

AMCAP NETWORKER



ASSOCIATION OF MORMON COUNSELORS
AND PSYCHOTHERAPISTS

A M C A P supports the principals and standards of the Church of Jesus Christ of Latter-Day Saints; however, it is an independent, professional organization which is not sponsored by, nor does it speak for, the Church or its leaders.

AMCAP

Fall 2002

PRESIDENT'S MESSAGE

Throughout the world there is change. The seasons seem to be changing; snow fell in May in several states after recorded high temperatures in April; American politicians are jockeying for positions with the electorate hoping to change the congress; Germans and other Europeans are seeing a change to the "right" in their political leaders; and AMCAP is gearing up to present a new slate of officers for President, Vice President, and Board members.

New officers in 2003 will bring change. Our changes might not seem as drastic or significant when compared to the weather or political systems, but these changes will affect us personally and professionally. Your present officers and board have appreciated all the efforts of many volunteers and appointed area coordinators as we carry out our objectives from month to month.

Many of you expressed yourselves in the evaluations and suggestions you offered after the last convention. The majority of you liked the work of our co-chairs. We thought they were great also as they spent many hours in planning and presenting the convention. Thanks again, Noel Gill and Eileen Degruccio!! Another super convention is taking shape for the Fall. Be sure to register and invite your friends as the materials become available.

We need to grow in membership if we are to continue to have the quality of programs and be able to meet in the Joseph Memorial Building, which most of you indicate that you like.

increasing each year. We are looking into some alternative places to meet to reduce our costs but have not made any decisions as yet. Increasing membership or registration fees is under consideration by the Board in order for us to meet expenses and continue to meet twice a year at the Joseph Smith Memorial Building.

Several members have paid lifetime dues of \$750.00, and we encourage all of you to consider this option. However, we really think the best course is to have all of us be active in recruiting new members. We encourage all members to share the opportunities of AMCAP membership with those you know. We need all of you to be pro-active and sell AMCAP to your colleagues and acquaintances. If we could double our membership—which means that each one of us recruits a new member this year—we could meet our financial goals. In order to reach the goal of 2000 members in the 21st century, we all need to get busy.

We met this July in a Leadership Council retreat in Salt Lake City to consider the changes that are needed for AMCAP. We would appreciate hearing your ideas by e-mail (mail@amcap.net or dllaws@online.emich.edu), or by phone or letter. What changes do you think AMCAP needs to make to become your number one professional affiliation???? Be well (Moroni 7:47 and Mosiah 2:41).

Duane Laws, EdD
President, 2001-2003
Association of Mormon Counselors
and Psychotherapists

AMCAP NETWORKER

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Submissions are welcomed. Send submissions, together with information on contacting the author, to:

Julie B. Shiffler, PhD
 BYU-Idaho Counseling Center
 KIMBALL 270E
 Rexburg, ID 83460-1685
 H: 208-656-0226 W: 208-496-1100
 Fax: 208-496-5102
 E-mail: shifflerj@byui.edu

ADVERTISING IN THE NETWORKER

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2001—2002 AMCAP LEADERSHIP

EXECUTIVE COMMITTEE

Duane Laws, Ed.D., *President*
 S2001-S2003
 360 Edison Ave
 Ypsilanti, MI 48197
 H: 734-434-0699
 E-mail: dlaws@online.emich.edu

P. Scott Richards, Ph.D.
Vice-President
Student Recruitment/Publications
 S2001-S2003
 Department of Counseling
 Psychology
 328 MCKB
 Provo, UT 84602
 H: 801-798-3796
 W: 801-422-4868
 FAX: 801-422-0198
 E-mail: scott_richards@byu.edu

Dean Bender, MBA, MA
Treasurer
 F2002-F2005
 5230 2nd St.
 Rocklin, CA 95677-2505
 H: 916-300-4543
 W: 916-677-5779
 FAX: 916-784-7850
 E-mail: deanbender@starstream.net

EXECUTIVE SECRETARY

B.J. Fullmer
 F1999-
 2540 East 1700 South
 Salt Lake City, UT 84108
 H: 801-583-4497
 W: 801-583-6227
 FAX: 801-583-1305
 E-mail: mail@amcap.net

