topics.
- It was well done!
- Being able to ask questions throughout the presentations.
- Great Info.
- Extremely useful information!
- I would recommend this presentation to others.

At the Fall 2016 Conference, we tried something new with peer consultation in groups. Created as an opportunity to engage in clinical conversations with other fellow MFTs, this was an opportunity to share our clinical knowledge in support of each other. This challenge was met with curiosity and a high level of engagement for those present. This activity provided 1.5 CE contact hours for category II professional development.

We strive to keep things interesting. We continue to look for creative ways to engage our membership in unique learning opportunities. And, we liked these attorneys so much at our Fall Conference, we came away wanting more. Please look for a return opportunity to learn from this attorney group during our 2017 Spring Conference with another ethics presentation.

2016 Fall Conference Wrap-Up  
Julia Pratt, Conference Committee