

# North Carolina Family Therapist



Strengthening family, couple, and individual health

## North Carolina Association for Marriage and Family Therapy

### NCAMFT Board of Directors

#### President

Tim Smith, MS, LMFT

#### President Elect

Jeff Krepps, PhD, LMFT

#### Past President

Karen Caldwell, PhD, LMFT

#### Treasurer

Brad Wolf, MA, LMFT

#### Secretary

Keeley Pratt, PhD, LMFT

#### Student Associate Rep.

Katie Church—West

Melissa Lewis—East

#### Member-At-Large

Harry Long, DMin, LMFT

#### Chapter Directors

Judith Bobo, MEd, LMFT

Ruth Cox, PhD, LMFT

Jody Gardner, MA, LMFT

Melissa Muller, LMFT

Theresa Palmer, MSW, LMFT

Jerry Powell, DMin, LMFT

Pearl Wong, PhD, LMFT

Trip Woodard, MSW, LMFT

#### Committee Chairs

Michelle Cawn, MA, LMFT

Megan Facer, MS, LMFT

Lindsay Henson, MS, LMFT

Deborah Klinger, MA, LMFT

Mary McKinney, MA, LMFT

Melissa Parlier, MA, LMFT

Liza Shaw, MA, LMFT

Emma Wallace, MS, LMFT

#### Executive Director

Cathy Womack

P O Box 98073

Raleigh, NC 27624

Toll free 877-862-2638

Local 919-518-1919

cathywomack@

customassociation.com

## From the President's Desk!

by Tim Smith, MS, LMFT

### NCAMFT Board Members Meet for Quarterly Business Meeting in Raleigh at the AIHF Conference Center, Site of the Fall Conference



NCAMFT leaders from around the state met in Raleigh on the evening of Thursday, October 20 to talk about the fall conference, details about next year's annual conference, the 2013 annual conference and the 2011 AAMFT annual conference held in Ft. Worth, Texas. Board members reported on the status of projects and initiatives in their areas of responsibility. The association is in a sound financial position thanks to a great 2011 conference and thanks to good financial stewardship on the part of NCAMFT leaders.

At the board meeting, we had an interesting and informative discussion about cyber-ethics, which includes areas such as confidentiality in communication via text messaging, e-mail, social media (e.g., Twitter and Facebook), video-conferencing, telemedicine, and other types of electronic connections between therapists and clients. There are industry standards that address many of these ethical concerns and AAMFT is in the process of revising the ethical code to address some of these concerns. In the meantime, the state licensing authority (NCMFTLB) and the general statutes of NC regulate the practice of therapists and define the scope of practice including determining what is ethically acceptable with regards to electronic/cyber communication between therapist and client. The NCAMFT board has referred this matter to ethics chair, Mary McKinney, for further review and study to determine next steps. If you believe that a task force should be convened to gather more information about this subject or if you have feedback to offer, contact Ms. McKinney and share your thoughts.

As most of you are aware, NCAMFT is in the process of updating and redesigning our website to make it more user-friendly and to enhance our ability to reach out to our membership, to the professional communities with which we work and collaborate and to the members of the public who are the consumers of the services we deliver. We have recently contracted with Clickcom.com from Charlotte, NC to help us in this endeavor. NCAMFT hopes to be able to unveil the new website by the time of the 2012 spring conference. Liza Shaw, Public Relations chair, is coordinating the website redesign project and may have more details about it.

Continued page 2

## Continuing Education Updates

by Emma Wallace, MS, LMFT

Our fall conference was held on Friday, October 21<sup>st</sup> in Raleigh. Although the number of participants was less than in previous years, we had a very active, engaged group. Cheyenne Corbett, PhD, LMFT, and Patrick Plumeri, MS, LMFT, presented some valuable information about working with families that are coping with chronic illness; Deborah Klinger, MA, LMFT, presented information on treating eating disorders in individuals, couples, and families. Both of these seminars were very helpful in providing new information and approaches to employ with the families in our care. Thanks to all the presenters for excellence in your content and style!

Coming up, of course, is our annual conference March 2-3, 2012 with Scott Miller, PhD. Pre-conference institutes will be held on Thursday, March 1. We have chosen some very interesting topics with two ethics seminars included. In order to receive the required 20 hours of CE credits, with 3 hours of ethics, you will need to attend two 3-hour pre-conference seminars (one ethics) and the main conference. The main conference will provide 7 hours each day.