BOARD MEMBERS

Mark D. Chamberlain, Ph.D.
Continuing Education/Ethics
 F1999-F2002
 1044 W. 400 S.
 Layton, UT 84041
 H: 801-593-6680
 W: 801-262-2400 x4
 FAX: 801-262-9991
 E-mail: mjc1044@juno.com

Carrie M. Wrigley, LCSW
Journal Associate Editor
 F1999-F2002
 1650 E. Budding Dr.
 Sandy, UT 84092
 H: 801-572-1125
 W: 801-566-2556
 E-mail: carriewrigley@att.net

Timothy B. Smith, Ph.D.
Website Coordinator
 F2000-F2003
 328 MCKB - BYU
 Provo, UT 84602
 H: 801-378-1311
 W: 801-422-1311
 E-mail: tim_smith@byu.edu

John P. Livingstone, Ed.D.
Continuing Education/Ethics
 F2002-F2003 (Finishing Dean Bender's term)
 BYU 303T JSB PO Box 25623
 Provo, UT 84602-5623
 H: 801-224-9908
 W: 801-422-3692
 E-mail: jplivingstone@byu.edu

Doug Craig, Ph.D.
Area Coordinator Supervisor
 F 2001- F2004
 BYU Idaho Kimball 270F
 Rexburg, ID 83460-1685
 H: 208-656-9273
 W: 208-496-1106
 Email: craigd@byui.edu

BOARD MEMBERS (CONT.)

Noel Gill, Ph.D.
Fall 2002 Convention Co-Chair / Bulletin
 F1999- F2004
 10589 South Hwy 165
 Paradise, UT 84328
 H: 435-245-4835
 FAX: 435-245-2888
 E-mail: ncgill@cache.net

AMCAP Publications

Richard Ellsworth, Ph.D.
Journal Editor
 S2000- 2005
 1672 W. Avenue J Ste 207
 Lancaster, CA 93534
 W: 661-945-9892

Julie B. Shiffler, Ph.D.
Networker Editor
 F2000-F2003
 Counseling Center
 KIMBALL 270E
 BYU - Idaho
 Rexburg, ID 83460-1685
 H: 208-656-0226
 W: 208-496-1100
 FAX: 208-496-5102
 E-mail: shifflerj@byui.edu

Aaron Jackson, Ph.D.
Monograph Editor
 F2000-F2003
 320 MCKB - BYU
 Provo, UT 84602
 H: 801-423-1576
 W: 801-422-8031
 FAX: 801-378-5921
 E-mail: aaron_jackson@byu.edu

2001—2002 AMCAP LEADERSHIP (CONT.)

Advisors to the Board

Susan Ericksen, RN, LMFT

Volunteer Coordinator

F 2001- F2002
1607 N. 1100 E.
N. Logan, UT 84341
H : 435-753-9157
W : 435-797-1593
Fax : 435-797-3845
Email : ericksen@cc.usu.edu

Jennie Murdock Gwilliam, LCSW

Fall 2002 & Spring 2003 Convention

Co-Chair/ Bulletin

F 2001- F2002
461 South 925 West
Orem, UT 84058
H : 801-224-8987
W : 801-229-2218
Fax : 801-229-2213
Email : jenniem@attach-bond.com

Larry W. Lewis, LCP

Area Coordinator Assistant

*Supervisor – Eastern U.S., British
Isles & Europe*

F2000- F2003
5908 Sharon Road
Charlotte, NC 28210
H: 704-552-7158
W: 704-535-2436
FAX: 704-535-8116
E-mail: fam-nc@ldschurch.org
lwlk@juno.com

Russ Seigenberg, Ph.D.

Area Coordinator Assistant

*Supervisor– Western U.S., Pacific &
Asia*

F2000-
320 E. 1200 N.
Logan, UT 84341
H : 435-752-0226
W : 435-752-0750
Fax : 435-752-7433
Email : pensio7@msn.com

Advisors to the Board (cont.)

