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Volume 5, Number 5



# SAMFCT Newsletter

Society for the  
Advancement of  
Marriage and Family  
Counseling/Therapy  
(SAMFCT)  
University of Akron

<http://www.uakron.edu/groups/samfct/index.php>

## CHERYL STORM BRINGS COURAGEOUS CONVERSATIONS TO UAKRON

Noted MFT supervisor Cheryl Storm, PhD, presented a day-long workshop at the University of Akron. The workshop was a blend of lecture, large group activities, and small group activities. The workshop was a ground-breaking experience for Dr. Storm. Attendees were individuals involved with marriage and family therapy at a variety of levels, from beginning MFT students to long-



Cheryl Storm, PhD

time supervisors. Dr. Storm commented on the variety of participants, stating at first she was surprised that students would be in the audience. "I have never done a workshop with a mix of supervisees and supervisors...[but] I am walking away totally convinced this

is the way to do it!"

The morning focused on ethical aspects of supervision, with emphasis on the power which the supervisory relationship gives the supervisor. This power is reflected in the gate-keeping role, in which the supervisor has the ethical responsibility to allow only qualified individuals to complete programs and gain professional credentials. This power is balanced by

See Storm p. 2

### SAMFCT Officers 2007-2008

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Graduation  
Applications for  
Spring 2009  
due by Sept 15!

## Don't "Fear the Roo!" Let the Roo Help You!



Are you new to the MFT program? Are you not new, but feel like you're still outside the loop? Or do you just not have a clue? Then this new feature in our newsletter is for you!

At the urging of Dr. Linda Perosa, this newsletter will have a section called "Let the Roo Help You!" This column will provide important information for new and existing MFT students. Dr. Perosa figured, hey, we're counselors, so instead of provoking fear and

See Roo p. 5

### Dates to Know

Dissertation submission deadline *July 28*  
*Sum 08*

Summer 08 Commencement *Aug 16*

Fall 08 classes begin *Aug 25*

Labor Day Holiday—University closed *Sept 1*

Last day to withdraw without signatures *Sept 8*

Storm can't from p. 1



Participants Ella Dixon, Doris Antanmo-Randolph, Selena Daniels-Tate and Rashona Slaughter enjoy each other's company during a break.

the requirement the supervisor has to foster the development of their trainees.

Dr. Storm also focused on building the multicultural competency of trainees and supervisors alike. Dr. Storm presented the post-modern concept of *courageous conversations*, in which supervisors do not wait for issues of multiculturalism to arise in supervision, but to take the lead in training supervisees how to

participate in these conversations in preparation for conducting these with clients in session.

Master's MFT student Tamika Perkins commented that attending the workshop was very informative for her. She stated that she appreciated the opportunity to learn more about supervision and supervisors as persons. "Supervisors, they're like rock stars. It was like going backstage for a while!" ✨



Students and experienced supervisors alike participate in a small group activity during Dr. Storm's workshop.

## Brief Book Blurb



Holmes, M. A. (2000). *A terrible thing happened*. Washington, DC: American Psychological Association. Price: \$4 used/new paperback, \$12 new hardback.



**Overview:** In this children's book about the aftereffects of trauma, Sherman the Raccoon experiences the symptoms of PTSD at home, school, and in the community. He finds his way to a supportive counselor's office, where he learns to trust and share his story.

**Good News:** Sherman's story accurately portrays the daily experience of post-trauma symptoms in children. The illustrations are outstanding. In particular, the nebulous depiction of the terrible thing that happened to Sherman allows children to fill in the details of the story to match their own experience.

**Bad News:** The counselor depicted is an individual therapist, and there is no mention of involving Sherman's family or other caregivers in his healing. Also, the therapeutic modalities presented are based upon talk therapy, with no play-based interventions highlighted.

**Bang for the Buck:** *A Terrible Thing Happened* is a stellar addition to the professional library of an MFT. Over the years, I have gone through two paperback copies, and finally bought a hardcopy version. It's already looking battered, because the little Shermans on my caseload request this story over and over. Some of the big Shermans like it, too. ✨

L. Tejada

## APA Format Tip



### HEADINGS GO TO YOUR HEAD!

Students new to formatting papers with the American Psychological Association (APA) model often have difficulty using headings. Headings break up a paper into smaller sections, making it not only easier to read, but easier to write. Headings are our friends!

Most papers required in the MFT program will require no more than three levels of headings. Here are examples of the three headings, in a mini fake paper. (Pretend everything is double-spaced.)

#### A Fake Paper about Headings

##### *Types of Headings*

**Level 1 headings.** Level 1 headings are the centered ones at the beginning of a major section. In this example, *A Fake Paper* is a Level 1 heading. Level 1 headings are centered and not italicized.