The 2013 annual conference is already planned and promises to be exciting with a brand new format! More details on that later. We will not have a fall conference in 2012 due to the AAMFT Annual Conference being held in Charlotte next year.

I need at least two volunteers to help plan future fall conferences. Please email me at [emmabwallace@yahoo.com](mailto:emmabwallace@yahoo.com) or see me at the annual conference if you are interested. I will be available to help and offer guidance, but I NEED YOU!

Thank you for your continued support of our division! We still are considered a leader and example for other divisions. Keep up your involvement! See you in March.

## President's Report—Continued

What a great fall conference! If you missed the fall conference, you really missed out on two terrific workshops. Cheyenne Corbett, PhD, LMFT, is director of the Duke Cancer Patient Support Program and Patrick Plumeri, MS, LMFT, is a therapist in that program. Both presented in the morning session on the topic, "Coping with Chronic Illness: How Therapists Can Help Families Adapt." It was an informative and insightful presentation that contrasted the historical biomedical style of treating chronic illness, which focuses solely on the medical

components of disease and disease management, with the more contemporary style, which focuses on psychosocial as well as medical aspects of disease and disease management. The afternoon session entitled "Illicit Lovers and Unwanted Guests: Treating Eating Disorders in Individuals, Couples and Families" was presented by Deborah Klinger, M.A., LMFT, CEDS who is NCAMFT newsletter editor, board member and expert in the area of treating eating disorders. Thank you to these outstanding presenters at our fall conference.

As we approach the Thanksgiving Holidays, I am reminded of the abundance of the blessings we enjoy not only in our family life but in our career and professional lives as the purveyors of hope and change. Thank you for what you do to bring hope and happiness to those you serve. I am personally thankful for your friendship and for the privilege of serving you and serving with you.

*O Lord that lends me life, Lend me a heart replete with thankfulness.*

~William Shakespeare

## Fall Professional Practice News

by Megan Facer, MS, LMFT

Happy Autumn, MFTs! Let me catch you up on what has been happening on the professional practice front.

First, I want to make sure everyone knows about a few changes the state recently made. All Medicaid claims must now be electronically submitted. Additionally, the Health Choice benefits coverage has transitioned to a Medicaid equivalent. Therefore, individuals became eligible for 16 unmanaged service visits as of October 1, 2011. Clinicians have been advised to obtain prior approval for benefits with service limits as a means of verifying that an individual's service limits will not be exceeded. All Health Choice providers must be enrolled in Medicaid. Lastly, effective November 1, 2011, rates paid to North Carolina Medicaid service providers were reduced by 2.67%.

During the month of November, the state is holding trainings on modifications made to DMA Clinical Coverage Policy 8C for Outpatient Behavioral Health. These trainings will take place in Asheville, Charlotte, Raleigh, and Wilmington. October's Medicaid Bulletin outlines dates and locations for these trainings. These trainings should address changes made to "incident to" a physician billing, prior approval, and the National Correct Coding Initiative. I encourage everyone to attend one. Please note that the Professional Association Council has made recommendations to the state on how H-Codes can be sustained. However, we do not believe there will be news on what recommendations have been accepted in these trainings but hope to hear something by the beginning of 2012.

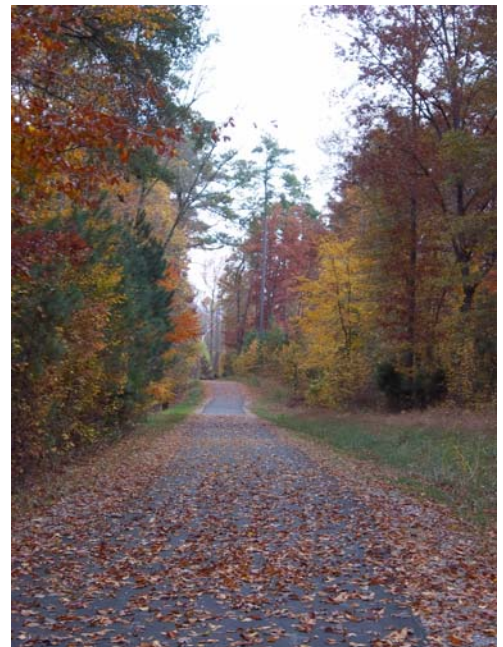
Over the last few months, we have partnered with our LPC colleagues to share with the state our concern regarding MFTs being excluded from multiple DMA service definitions. I am excited to announce that the state has welcomed our feedback. I anticipate that over the next few months, we should see changes made to these service definitions. This should open up additional professional opportunities across Medicaid for MFTs.