Dana Templeman, MSW

LDSFS Representative

S2002-F2005
1124 South 1300 East
Bountiful, UT 84010
H: 801-295-4022
W: 801-240-3629
FAX: 801-240-4632
E-mail: temple-
mand@ldschurch.org
DanaMT1554@aol.com

Burton Kelly, Ph.D.

Historian

S2002-F2005
672 S. 350 W.
Orem, UT 84058
H: 801-225-2046
Email: b-jkelly@juno.com

Jonathan Chamberlain, Ph.D.

Assistant Historian

S2002-F2005
147 N. 200 East
Orem, UT 84057-5516
H: 801-225-2598
Email: epoch2@burgoyne.com

Janet Vincent, LCSW

Convention Hostessing

S2002-F2005
4499 Mathews Way
SLC, UT 84124
H: 801-278-5278
E-mail: garr.vincent@hci.utah.edu

Jan Scharman, Ph.D.

General Authority Representative

S2002-F2005
4565 Wallace Lane
Salt Lake City, UT 84117
H: 801-277-4021
W: 801-378-2387
Email: jan_scharman@byu.edu

Advisors to the Board (cont.)

Vera Ivie

Convention Photographer

S2002-F2005
1312 E. 5375 South
South Ogden, UT 84403
H: 801-476-1959

Brent Schrader

Student Representative

S2002-F2005
1378 North 2835 W.
Clinton, UT 84015
W: 801-299-2186
H: 801-728-3711
Email: b_schrader@hotmail.com

Dennis Ashton, LMSW

Convention AV Rep

LDS Family Services
10 East So. Temple, #1200
Salt Lake City, UT 84133-1106
W: 801-240-3634
Fax: 801-240-4632
E-Mail: ashtondd@ldschurch.org

Area Coordinators

ALABAMA See Georgia

ALASKA

Wandal Winn, MD
4300 S. Street, #202
Anchorage, AK 99503
W: 907-562-0794
Fax: 907-561-4036
E-mail: wwwinn@gsi.net

ARIZONA

FLAGSTAFF
Wendell Knudsen, PhD
P.O. Box 977
Taylor, AZ 85939
H: 928-536-5599
E-mail: paradox@skyhook.com

PHOENIX/MESA
Matthew Heussner, MC, NCC
3440 E. Cullumber Ct.
Gilbert, AZ 85234
W: 480-649-3232
H: 480-497-0957
E-mail: heuy@juno.com

TUCSON
Maxine Ijams, PhD
3831 Corte Castellon
Tucson, AZ 85745
W: 520-743-9035
H: 520-743-9035

ARKANSAS POSITION OPEN

CALIFORNIA

SACRAMENTO/RENO
Suzanne Mell, MA, MFT
P.O. Box 63
Fiddletown, CA 95629
W: 809-223-6412
H: 209-245-3819
E-mail: sicilysrcm@aol.com

SAN FRANCISCO
Steven Strong, PhD
851 Fremont Ave.
Los Altos, CA 94024
H: 650-964-2014
W: 650-568-1102
E-mail: strongcoach@earthlink.net

LOS ANGELES COUNTY
Marilyn Simpson, PsyD
2810 E. Del Mar Blvd., #10B
Pasadena, CA 91107
H: 818-790-3366
W: 626-683-7385
E-Mail: Marilyn_Simpson@msn.com

LA/ORANGE COUNTY
Stephen Pumphrey, MSW
25332 Cabot Road Ste 207
Laguna Hills, CA 92672
W: 949-460-5323
H: 949-498-4262

SAN BERNARDINO
Tamara Ilich, MS, MFT
21900 Barton Rd., Ste 125
Grand Terrace, CA 92313
W: 909-825-5579
Fax: 909-381-3579
E-mail: mtlich@msn.com

SAN DIEGO
Kimberly Hirschi
4334 Mt. Herbert Ave.
San Diego, CA 92117
W: 619-594-8636
H: 858-541-7151
E-mail: khirschi@email.com

CONNECTICUT See New England States

COLORADO

**DENVER/GRAND JUNCTION/
PUEBLO**
Kay Masek, RN, LCSW
12756 W. 57 Dr.
Arvada, CO 80002
H: 303-403-1008
W: 720-291-5047
E-mail: masek10@juno.com