**Level 3 headings.** Level 3 headings introduce major subsections within the topic of the Level 1 heading. *Types of Headings* is a Level 3 heading. Level 3 headings are italicized and at the left margin.

**Level 4 headings.** Level 4 headings introduce specific items within the topic of the Level 3 headings. They are indented and italicized, followed by a period.

#### *What happened to Level 2 headings?*

Great question! They are rarely used. See pp. 113-115 of the APA manual for more details. ✨

The Society for Advancement of Marriage and Family Counseling and Therapy is a graduate student organization formed in 2002 in order to encourage and promote academic achievement, research, mentorship, professional development, advocacy, networking and service to the profession of marriage and family counseling/therapy among graduate students, faculty, and others related to the University of Akron's Marriage and Family Counseling/Therapy programs in the College of Education. ✨



### CONGRATULATIONS TO DEIRDRE PETRICH

on the successful defense of her MFT dissertation, *Pet bereavement and families: A qualitative view*. See related story on p. 4. ✂



### Correction

In the previous edition of this newsletter, Dr. Sandra Perosa was incorrectly identified as a faculty member of the Marriage and Family Therapy Program at the University of Akron. Dr. S. Perosa is instead a faculty member of the Counselor Education Program at the University of Akron. We regret the error. —*Editor*

## HB 427 Approved by Ohio House of Representatives



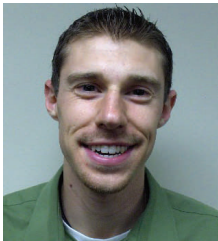
An important first step in bringing MFTs in Ohio into full parity with other mental health professions in the state occurred in April 2008, when House Bill 427, which would allow MFTs in the state of Ohio to diagnose and treat mental health disorders, was voted out of the Ohio House Health Committee, by a vote of 22-3. While many more steps in the legislative process will be needed to secure this bill into law, clearing the House

is a significant milestone. The bill is now in committee in the Ohio Senate, which is on summer recess. Supporters of the bill are using the recess to plan strategies for advocating for MFTs with senators when the legislature reconvenes later in the year.

Dr. Patricia Parr, Director of the UAkron MFT Program, provided expert testimony to the House Health Committee in regards to this bill. ✂



## INTERNSHIP INTERVIEW: A NEW BEGINNING AT NEW BEGINNINGS



Ryan Cook

MFT Masters student Ryan Cook is busy with his internship. We caught up with him recently in between classes. As always, he was his sharp-dressed, friendly self, with lots of great things to say about his internship.

*Where are you doing your internship?*

New Beginnings Counseling – Locations: Massillon and North Canton.

*How did you get this internship?*

I had researched the organization in 2006 and was interested in doing my internship at this [agency]; so I stayed in contact with the organization until I knew exactly when I would began my internship.

*How many hours a week do you work?*

Currently, 20 hours a week, but I will begin doing 35 to 40 a week in the fall.

*How many relational clinical hours do you get?*

Approximately 6-8 hours a week

*What's supervision like?*

Supervision has been very good in that my supervisor has allowed me to sit in on her sessions and other staff sessions so that I can observe other therapists' styles. My supervisor has been very helpful in helping me work through learning their system and paperwork, [plus] providing me guidance in working with specific clients.

*What surprised you?*

I was surprised at how each of the counseling staff allowed me to do co-therapy with them until my client load built up.

*What did you worry about that didn't happen?*

First, not getting help with learning the paperwork process at my site. My supervisor and site are providing me with much guidance and assistance in learning their system of documentation, etc. Second, not getting many hours at the

*See Internship p. 5*



## Animal-Assisted Therapy and Marriage and Family Therapy: A Great Mix!

By Meredith Snyder

Animal-assisted therapy (AAT) is a therapeutic technique in which interaction with an animal is a central element of the treatment process. AAT is not its own theory of counseling; rather, it is a practice which is integrated into a therapist's therapeutic modality of choice. The specific types of interactions with the animal are based on the goals of therapy ([www.deltasociety.org](http://www.deltasociety.org)).

Animals have positive effects on the health and development of humans. Simply having a therapy dog in the room has been shown to reduce client's anxieties and provide a sense of comfort. These dogs are providers of psychological, social, motivational, educational, and recreational benefits. Therapy dogs can be any shape, size, or breed. The real criterion for a therapy dog is their ability to be obedient, calm, friendly, and kind. A rescued dog who has overcome adversity in his life, such as homelessness or illness, can be a powerful influence on clients dealing with tough times.