Finally, let me share with you the latest updates on the Medicaid waiver. Federal Medicaid has

approved the waivers. Please look for your local management entity (LME), which will soon be called a PIHP (Prepaid Inpatient Health Plan), to hold meetings during the upcoming months regarding changes that will affect you, like authorization processes and service definitions. For example, in a recent training at Five County Mental Health Authority, I was informed that consumers will be enrolled by their county of origin, not where they live, so your PIHP will be responsible for ensuring that even a youth that lives in a city outside of their catchment area has proper services to meet their needs.

Just to be clear, under the waiver, all clinicians and providers will be contracted, rather than enrolled, in their PIHP's network. All clinicians and providers must apply to be in the network, and PIHPs will maintain capacity studies to determine what they need and do not need in their networks. Now, I realize the waiver system may sound competitive and, to be frank, each application is very lengthy. Nevertheless, I encourage all MFTs that accept Medicaid to apply to be in their local networks. And attend meetings with your PIHP, and if you cannot make them, contact your PIHP staff to arrange a meeting with them. Share with them your outcomes and the positive impact you have on the community. It is opportunities like this that MFTs must take advantage of to promote the effectiveness of our services and the necessity for strong marriage and family therapy providers in our communities.

Thank you for your time. Please have a happy holiday season!



## A Sad Farewell to John T. Edwards, PhD

by Theresa Palmer & Larry Sharpe

John T. Edwards, PhD was a trainer across the state of North Carolina and in the Southeast for over 30 years, teaching thousands of clinicians the art of working with families and those in addiction recovery. He worked in numerous outpatient and inpatient treatment centers, was in private practice, and conducted well over five hundred family therapy training events in twelve states and Canada. With his wisdom, John enhanced the quality of our lives and practices as therapists and through us touched the lives of countless numbers of families. Many of us have copies of his self-published Blue Book, which morphed over the years into his most recent publication, *Working with Families: Guidelines and Techniques*, released last month by Wiley & Sons. His 1990 book *Treating Chemically Dependent Families: A Practical Systems Approach for Professionals* was another important contribution to the field. John was an Approved Supervisor in the American Association for Marriage and Family Therapy and trained, supervised, and challenged us as clinicians throughout his career. John died on Thursday, November 10<sup>th</sup> after a brief bout with acute leukemia, all the while teaching his family and friends about the process of mindful living and mindful dying. John's presence and wisdom leaves a huge void in our field and he will be sorely missed. Arrangements for a public service are yet to be announced but condolences and memorial inquiries may be sent via email to [foundplace@earthlink.net](mailto:foundplace@earthlink.net).



couple garden

### INVITATION FOR A STUDY

We are recruiting marital therapists to test the effectiveness of an online intervention with our product in-between sessions of couple therapy.

[www.couplegarden.com](http://www.couplegarden.com)

Compensation: \$150 per recruited couple

The study is designed by academic researchers from the Universities of Harvard & Adelphi.

For more info, please email us: [vemery@couplegarden.com](mailto:vemery@couplegarden.com)

## 2012 Election Results!

by Melissa Parlier MA, LMFT, Elections Chair

You've cast your votes, the ballots have been counted, and the results of the 2012 NCAMFT election are as follows:

**Secretary:** Keeley J. Pratt, Ph.D., LMFT, AAMFT Approved Supervisor

**Director-at-Large:** M. Theresa Palmer, LMFT, LCSW, AAMFT Approved Supervisor

**Southwest Chapter Director:** Trip Woodard, LMFT

**North Central Chapter Director:** VACANT

**Northeast Chapter Director:** Lisa Tyndall, PhD, LMFT

**Elections Committee:** Melissa R. Parlier, MA, LMFT

**Student/Associate Representative – East:** Joshua R. Fowler

**Student/Associate Representative – West:** Marie Travis Manning

Thank you to all the candidates for their willingness to serve on the NCAMFT Board of Directors to advance the profession of marriage and family therapy and to strengthen family, couple, and individual health. Thanks also to those members who voted in the election, which utilized an electronic ballot for the first time. The Board of Directors hopes that the ease of an electronic ballot will encourage more members to vote in future elections.