FORT COLLINS/CHEYENNE
Debra Gordy, MS
Family Life Center
P.O. Box 270917
Ft Collins, CO 80527-0917
H: 970-226-4941
W: 970-226-8564
E-Mail: familylife@mstar2.net

DELAWARE POSITION OPEN

FLORIDA

ORLANDO POSITION OPEN
TALLAHASSEE/JACKSONVILLE
POSITION OPEN

GEORGIA/ALABAMA/MISSISSIPPI

Brent Snow, PhD
St. Univ. of W. GA Ed. Psych Dpt.
Carrollton, GA 30118-5170
H: 770-834-9853 W: 770-836-6554
F: 770-836-4645
E-mail: bsnow@westga.edu

HAWAII

LAIE
Dan Kehoe, PhD
PO Box 128
Laie, HI 96762
H: 808-293-9231
W: 808-293-9231
E-mail: nsmh@hawaii.rr.com

IDAHO

BOISE POSITION OPEN

POCATELLO/TWIN FALLS
Jill Mitchell-Horrocks, PhD, LMFT
P.O. Box 4702
Pocatello, ID 83201
H: 208-233-3873
E-mail: horrocks@ida.net

REXBURG/ IDAHO FALLS
POSITION OPEN

ILLINOIS

CHICAGO/MILWAUKEE, WI
Nancy Jackson, MS
20584 W. Yorkshire Dr.
Kildeer, IL 60047
H: 847-438-3846
W: 847-438-3846
E-mail: nsjackson@worldnet.att.net

INDIANA

Sharon Gelb, MS
210 Lafferty Dr.
Vincennes, IN 47591
W: 812-886-9404
H: 812-882-51 123 31
E-mail: dgelbbbs@charter.net

IOWA EAST

DES MOINES
POSITION OPEN

IOWA WEST See South Dakota East

KANSAS

POSITION OPEN

KENTUCKY

Rebecca Miner Jorgensen, MS
Ginger Hall/Moorehead University
Moorehead, KY 40351
E-mail: rebeccajorgensen@earthlink.net

LOUISIANA

Peter Emerson, EdD
#10 Silman Ave.
Hammond, LA 70401
W: 504-549-2309
H: 504-542-4990
E-mail: pemerson@selu.edu

MAINE

See New England States

MARYLAND

See Washington D.C.

MASSACHUSETTS

See New England States

AREA COORDINATORS (CONT.)

MICHIGAN

Polly Mallory, MA
5096 Van Amberg Rd.
Brighton, MI 48114
W: 810-227-9960
H: 810-227-0482
E-mail: pollymallory@aol.com

MINNESOTA POSITION OPEN

MISSISSIPPI See Georgia

MISSOURI

**KANSAS CITY, MO &
KS/INDEPENDENCE**
Dorina Nicholson, EdS
7236 Woodson Rd.
Kansas City, MO 64133
W: 816-966-0903 Ext 228
H: 816-737-0313
E-mail: Dmnicholson@healthmidwest.org

MONTANA POSITION OPEN

NEBRASKA

**LINCOLN/OMAHA/COUNCIL
BLUFFS, IA**
Sarah Imoe

NEVADA

John Brailsford, PhD, MFT
5382 Holbrook Dr.
Las Vegas, NV 89103
W: 702-257-2572
H: 702-873-5279
F: 702-257-2253
E-mail: jcbraills@juno.com

NEW ENGLAND STATES

David L. Covey, MS, MFT
LDS FS 547 Amherst St. #404
Nashau, NH 03063
W: 603-889-0148
H: 603-888-2485
E-mail: fam-nh@ldschurch.org

NEW JERSEY See New York and
Pennsylvania

NEW MEXICO

Brenda McGee, PhD
103 Juniper Hill Rd. NE
Albuquerque, NM 87122
W: 505-797-3141 or 505-836-5947
H: 505-797-3141
E-mail: fam-nm-
albuquerque@ldschurch.org

