

**NCAMFT
2012 Annual Conference
March 1 – 3, 2012**

**Conference Schedule
Thursday, March 1, 2012**

Pre-Conference Institutes (extra fees apply)

8:00 – 9:00 a.m. Pre-Conference Registration

Full Day Options:

9:00 – 12:00 and 1:00 – 4:00 (lunch on your own)

100 Supervision Refresher Course (*ends at 3:00 p.m.*)

101 Using Personality Adaptations as a Guide in Marital and Family Therapy

9:00 – 12:00 noon Morning Sessions

102 Ethically Engaging a Client's Spiritual/Religious Values

103 The Attachment Experience of Infidelity

104 Measuring Stress Response with Military Couples

12:00 – 1:00 p.m. Lunch on your own

1:00 – 4:00 p.m. Afternoon Sessions

105 Effective Marriage and Family Therapy for Military Clients

106 The Ethical Use of Social Media in the Practice of Family Therapy

107 Creating and Managing a Thriving Private Practice

4:00 – 5:30 p.m. Early Conference Registration

6:00 – 10:00 p.m. Board Meeting (open to all members)

Thursday, March 1

Pre-Conference Options

Full Day Options

100 Supervision Refresher Course

Karen Caldwell, PhD, LMFT, AAMFT Approved Supervisor

Tim Smith, MS, LMFT, AAMFT Approved Supervisor

This course will cover a review of the supervision literature from the past five years; ethical principles and dilemmas that frequently arise in supervision; the development of supervision contracts; discussion of cultural, gender, and socioeconomic issues in therapy and supervision; and a review of the responsibilities for supervision mentoring. This course has been pre-approved by AAMFT to meet the requirement of mandatory continuing education for approved supervisors. **Required Reading:** *Approved Supervisor Designation Standards and Responsibilities Handbook* Available from AAMFT on-line at:

http://www.aamft.org/membership/Supervision/Approved%20Supervisor_handbook.pdf

101 Using Personality Adaptations as a Guide in Marital and Family Therapy

Vann Joines, PhD, LMFT

There are six core personality adaptations that individuals develop in their family of origin. Three of these are about how to survive psychologically and three are about how to deal with our parent's expectations. Each of us has at least one "surviving" adaptation and at least one "performing" adaptation. Each adaptation has a specific way of approaching the world (feeling, thinking, or behavior), a target area for growth and change, and a trap area in which our greatest defenses are located. By knowing this information, the therapist, spouse or family member can easily make contact and establish rapport, target interventions or invite problem-solving in the area that will have the greatest effect, and avoid becoming trapped in the client's defenses. These adaptations are universal and are seen across the spectrum of health to dysfunction. This information is equally applicable regardless of one's theoretical orientation or approach to therapy. The workshop will describe the adaptations, how they develop, their positive and negative aspects, and how to work best with each adaptation.

Morning 3 Hour Options

102 Ethically Engaging a Client's Spiritual/Religious Values

Jerry Powell, DMin, LMFT, LPC, ACS, AAMFT Approved Supervisor
Chaplain (Lieutenant Colonel) David P. Mikkelson, MDiv, MS, LMFT, Approved Supervisor
Chaplain (Lieutenant Colonel) Mark Knox, MDiv, MA, LMFT, Supervisory Candidate
Suzanne E. Mikkelson, MA, LMFT, Approved Supervisor

This workshop will discuss current literature on the importance of including client religious and spiritual beliefs and values in clinical work. While some clinicians may be reluctant to address these important areas of a client's awareness and worldview, the literature shows that most clients desire to have their spiritual and/or religious values addressed in the therapeutic process. Presenters will engage participants in dialogue to identify specific sections and statements in the AAMFT Code of Ethics that are relevant to the process of addressing the client's cultural values, which includes spiritual perspectives, without imposing the therapist's values on the client. Presenters will show role-play scenarios on video to stimulate discussion around engaging the client's spiritual and/or religious values in an ethically responsible manner. Presenters will offer a number of assessment strategies and practical questions to help clinicians to appropriately engage their clients in this area. Finally, presenters will offer several case studies to be analyzed and discussed in small groups and then presented to the large group. The case studies are designed to help clinicians identify the ethical issues involved in spiritual and/or religious topics and to make treatment decisions consistent with ethical codes.