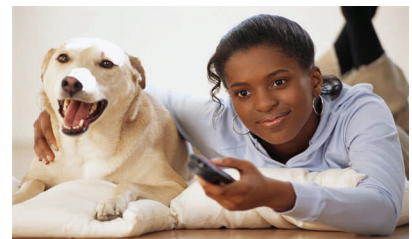
Dr. Patricia Parr, the director of the MFT program, became interested in animal-assisted therapy after taking her Golden Retriever, Kiya, to a trainer. This trainer had a therapy dog, which inspired Dr. Parr to combine two of her own loves: animals and therapy. To Dr. Parr, therapy dogs add another level to the system; they exhibit unconditional positive regard, calmness, and a sense of comfort to a stressed or anxious client. One example of her therapy dog as a conduit for stress relates to a man who was in for couple's therapy with his wife. In session, the man was upset and did plenty of petting the dog to help him relax. When it was time for the couple to leave, the man's black suit had become coated in a layer of golden hair. Thus, Dr. Parr points out it is always good to remind clients that the dog may shed and to keep a lint brush on hand!



*Tye and Anna, two of Dr. Parr's canine companions*

Deirdre Petrich, a Doctoral student in the MFT program at the University of Akron, also works with therapy dogs. She became interested in AAT after noticing the positive effect her dog, Hurricane, had on a relative with Alzheimer's disease. After being tested through Therapy Dogs, Incorporated, Hurricane specialized in his work with this population. After Hurricane's passing, he was awarded a senatorial citation from Youngstown State University for his work as the institute's first therapy dog. Deirdre currently has two therapy dogs, Tornado Jude and Blizzard Leigh. Tornado was hit by a car and as such is no stranger to pain. This enables him to relate well to humans experiencing distress in therapy. Blizzard also has a knack for working with couples and families and is good at diffusing tension. Deidre feels the dogs give clients something to look forward to and boosts their morale. She notes the positive effect the dogs have on participants in a support group she runs for males managing their pain. Despite their own suffering, they still strive to make a connection with the dogs. It is apparent the presence of a therapy dog is invaluable to many clients and has much to offer the field of Marriage and Family Therapy.

For more information on integrating animal-assisted therapy into counseling, please refer to Therapy Dogs, Incorporated at [tdi-dog.org](http://tdi-dog.org) and the Delta Society at [deltasociety.org](http://deltasociety.org). For more information on adopting a dog, please go to [petfinder.com](http://petfinder.com). ❄



## Www.Website.Review\_By\_Jeff.Reech

This issue we continue our review of The Ohio Counselors, Social Worker, and MFT Board, (CSWMFT), with a closer look at general resources. Its website can be reached directly at <http://cswmft.ohio.gov/>.



**What's on the Site?** General resources include links for: *What's New, Meeting Notices, About the Board, License Renewal, Ethics/Investigations, C.E. Programs and Providers, Laws and Regulations, Consumer FAQ, Board Members, Meeting Minutes, Publications and Newsletters, Contacting, and Comments to the Board.* Links for these areas are accessible down the left side of most pages.

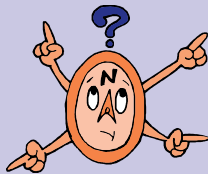
**Who Can Benefit from the Site?** All Marriage and Family Therapist practitioners, Counselors, Social Workers, students and the public will benefit from the information.

**What Works on the Site?** There is a wealth of information under the *Laws and Regulations* section including: *Duty to Warn, Privileged Communications, Confidential Outpatient Services to Minors*, among other topics. The *Ethics* section provides information on such topics as: *Responsibility to Clients/Consumers of Services, Impaired Practice, Sexual Relations, Payment for Service, Record Keeping*, and others. Each topic states exactly how the law reads. The *Publications and Newsletter* section includes a place to download laws, and the Board's newsletters. A *Consumer Brochure* detailing the three groups is also in this section and ties in with the *Consumer FAQs* section. (Didn't you ever wonder what the public thinks or is told by a regulatory board?) The *Minutes* link allows you to read the committee and board minutes. Note that when you pass your MFT exam your name will appear in the committee minutes when they approve your license. That's worth a look! ✕

Next issue: A closer look at specific resources on the CSWMFT web site.

### Roo con't from p. 1

anxiety, our mascot should be the epitome of kindness, compassion, and helpfulness!



Thus, this section aims to provide helpful information for students who might be listening to the wrong grapevine—don't feel bad, I was too!

Look to this section in future editions for helpful hints, FAQ's, etc. And if any veterans out there feel I'm missing some crucial information, please feel free to e-mail me at [Jah34@uakron.edu](mailto:Jah34@uakron.edu).

I'm always open to any ideas! The next edition will discuss hints for our newest students! ✕ *J. Hofmann*

### 2008-2009 SAMFCT OFFICERS

The Board of the Society for the Advancement of Marriage and Family Counseling/Therapy announce the new officers for the 2008-2009 school year.