NEW YORK

**NYC/NJ/POUGHKEEPSIE/W
HAVEN, CT**

ITHICA/SYRACUSE/ELMIRA
POSITION OPEN

NORTH CAROLINA
POSITION OPEN

NORTH DAKOTA
POSITION OPEN

OHIO

**CLEVELAND/AKRON/
YOUNGSTOWN**
Art Jeffery

**COLUMBUS/GROVESPORT/
DAYTON**
POSITION OPEN

OKLAHOMA

Robert Bradshaw, MA
HC 61, Box 178
Tahlequah, OK 74464
H: 918-453-2065
E-mail: bradie@ipa.net

OREGON POSITION OPEN

PENNSYLVANIA

John Uber, MA
425 Liberty St.
Grove City, PA 16127-2206
H: 724-458-0615
W: 724-738-0880
E-mail: jwuber31755@pathway.net

RHODE ISLAND See New England
States

SOUTH CAROLINA

Liz Brischer Sharp
1461 Hidden Bridge Dr.
Mt. Pleasant, SC 29464
H: 843-856-6505
W: 843-856-0225
Fax: 843-884-3104
E-mail: lizbsharp@yahoo.com

**SOUTH DAKOTA EAST/IOWA
NORTHWEST**
POSITION OPEN

SOUTH DAKOTA WEST
POSITION OPEN

TENNESSEE

Chris Blair, MS
9276 Front Nine, # 201
Arlington, TN 38002
E-mail: ckblair@peoplepc.com
Ckblair@earthlink.net

DALLAS/FT WORTH/

TEXAS

AUSTIN/WACO
POSITION OPEN

DALLAS/FT WORTH/ LONGVIEW/TYLER

Wendy Rotz
3007 St. Tropez Ct.
McKinney, Texas 75070
H: 972-547-0783
W: 972-562-6870
E-mail: rotz@compuserve.com

HOUSTON/GALVESTON

Robyn Ott, MSW
24814 Millers Lane
Katy, TX 77493
W: 281-371-8690
H: 281-371-8175
Fax: 281-371-8690
E-mail: robyn_1@juno.com

MIDLAND/LUBBOCK
POSITION OPEN

SAN ANTONIO

Neli Rogers, LMFT
9 Woltwood
San Antonio, TX 78248
W: 210-479-3689
H: 210-479-3689
E-mail: rogers1@texas.net

UTAH (Blanding/Monticello see New
Mexico)

CEDAR CITY

W. Sidney Young, PhD
718 So. Main #101
Cedar City, UT 84720
W: 435-865-9119
H: 435-865-9211
E-mail: swak@netutah.com

LOGAN

Adlin Huish, PhD, MFCC
55 North 200 West
Logan, UT 84321
H: 435-755-0215
W: 435-752-7911
Fax: 435-752-1617
E-mail: wel-ec-logan@ldschurch.org

OGDEN

Rick Hawks, PhD
2550 Washington Blvd., #103
Ogden, UT 84401
H: 801-825-3100
W: 801-625-3672
E-mail: hti@webpipe.net

PRICE POSITION OPEN

PROVO

Michael Buxton, Ph.D.
1500 WSC- BYU
Provo, UT 84602
H: 801-768-8743
W: 801-378-4475
E-mail: msbuxton@stlife.byu.edu

SALT LAKE COUNTY

George Paulsen, M.Ed.

SALT LAKE COUNTY

George Paulsen, M.Ed.
3574 South 6505 West
West Valley City, UT 84120
H: 801-250-2823
W: 801-263-1960

VERMONT See New England States

VIRGINIA See Washington, DC

WASHINGTON

SEATTLE

Elena Cotton, MSW
11812 SE 210 Place
Kent, WA 98031
W: 253-631-7058
H: 253-631-3875
E-mail: ecotton6@attbi.com

**SPOKANE/MOSES LAKE/
PULLMAN/YAKIMA/ELLENSBURG**
POSITION OPEN

TACOMA POSITION OPEN

**WASHINGTON DC/NORTHERN
VIRGINIA/MARYLAND**

Robert L. Jones
15517 Maple Dr.
Accokeek, MD 20607
H: 301-292-7827
E-mail: jonesinc4@juno.com