103 The Attachment Experience of Infidelity

Jenny M. Haines, PhD

The purpose of this phenomenological study was to understand the experience of infidelity and its perceived impact on the attachment relationship in marriage as well as the perceived impact of the attachment relationship on infidelity. With eight couples, separate in-depth interviews were conducted with each spouse. Inclusion in the study required the following: 1) the couple had experienced infidelity in their marriage, 2) the infidelity was discovered no more recently than a year ago, 3) the couple had chosen to remain married, and 4) both spouses agreed to participate in the research process.

Several unique contributions of this research were noted. In this seminar, the results of this study will be presented and discussed. First, as the stories of these participants were told, the attachment dynamics of the spouses' marriage relationship were found to be very important both prior to the affair and in the recovery process. Restoring communication and emotional connection helped these couples begin to restore their attachment bond, to re-build trust, and to strengthen their marriages during recovery. Second, infidelity is a process not an event of the moment. The parental attachment history was very important in shaping the participants' attachment security or lack of it. Third, not only did infidelity impact the couple's relationship, but it also impacted the family system, the children and the extended family. These participants shared a very personal story of their pain in order to help other couples know that a marriage can survive infidelity and become even stronger.

104 Measuring Stress Response with Military Couples

Angela Lamson, PhD, LMFT

Melissa Lewis, MS, LMFT

Military members and their spouses experience unique stressors compared to civilian couples, making them vulnerable for a number of mental and physical health concerns. Stress related to training, frequent moves, deployment, and combat often results in physical, emotional, and social difficulties that transfer over to their marital relationships. Deployment and combat exposure specifically are risk factors for the individual's physical and psychological health but also, the health of their marriage. Through a transmission process called secondary stress response, spouses of military members become affected by the military member's stressful experiences. Stress and trauma have an enormous effect on individual and couple's health resulting in increased risk for illness and interpersonal conflict. To measure stress, we use heart rate variability (HRV), a measure of our body's autonomic nervous system in addition to specific relational assessments. With the ability to quantify our body's reaction to stress, we can provide clinical recommendations for treatment of the military member and the couple. Evidence-based treatment along with stress reduction techniques will be presented.

Afternoon 3 Hour Options

105 Effective Marriage and Family Therapy for Military Clients

Chaplain (Lieutenant Colonel) David P. Mikkelson, MDiv, MS, LMFT, Approved Supervisor
Chaplain (Lieutenant Colonel) Mark Knox, MDiv, MA, LMFT, Supervisory Candidate
Suzanne E. Mikkelson, MA, LMFT, Approved Supervisor
Jerry Powell, DMin, LMFT, LPC, ACS, AAMFT Approved Supervisor

This workshop will equip Marriage and Family Therapists to better serve their clients who are in or affiliated with the military. North Carolina has a strong military presence throughout the state, with a large and recently deployed National Guard Brigade with members from every county in the state. Additionally, three large bases are home to Army, Marine Corps, and Air Force units in the eastern part of the state. The volunteer service of our military members requires tremendous sacrifices for them and their families, and many of these sacrifices go unnoticed by the public at large. Military service, and especially combat service, can shape individuals and families in very significant ways. This workshop will present several important dynamics of the military and combat experiences and how they can impact the therapeutic process. Presenters will offer a review of recent research that indicates to types and impact of issues faced by military clients. Presenters will speak from personal experience as well as from various professional roles where they have helped the military community deal with today's challenging military environment. Presenters will offer specific information on insurance issues that pertain to military clientele, and will offer suggestions for effectively counseling the military population. Presenter will share an important on-line resource that can be accessed by the public to learn more about the military lifestyle. Several books will be recommended as excellent sources of information about the military experience and counseling a military population. A time for questions will be provided.

106 The Ethical Use of Social Media in the Practice of Family Therapy

N. Jordan, PhD, LMFT
Lindy Russell, BA
Jon Winek, PhD, LMFT

We will present a broad overview of social media and how it impacts intimate and other relationships. Participants will explore how the current code of ethics can be applied to the professional use of social media. Small group activities will allow participants to examine their own ethics concerning the use of social media in their family therapy practice. We will develop ethical guidelines for good practice and provide exercises for ethical problem solving.