Co-Presidents: Michelle Bowes and Ryan Monda

Vice-President: Selena Daniels-Tate

Secretary: Ryan Cook

Treasurer: Joanne Holbert

Newsletter Chair: Laura Tejada

Social Chair: Stacy Pacquin

Historian: Dee Dee Pitts

Past President: Samantha Posey



### Internship con't from p. 3

beginning of internship. My internship site has allowed many hours in co-therapy.

*What advice do you have for future interns?*

Work toward contacting possible internship sites in advance. Also, start getting your CT status documentation gathered and sent into the Ohio CSWMFT Board before your internship is scheduled to begin. And more importantly, do not be afraid to ask questions to your supervisor or other counseling staff members at your internships site; they can be a great resource. ✕



## RECENT PRESENTATIONS, PUBLICATIONS, AND AWARDS BY UAKRON MFT FACULTY AND STUDENTS

Parr, P. E., Provided advocacy for MFTs in Ohio with House and Senate liaisons at the AAMFT National Leadership Conference, Washington, DC, April 2008. Dr. Parr is the Program Director for the UAkron MFT Program.

Parr, P. E. Expert testimony to the Ohio House Health Committee regarding MFT licensure issues, Columbus OH, April 2008.

Parr, P. E. *Toolbox for Supervision*, presented to the Department of Counseling internship supervisors, University of Akron, Akron, OH, May, 2008.

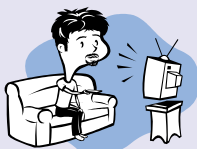
### MARK YOUR CALENDARS!

**ATTENTION!!** On Thursday, September 18, 2008, a seminar will be held at St. Joseph's Family Center titled *Best Interest of the Child in Child Abuse and Family Violence Cases*. For a special student rate of only \$12 for the day, including lunch, attendees will be able to hear speakers from Ohio's Supreme Court, Summit County Juvenile and Domestic Relations Court, Nationwide Children's Hospital, The Akron Police Department, The University of Akron, and much more! This seminar can provide MFTs and MFTs-in-training with valuable information regarding children in homes infused with violence and abuse. *You don't want to miss this!* But hurry, only 200 people are permitted to attend, and space is filling up fast! To learn more about this seminar, and to get a brochure with registration form, please e-mail Jackie at [Jah34@uakron.edu](mailto:Jah34@uakron.edu). Brochures are also being sent to Dr. Parr, and should be available at the clinic sometime in the next week or two. \*\*6.50 CEU hours are offered for those who apply. ✨ J. Hofmann



### SELF AS THERAPIST, THERAPIST AS SELF: HAPPY ENDING? I'LL GIVE 'EM TWO YEARS!

As an MFT student, I've done a good job of resisting the urge to practice MFT on my spouse and family. This has been strongly encouraged by my spouse, who reminds me, "DON'T try that counselor crap on ME!" I find, though, that I can't set the MFT aside when I watch TV and movies, or read books. The principles I have learned shape my perceptions of how relationships unfold in fiction and non-fiction alike. Instead of getting misty at the happy ending where our repentant hero gains the trusting heroine's heart, I find myself clicking off the TV with misgiving, thinking, "I give them two years tops before the relationship goes ka-blooley!"



My recent enjoyment of a well-written biography of Mary Todd Lincoln was tinged with sadness that marital counseling wasn't available for her and Honest Abe. With their individual mood disorders, the ghost of Lincoln's first love, and the social chasm between them, the handwriting was on the wall long before the dishes started flying. (Literally. Holy Gottman, Batman, talk about a volatile couple!) I felt confident a good MFT could have helped them, and was sad they did not have this opportunity, because they truly loved one another.

Disgust at improper portrayals of mental health professionals limits my enjoyment of TV and movies. An example is the unethical ridiculousness of a psychiatrist character in an otherwise deliciously juicy *telenovela*. I grumbled about the client living with this psychiatrist for some sort of "milieu therapy," and put up with her not doing anything when she learned this depressed client had a gun. But I quit watching in indignation when I figured out that it wasn't my bad Spanish that had me misunderstanding things—on top of it all, the client was the psychiatrist's SISTER-IN-LAW. *Ay, por Dios, y'all!*

I'm now watching a telenovela about pirates, trusting there's no therapists in it. I am trying to accept that our rascal hero really has cleaned up his act. But then there's that First Mate. Yo-ho-ho and a DSM—you don't need a Master's degree to know he'd qualify for an Axis II diagnosis. I'm thinking he'll be reformed by the end of the telenovela and marry the heroine's sister or best friend. As the rest of the viewing audience dabs away tears, I'll click off the TV, shake my head and give them two years tops, all the while wishing I could surrender—just a little bit—to the glow of the happy ending. ✨

L. Tejada