WEST VIRGINIA POSITION OPEN

WISCONSIN POSITION OPEN

WYOMING (Cheyenne & Laramie to
Fort Collins, CO)

**EVANSTON/GREEN RIVER/
LYMON/ROCK SPRINGS**
POSITION OPEN

INTERNATIONAL AREAS

AUSTRALIA

NSW/QUEENS
Graham Hancock, MSW
#1, 1st Floor, 15 Parnell St
Strathfield, NSW 2212
Australia
W: 0011-1613E+12
H: 001161297738028
Fax: 0011-612-9744-3761

**AUSTRALIA SOUTH/NEW
ZEALAND**

Vince Meixner, MA
LDS FS Level 1 1027-1029 High St.
Armdale, Victoria 3143
Australia
W: 613-98223766
H: 613-9776-5601
Fax: 613-98223796
E-mail: ldsfsmbl@primus.com.au

AUSTRALIA

Esben Strodl, MC
30 Marland St.
Kenmore QLD 4069
Australia
H: 62-0738786762
esben@psy.uq.edu.au

BRITISH ISLES:

Rosa Hubbard-Ford, MA
46 De Lisle Rd.
Boornemouth Dorset,
BH3 7NG, England
H: 01202-525636
W: 01202 525636
F: 01202 525636
E-mail: rosa.hubbard-ford@ntlworld.com

CANADA

CANADA EAST

Judith-Blythe Barnard, PhD
#36-368 Belgrave Avenue
London, Ontario N6C 4C3
H: 519-432-1305
E-mail: jbb@mnsi.net

CANADA WEST

Kevin Anderson
7040 Farrell Rd. SE,
Calgary, AB T2H OT2
W: (403) 255-0153
H: (403) 703-3101

FINLAND/SWEDEN

Maritta Kauppinen
Koivutie 7
FIN-52700 Mantyharju
Finland
H: 358-15-651648
E-mail: marittakauppinen@mantyharju.fi
lari.kauppinen@dic.fi

FRANCE/SWITZERLAND

Michel Guilas, MD
Villa Amer. 13 Rue De Valenciennes
F-43000 Le Puy en Velay
France
W: 33+47 1090555
H: 33-471093199
E-mail: mguilas@wanadoo.fr

GERMANY POSITION OPEN

JAPAN POSITION OPEN

**AREA COORDINATOR
SUPERVISOR**

Doug Craig, PhD
BYU-Idaho, Kimball 270F
Rexburg, ID 83460-1685
H: 208-656-9273
W: 208-496-1106
Email: craigd@byui.edu

**ASSISTANT AREA
SUPERVISOR—EAST**

Larry Lewis, MA, LMSW-ACP
5908 Sharon Rd.
Charlotte, NC 28210
H: 704-552-7158
W: 702-535-2436
Fax: 704-535-8116
E-mail: fam-nc@ldschurch.org
lwlk@juno.com

**ASSISTANT AREA
SUPERVISOR—WEST**

Russell Seigenberg
320 East 1200 North
Logan, UT 84341
H: 435-752-0226
W: 435-752-0750
Fax: 435-752-7433
Email: Pensio7@msn.com

NEWS FROM AMCAP HEADQUARTERS

B.J. (BETTY JO) FULLMER
Executive Secretary

I appreciate all of the AMCAP members who pay their membership dues on time! Many of you have renewed on our website through PayPal. You now have the option of sending a check into the AMCAP office or paying electronically. We have not raised the membership dues since 1998! Our costs keep rising and our membership dues will increase January 2003. The yearly dues will be \$60.00 for Professional and Associate members and \$30.00 for Students, Retired, and International members.

Please remember to inform the AMCAP office of any address or E-mail changes. Occasional emails are sent informing our members of upcoming AMCAP events.

The following are former members of AMCAP with whom we have lost contact. If you have contact information for any of these individuals, please notify the AMCAP office. (mail@amcap.net or 801-583-6227) A complete list is on our website, www.amcap.net.