The Elections Committee is always looking for potential nominees for the next election. If you're interested in serving on the Board in the future please contact me:

[mparlier@crossnoreschool.org](mailto:mparlier@crossnoreschool.org).

2012 Annual Conference

March 1—3, 2012

Embassy Suites

RDU, Cary, NC

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

Pre-Conference Institutes  
March 1, 2012

Register online and view the schedule at [www.ncamft.org](http://www.ncamft.org)

## Public RELATIONShips

by Liza Shaw, MA, LMFT

I am excited to report that after a challenging and thorough search, we have settled upon a website design company to hire for the Association's website overhaul project. We plan to have the new site up and functional, and ready to unveil at the spring conference.

And while we are on the subject of the internet, I thought I might take this opportunity to address this very crucial aspect of marketing. The internet provides a number of ways for therapists to sell themselves and the services they provide. In this article, I will give an overview of various ways in which the world wide web can be used to get your message out there to the public.

Like it or not, the internet has grown into a powerful marketing tool. In the book, "Meatball Sundae," Seth Godin drives home this point by comparing old methods of paid advertising to meatballs, and new forms such as the internet, to ice cream sundaes. You just can't put whipped cream and cherries on top of meatballs, he tells us. To get the message out about who you are and what you have to offer today, you have to be willing to come from an entirely new context.

Using the internet to market yourself or your organization is no longer just a matter of designing a good website. If this is all you've done so far, you're off to a decent start, but the internet offers a much more diverse array of opportunities today, and if you are not utilizing them, you are passing up a great opportunity for low-to-no-cost (aside for your time spent) advertising.

So, first I will mention websites. If you or your company doesn't have at least a simple 5-10 page site, describing your services and distinguishing you from the rest in your field, I strongly recommend

you develop one immediately. You can use companies like [freewebsitetemplates.com](http://freewebsitetemplates.com) or [godaddy.com](http://godaddy.com) to design your own simple site, or you can hire a company such as [therapysites.com](http://therapysites.com) or [therapistwebsites.com](http://therapistwebsites.com).

Whether you do it yourself or hire someone else to build it for you, it is a good idea to learn about and utilize Search Engine Optimization (SEO). SEO is the process of improving a website's visibility in search engines (such as Google), using algorithms and keywords. Learning and using some simple SEO techniques such as specifying metatags, cross-linking multiple pages on the site, and developing target-market specific content, all increase the chances of your site ranking higher on search results. Additionally, you might consider Google's pay per click advertising, in which a fee is only incurred if someone actually clicks on your sponsored ad.

Social media sites such as Facebook, Twitter, and LinkedIn provide very low-to-no cost exposure for Therapists and their services. Facebook allows Therapists to create a Professional Group Page. Photos of the Therapists and the buildings where they practice can be uploaded to the page, for easy recognition. Status updates can be posted for the people who subscribe to this page to see. This provides Therapists a great way to inform their subscribers about new services, groups, and activities being offered. Facebook also offers pay-per-click ads, similar to Google's.

Now I want to mention blogging, vlogging and webcasting. These are perhaps a little less understood on the larger scale, than, say, social networking, but can be incorporated



into an overall internet marketing plan very nicely. Blogging is the term for, essentially, posting online journal entries or articles (the term "blog" was originally coined as a shortened version of "web log").

Many blogging sites offer free services, such as [wordpress.com](http://wordpress.com), [blogger.com](http://blogger.com), or [thoughts.com](http://thoughts.com). Godaddy.com also provides a paid, ala-cart add-on blogging service to a hosted website, so that you can attach articles directly to your website, generating good content for search engines, as well as sharing with the public and defining what your services have to offer. Vlogging is the same idea, but instead of written articles, it refers to video clips. Most services that offer blogging also allow you to load videos of yourself onto the site. Webcasting is an innovative way to use Vlogging, which provides a series of videos, all on similar topics. These can allow therapists to demonstrate, infomercial-style, the various issues that can be covered in therapy. In recent years, people have also begun developing paid video trainings that can be downloaded off of a website. This is designated as a "Webinar," and is a great way to supplement income in a therapy practice.