107 **Creating and Managing a Thriving Private Practice**

Liza Shaw, MA, LMFT

Have you often dreamed of starting a private practice but didn't know where to begin? Does your current practice need a new approach with more vitality and purpose? This session will provide participants with solid principles and a course of action for developing a prosperous and fulfilling Marriage and Family Therapy practice. This workshop will offer useful tips and proven strategies that focus on the following:

- Where to Start? Transitioning from “Employee” to “Self-Employed”
- On a shoestring: Lowering risk and increasing potential-profit when starting out
- Mission and Purpose: basic questions you must ask & answer before opening the doors
- Structural Integrity: “Policies and Procedures” that match your theoretical orientation
- Public Relations: Getting into surrounding communities
- Marketing and Advertising: How to get the most “bang for your buck;” Getting your message out for FREE or very low cost
- The Pros & Cons of Participating in Managed Care
- Never practice in isolation—Developing a peer supervision group
- The Nitty Gritty—Practice Management: Do's and Don'ts
- The question of expansion: taking on Sub-Contractors? Employees? Partners?
- Discussion on Practice Management Software Programs
- Questions & Answers

**2012 Annual Conference
March 2 – 3, 2012**

Friday, March 2, 2012

**Achieving Clinical Excellence: Three Steps to Superior Performance
Scott Miller, PhD**

7:30 – 8:15 a.m. Registration – Coffee & Juice
(Hotel guests enjoy complimentary breakfast)
8:15 – 10:00 a.m. Session I
10:00 – 10:15 a.m. Break
10:15 – 12:00 noon Session II
12:00 – 1:30 p.m. Awards Luncheon
1:30 – 3:15 p.m. Session III
3:15 – 3:30 p.m. Break
3:30 – 5:15 p.m. Session IV
5:00 – 6:00 p.m. Students are invited to stay and hear information on licensure.
7:00 – 11:00 p.m. Reception with Appetizers, Networking, Dancing and Cash Bar

Saturday, March 3, 2012

7:30 – 8:15 a.m. Registration – Coffee & Juice
(Hotel guests enjoy complimentary breakfast)
8:15 – 10:00 a.m. Session V
10:00 – 10:15 a.m. Break
10:15 – 12:00 noon Session VI
12:00 – 1:30 p.m. Awards Luncheon
12:30 – 1:30 Mentoring Session for Students with Dr. Miller
1:30 – 3:15 p.m. Session VII
3:15 – 3:30 p.m. Break
3:30 – 5:15 p.m. Session VIII

Achieving Clinical Excellence: Three Steps to Superior Performance

Thanks to a number of recent studies, there is now solid empirical evidence for what distinguishes highly effective from average therapists. In this workshop, participants will learn three specific strategies that separate the great from the good. Participants will also learn a simple method for measuring success rates that can be used to develop a profile of their most and least effective moments in therapy—what works and what doesn't. Not only will attendees get a far more exact idea of their clinical strengths and weaknesses and how to use the findings in to improve their own practice, but they will also come away with concrete tools that will immediately boost clinical abilities and effectiveness.

Educational Objectives:

- Participants will learn three specific practices employed by highly effective therapists;
- Participants will learn a method for determining the overall success rate of their clinical work;
- Participants will learn a method for identifying cases at risk for dropping out of treatment or experiencing a negative or null outcome;
- Participants will learn a method for identifying and improving areas of weakness in their clinical work.

Scott Miller, PhD



Biography:

Scott D. Miller, Ph.D. is a co-founder of the [Center for Clinical Excellence](#), an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavior health. Dr. Miller conducts workshops and training in the United States and abroad, helping hundreds of agencies and organizations, both public and private, to achieve superior results. He is one of a handful of "invited faculty" whose work, thinking, and research is featured at the prestigious "Evolution of Psychotherapy Conference."

His humorous and engaging presentation style and command of the research literature consistently inspires practitioners, administrators, and policy makers to make effective changes in service delivery.

Scott is the author of numerous articles and co-author of *Working with the Problem Drinker: A Solution Focused Approach* (with Insoo Berg [Norton, 1992]), *The "Miracle" Method: A Radically New Approach to Problem Drinking* (with Insoo Kim Berg [Norton, 1995]), *Finding the Adult Within: A Solution-Focused Self-Help Guide* (with Barbara McFarland [Brief Therapy Center Press, 1995]), *Handbook of Solution-Focused Brief Therapy: Foundations, Applications, and Research* (with Mark Hubble and Barry Duncan [Jossey-Bass, 1996]), *Escape from Babel: Toward a Unifying Language for Psychotherapy Practice* (with Mark Hubble and Barry Duncan [Norton, 1997]), *Psychotherapy with Impossible Cases: Efficient Treatment of Therapy Veterans* (with Mark Hubble and Barry Duncan [Norton, 1997]), *The Heart and Soul of Change* (with Mark Hubble and Barry Duncan [APA Press, 1999] and Bruce Wampold [2nd Edition, 2009]), *The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-Directed, Outcome-Informed Therapy* (with Barry Duncan [Jossey-Bass, 2000], and Jacqueline Sparks [Revised, 2004]), and the forthcoming *Achieving Clinical Excellence: Lessons from the Fields Most Effective Practitioners*.