Marilyn Clarke, MA	Constance Fairbanks, MA	Margrit Harris	Angela Kitch, BA
Elena Cloutier, MA	S. Mardi, Fales, MS	Kareen Harrison, MSC	Sara Lee Kitchen
Lorrie Cockman	Val Farmer, Ph.D.	LaRee Harvey, BS	Ralph Knapp, Ph.D.
Lee Conde, Ph.D.	Michael Fielding, Ph.D.	JoAnn Haws MA, MFCC	Duane Knudsen
Clayton, Conn, M.Ed.	Joyce Fields, Ph.D.	Dennis Haynes, MSW	LaMar Knudsen
Jan Cook, MA	Betsy Firth, PhD	Robert Heaton, LCSW	Mark Koltko, MA
Joseph Coombs, MA	Wayne Flake, MA	LaMar Helquist, MS	Jeffrey Ladd
Don Corbett, MA	James Foley, MSW	Richard Hemrick, NCC,	Sharon Lafky
Jack Cordon BA	Andrew Forsyth, BA	Kathleen Hendricks, PhD	Heather Lake
Judy Couch, BA	Kevin Francis, MSW	John Hermanson, MA	Larry Langlois, Ph.D.
Frances Council, MSW	Kim Fray	Rick Hill, MSW	Mark Latham Ph.D.
James Cox, MA	Kevin Galbraith	Karma Hincheliff, Ph.D.	Glenn Lay, Ph.D.
Wesley Craig, Ph.D.	Charlene Gamble	Cynthia Hinckley, Student	Herbert Lay, MS
Wilson Curlee, MSW	Michael Garcia, MS	Michael Hinds, BA	Robert Montague, LCSW
Debbie Dahl, MSW	Janet Garrett, MS	Chad Howells, D.Ed.	R. Moroni Leash, LCSW
Paul Dahl, PhD	John Garrett, III, Ed.D.	Mary Hughes	Aleene LeBaron, MA
Myrle Dalton, PhD, CPC	Michael Gibson, M.D.	Gretchen, Hurlbut	Anna Lee
Jeffrey Daniels, PhD	Terry Gilmer Ed.M., LPC	Ed Hutchinson, MSW	Alice Lee-Bloem, M.D.
Richard Davidson, M.D.	Mark Glade MSW	Carter Hyatt	Sonya Lind
Harry Davis, MBA	Gary Gladwin	Garold Hyde, MSW	Norma Linton, MS
Janella Davis, ADN	Stephen Glain	Sarah Imoe	Robert Loftus, LCSW
Everett Dayton, MSW	Donald Goff, Ph.D.	Jay Jackson	James Loveless
Clair Delong	Reed Graner, MSW	Lola Lynda Jacobs	Timothy Lowe, MS
Bruce Diaczun, MSW	Michele Groenhof	David Janke	Wayne Lutzow,
Peter Dickinson, RGN	Holly Grow	Frances Jarman	June Mabry. Ph.D.
Timothy Dudley, MA	Bonnie Gustafson	Stacy Johnson	Donald Macleod, MS
Mark Duke, MSW	Robert Gwilliam, Ph.D.	Robert Johnson, Ed.D.	Michael Malone, LMHC
David Dye, MSW	Linda Hackett MA	Peter Johnson, Student	Myron Manley, Ph.D.
Kay Eagar, MSW	Forrest Hale, Ph.D.	Sharen Johnson	Shirley Manwaring, LCSW
Ernest Eberhard, Jr.	Chad Hamilton, MA	David Johnson, MSW	Kevin Marett, Ph.D.
Rita Edmonds, Ph.D.	Cynthia Hanchett, LPC	Janet Johnson, MA	Victor Mariana, MS
Karen Edwards, MA	Charlotte Hansen, ACSW	James (Kent), Johnson, M.Ed.	Mary Markland, Ph.D.
Robert Egbert, MSW	Cheryl Hansen, LCSW	Daniel Jongeward, MS	Edward Martinelli, M.Ed.
Glade Eggett, MA	Richard Hanson, M.Ed.	Rhoda-Ann Kaalekahi	Evan Maw, MSW, LCSW
Peggy Eilers	Joel Hanson, BA	Michelle Kahan, MSW	Carol May, MA, MC
Shelli, Eller, Student	Thomas Hardaway, M.D.	Aileen Kawai, MA	Pamela Mayes
Sterling Ellsworth, Ph.D.	Carolyn Hardy, MA	Gregory Kemp	Rosemary McCabe
Matt Eschler, AAC	B. Shane Harmon, MSW	Thomas Kern, MS	Greg McGreer, PhD
Shelly Eyre, MSW	Lloyd Harolds, LMFT	Andres Kerns, PhD	Ron McIntyre, Ph.D.
Laura Fair	Elizabeth Harris, M.Ed.	Michael Kesler, MS	Patricia McNaughton, Ph.D.