Whether you are a novice or a big time techno-geek, I hope you are beginning to see the exciting potential of internet marketing, to vastly expand your outreach strategy. After all, how many people do you know who still "let their fingers do the walking" through their local phone books? And even if you still do... poll your friends and neighbors, I bet the answers will be similar: the internet is where people tend to go first, for information. It is the new frontier. Don't miss out on all it has to offer!

## It's Not What You Think

### The Essential Ingredients for Peace in the Heart and Home

by Charlotte Mikulka, LCSW

Mmm, I bet some anise seed, grated orange rind and minced dates would make this bread delicious. I'll add some wheat germ to the flour for nourishment and if I use buttermilk instead of water, the texture might be even better. I just have to make sure to preheat the oven and not let the family bang around the kitchen and I can't go wrong.

Unfortunately, no one ever told her about the sugar and yeast. So it may be with knowing what it takes to master relationships and life. In the thousands of hours with our parents and siblings, we may have rarely, if ever, witnessed or experienced the essential sugar and yeast. If our parents never received sugar and yeast, they wouldn't have known they existed or how to use them. They would feel baffled when their children ended up having so many difficulties in their lives. "Where did we go wrong?"

#### THE ESSENTIAL INGREDIENTS

Here are the essential ingredients for thriving. They are all forms of social and emotional, not cognitive, intelligence. How many of us can say we experienced or witnessed our parents behaving in these ways more times than not?

- Showing interest in every family member's hurts, fears, longings and emotional needs
- Expressing emotions and needs in ways that are non-threatening to family members
- Responding to every family member in ways that provide deep reassurance and soothing
- Managing one's own emotions so as to sustain a general sense of well-being
- Retaining or regaining one's composure when a family member is upset and behaves poorly or insensitively
- Repairing emotional injuries caused to a family member either inadvertently or in anger

My experience has taught me that the vast majority of us have not been blessed with such security-enhancing relationships. If these ways of relating weren't lived, they weren't wired into our brains. The only way we would be able to practice them in our own adult family would be if we actively

and consciously worked at developing them and letting go of the habits that had been established during our formative years.

Most people don't realize that deprivation of these skills and experiences is the most likely source of the physical, psychological, behavioral and relationship problems that are so prevalent. We could have the perfect house and body, impressive talents, stimulating activities, high achievement at school or work and dozens of friends. But if our childhood relationship with a parent, our parents' relationship with each other or our adult relationship with our own partner is precarious, painful or empty, our lives are likely to fall flat.

#### THE PAST PERMEATES THE PRESENT

As we walk down the aisle, we have feelings of love, hope and possibly trepidation. We also have abstract concepts such as love, patience, loyalty and forgiveness. At the same time we have, but are blind to, potent, unconscious, emotion-saturated memories that will be running the show. These are the memories of how we, our parents and siblings dealt with strong emotions in daily life. They include the gut-level beliefs we learned about our self and what we can expect from relationships. This is the instruction manual that will have us repeating the past with our new family, despite our lofty goals and even heart-felt intentions.

As much as we would like to believe that we are in charge of our lives and making conscious decisions, the reality is quite the opposite. Family life, especially, is fueled by compelling underground energies and lessons. The last several decades have produced abundant scientific and clinical evidence that human beings are driven by unconscious childhood attachment bond memories and our survival-motivated, anxiety-prone nervous system.

It isn't even the content of our conversations that has the strongest impact on our feelings of security and happiness in family life. Whether we are five or fifty-five, our biology speaks louder than words. We human beings are tremendously reactive to others' non-verbal signals, particularly those people whose approval and responsiveness mean the most to us. A

Continued page 8

## It's Not What You *Think*—Continued

vast amount of that communication transpires at lightning speed without our consciously processing it.