Miscellaneous Information

Hotel Information

All events will be held at the Embassy Suites RDU in Cary, North Carolina. The Embassy has a block of rooms available for attendees at the rate of \$119.00 single/double. **Room reservations must be made by February 3, 2012** by calling the Hotel directly at (919) 677-1840 or Embassy Suites Brand Reservations number, 1-800-EMBASSY. Individuals must identify themselves as being with the NCAMFT 2012 Conference event at the time the reservation is made in order to receive the group rate. After this date rates and availability cannot be guaranteed.

Book Sales

General Book Sale featuring professional books of general interest.

Used Book Sale – all books will be sold for \$5.00 each and all proceeds will go to the Capital Campaign. If you are interested in donating books for this sale, please contact the NCAMFT office at 877-862-2638 or cathywomack@customassociation.com.

Continuing Education Information

14 contact hours will be issued for the completion of March 2 – 3, with Scott Miller, PhD. **You must attend entire conference to receive the full 14 hours, if you are unable to attend the entire conference, you will be awarded the hours you attend.** A possibility of 6 hours is available on Thursday, March 1 depending on your choice of courses (both ethics courses will meet new LMFT renewal requirements)

Refund Policy

All requests for refunds must be sent in writing, by February 3, 2012, and are subject to a \$30 cancellation fee. No refunds will be made after February 3, 2012 for any reason due to hotel meeting guarantees.

For Additional Information Please Contact

NCAMFT

P O Box 98073

Raleigh, NC 27624

Phone: 919-518-1919 or toll free at 877-862-2638

E-mail: cathywomack@customassociation.com

Web Site: www.ncamft.org

NCAMFT 2010 Conference Registration Form – Online Registration available at www.ncamft.org

Name (as you want it to appear on your badge – PLEASE PRINT) _____

Complete Address _____

Work Phone _____ Fax _____

E-Mail _____

Special Accommodations/Dietary Needs: _____

Pre-Conference Institutes (March 1)

All Day Sessions (indicate which session _____)

	Postmarked by 2/3	After 2/3	Your Payment
NCAMFT/AAMFT Member	\$110	\$120	\$ _____
Non-Members	\$125	\$135	\$ _____
Associate Member	\$75	\$85	\$ _____
Student Member	\$50	\$55	\$ _____
Non-Member Student	\$60	\$65	\$ _____

3-Hour Sessions (indicate which session a.m. _____ p.m. _____)

NCAMFT/AAMFT Member	\$55 each	\$60 each	\$ _____
Non-Members	\$60 each	\$65 each	\$ _____
Associate Member	\$45 each	\$50 each	\$ _____
Student Member	\$25 each	\$30 each	\$ _____
Non-Member Student	\$30 each	\$35 each	\$ _____

Conference Registration (Friday and Saturday, March 2 - 3)

	Postmarked by 2/3	After 2/3	Your Payment
NCAMFT/AAMFT Member	\$220	\$250	\$ _____
Non-Member	\$265	\$295	\$ _____
Associate Member	\$150	\$180	\$ _____
Student Member	\$90	\$120	\$ _____
Non-Member Student	\$110	\$130	\$ _____

One Day Registration (please indicate Friday _____ Saturday _____)

NCAMFT/AAMFT Member	\$110	\$140	\$ _____
Non-Members	\$135	\$165	\$ _____
Associate Member	\$75	\$105	\$ _____
Student Member	\$45	\$55	\$ _____
Non-Member Student	\$55	\$65	\$ _____

Special Considerations

		Your Payment
Sponsor-A-Student (send a student to the conference)	\$90	\$ _____
Capital Campaign Donation (may not be deductible)		\$ _____

TOTAL PAID \$ _____

Make Check payable to: NCAMFT and mail to: P O Box 98073, Raleigh, NC 27624

Pay by Credit Card: (MasterCard or Visa)

Card # _____ Exp. Date _____

Signature: _____ 3-Digit security code: _____

Billing Address is different than above: _____