The body speaks and rules: the architecture of our brains, especially our limbic and autonomic nervous systems, was predominantly shaped by how adults and other significant people (e.g. siblings, classmates) behaved when as children we felt vulnerable and in need. These implicit, procedural memories are automatic, just like riding a bike; they kick in without thinking. So the less we experienced empathy and physical soothing, the more our nervous system registered threat and became wired to anticipate threat in significant relationships.

Our unconscious mind is powerfully attuned to the behaviors of whoever we depend upon the most for our social, emotional and biological needs to be met. The major player, but not necessarily the only one, is our partner. His or her posture, physiological quirks, gestures, facial expressions and tone and speed of voice can signal safety, comfort and kindness or danger, judgment and insensitivity. Additionally, our children and authority figures can unknowingly trigger emotional reactions and dramas reminiscent of when we were young and vulnerable.

Whenever we feel threatened, our stress response provides us with three knee-jerk possibilities: fight, flight or freeze. Fight could be excessive or loud

talking, expressing of intense emotion, whining, clinging, complaining, criticizing, blaming or attacking. Flight could be withdrawing and compulsively investing in other relationships. These other relationships might be with a lover, a child, the internet, hobbies, work, travel, alcohol, drugs or needy people and vulnerable animals. Freeze could be shutting down, zoning out, appeasing or submitting. Having a family member who flees or freezes can be just as distressing as having one who fights.

### THE NEOCORTEX TO THE RESCUE

The good news, also coming from the latest neuroscience research, is that we can train our mind and brain, particularly the prefrontal cortex, to become conscious of our inner world and our interactions with others. Just like strengthening muscles, we can access and increase our innate capacity for calm, equanimity, mental clarity, open-mindedness, acceptance, non-judgment and compassion. Increasing numbers of researchers, psychotherapists, physicians and educators are recognizing the enormous physical, psychological and social benefits derived from cultivating this state of being called mindfulness.

During mindfulness meditation we learn to observe the flow of thoughts, images, emotions and body sensations. We reduce our absorption of the

thoughts we've accepted as authoritative truths. Our disturbing thoughts are, after all, predominantly the misguided lessons and beliefs of a childhood without sufficient adult nurturance and guidance. Our greatest wisdom arises during mindfulness from the integration of our heart, gut, and both brain hemispheres. The left brain provides language as well as adult reason and perspective. The right brain's strengths are emotion and body awareness, holistic perspective, imagery, intuition and creativity.

We can bring this mindful, inquisitive attention to the present moments within our daily life, especially when we are interacting with those with whom we are interdependent. We can recognize how we get trapped in a negative cycle with each other and discover what elicits the best in each other. We also can mindfully savor what's right about the world we live in so that the beauty and joy we experience provides a cushion for the challenges of life.

### THE FATAL ATTRACTION AND THE TREASURE HUNT

What makes intimate relationships especially difficult is that nature has designed us to be drawn to the very partner who is most likely, eventually, to trigger our deepest wounds and insecurities. Partners will feel the other is the perpetrator and they are the innocent victim. Making it safe for the lamb hidden within each lion to emerge is the

## It's Not What You Think—Continued

challenge that many couples would consider ridiculous or impossible. Each partner will instead feel tempted and entitled to cling to familiar defenses acquired or witnessed in childhood, thereby keeping the relationship clenched tightly in an undermining stranglehold.

The only way out of this Chinese finger trap is to do what is counter-intuitive, to utilize with our partner faculties that are undeveloped and behaviors that are out of our comfort zone. We may have access to these faculties and behaviors with everyone but our mate, the one person who our unconscious has anointed as the heir apparent and reminder of our childhood attachment bond emotional legacy.

To meet this heroic challenge requires sustained consciousness, effort and risk as we relinquish the safety net of our favorite defenses. We gradually replace those self-defeating behaviors with reflection to discover and then share our deepest fears, sensitivities, vulnerabilities and needs. We rely more on the tenderness of our lips, eyes, arms, hands and heart. As our defenses dissolve away, so do many of the symptoms with which we struggled for years. We become the loving caregiver we always longed for and elicit the same from our mate. We create the marriage our parents never had nor imagined.

Nature, in its wisdom, provides us with the incentive to grow into true love, which involves extending ourselves for the well-being of another. As we find the commitment, courage, open-mindedness, understanding, tolerance and compassion necessary to provide our loved ones with the essentials they require to thrive, we evolve into full emotional and spiritual maturity. The more we meet our loved ones' most essential needs, the easier and sweeter life becomes.

### THE INTERDEPENDENCE OF LIFE

Whatever investment we make in becoming a more whole and emotionally mature person will benefit our children, our community, and our partners, as well as us. We are all inextricably joined, whether we realize it or not. When it comes to our intimate relationships, what goes around comes around. Mistreating or neglecting any family member is equivalent to poisoning our own water supply. We are all drinking from the same emotional well.

Any social or physical organism is unhealthy to the degree that parts of it remain vulnerable and unattended. The security of a couple, family or world is in proportion to the security of its most vulnerable member. So, when we choose to walk the tightrope of emotional risk-taking with our partner,

paradoxically, we build a more secure home base for both of us, as well as greater security for those around us.



**Charlette Mikulka has been with her husband for forty years, practiced social work for thirty-five and been a parent for twenty-five. She is a Licensed Clinical Social Worker with a full-time private psychotherapy practice serving individuals, couples and families. She is a member of the International Center for Excellence in Emotionally Focused Therapy ([www.iceeft.com](http://www.iceeft.com)) and the EMDR International Association ([www.emdria.org](http://www.emdria.org)) Charlotte is the author of *Peace in the Heart and Home: A Down-to-Earth Guide to Creating a Better Life for You and Your Loved Ones.* [www.peaceintheheartandhome.com](http://www.peaceintheheartandhome.com)**



## Chapter News!

### South Central Chapter 2011 Meeting Schedule

Pearl Wong, PhD, LMFT  
704.945.7344

[pearl.wong@fsmail.pfeiffer.edu](mailto:pearl.wong@fsmail.pfeiffer.edu)

### Northeast Chapter Schedule for 2011

Ruth Cox, PhD, LMFT  
(910)347-3010

[ruthpcox@msn.com](mailto:ruthpcox@msn.com)

As we are a large Chapter by area, I will be happy to assist in setting up any programs in your area. Any ideas for workshops or programs, please contact Dr. Ruth Cox at [ruthpcox@msn.com](mailto:ruthpcox@msn.com).

### Northwest Chapter

Jody Gardner, MA, LMFT

[jgardner4138@charter.net](mailto:jgardner4138@charter.net)

### Southeast Chapter

Jerry Powell, DMin, LMFT  
(910)484-0176

[powjerry@gmail.com](mailto:powjerry@gmail.com)

### Mid-Central Chapter News

Judith Bobo, MEd, LMFT

[bobo.judith@gmail.com](mailto:bobo.judith@gmail.com)

336-227-8412

The next meeting of the Mid-Central chapter will be on Fri., Dec. 2 from 11:30 til 1:00. We will focus on issues posed for adult children by their aging parents who are beginning to show signs of dementia. Our leader will be a Family Care-giver Support Specialist from the Greensboro - Winston Salem Area Agency on Aging.

As usual, we will meet at Grace United Methodist Church on Friendly Ave. in Greensboro. Bring a colleague and a bag lunch.

### North Central Chapter News

Theresa Palmer, LCSW, LMFT

[theresapalmer@hotmail.com](mailto:theresapalmer@hotmail.com)

(336)416-5069

### Capital Chapter News

Melissa Muller, LMFT

Capital Chapter Director

919-210-0981

[melissamullerlmft@yahoo.com](mailto:melissamullerlmft@yahoo.com)

We will be meeting on the 4th Monday of each month at 6:00 p.m. at Chili's, 8341 Brier Creek Parkway, Raleigh, NC, Dinner is Dutch Treat.

### Southwest Chapter 2011 Meeting Schedule

Trip Woodard, MSW, LMFT

828-606-8607

[wescom@bellsouth.net](mailto:wescom@bellsouth.net)

December...our annual celebrity presentation and NCAMFT capital fund drive



## Member Ads

**Ethics Workshop** January 21<sup>st</sup> 9-12pm,  
Sponsored by the ECU Family Therapy Clinic.  
Speaker: Harold McMillion Ed.D., LPC, NCC,  
CCMHC, ACS. Cost is \$30. RSVP to Lisa  
Tyndall, PhD, LMFT by January 16th