Billie McNutt, Ph.D.
 Susan Middleton, Ph.D.
 Bonnie Milam, PhD
 Oscar Mink
 Martin Mitchell, MSW
 Vivian Mitchell
 Jon Mitchell
 Douglas Monson
 Daniel Morgan, MSW
 Jennifer Morrill, MS
 Diane Mumford, MFCC
 Gary Munn, BS
 Marc Myers, MSW
 David Nash, MA

Zane Nelson, Ph.D.
 David Newbern, MA
 Nancy Newell, MS
 Ellen Newton, MA
 Gail Nicolaysen, MA
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 Vivian Olsen
 Mary Orme
 Russell Osmond, Ph.D.
 Judith Overstreet
 Calvin Paries, MA

James Parker, LCSW
 Matthew Parvis Ph.D.
 Thomas Payne
 Elbert Peck, MPA
 John Peppard, Ph.D.
 Susanne Peterson, MA
 Scott Peterson, MA
 Brent Phillips, BA
 Uimaitua Poloai, PhD
 Wendy Porter, LCSW
 Bruce Poulsen
 Randy Powell
 Cindy Price

Jerral Pulley, MSW
 John Pulver
 Byron Ray
 Marybeth Raynes
 Kaelyn Rebar
 Angela Reed
 Jack Regehr, MD
 Barry Richards
 Kenneth Richmond, MSW
 D. Mark Ricks, MSW
 Veronica Rivard
 Alexander Roberts, M.Ed.
 Norman Roberts, MS

BREAKING FREE OF THE TIES THAT BIND

JENNIE M. GWILLIAM, L.C.S.W.
 Adviser to the Board

I, like most of you, listened with heartfelt gratitude and awed reverence as we watched President Hinckley offer the dedication prayer for the Nauvoo Temple recently. We listened intently to his opening and closing remarks on Thursday and Sunday and had such a sense of coming full circle, completing what was started long ago, longed for by righteous Saints on both sides of the veil.

As I listened to the words of the dedicatory prayer — “We pray that Thou wilt accept of this our offering. The hearts of the children have literally turned to those fathers who worked on the original building. They have done so with love and a wonderful spirit of consecrated effort”— I was humbly grateful for the day last November when I met with the AMCAP Board as a new advisor and received my first assignment, to serve as the Convention Co-Chair for Fall 2002. That day I felt the whisperings of the spirit prompt a theme “Turning the Hearts of the Children to the Fathers and the Fathers to the Children.” Those words have been much on my mind and in my heart as I have prepared for this Convention over the past year, so I was very touched to hear them echoed over and over throughout the dedicatory sessions.

I have wondered much also about what the roadblocks are that hinder that process of “turning hearts.” I believe that the ties that bind us to the past come in many packages. Dysfunctional family patterns,

irrational beliefs, unresolved traumas, and personal weaknesses turned to addictions (sins of the fathers passed down to the third and fourth generations) are some of those “packages” that act as “blind spots” that render us impotent to effect change—impotent, until we experience that mighty change of heart that Alma talked about in Alma 32.

I’m grateful for gifted mentors and teachers who’ve led me on my own journey of healing — to “a mighty change of heart.” They have helped me to uncover my false self and face my own and my family’s “demons.” They have given me the courage to go on, despite all odds, and discover my true self — a beloved daughter of my Heavenly Father. They have served as “sherpas,” those trusted guides who are essential to safety and success when hiking in the Himalayas because they “have gone the distance and know the terrain.”

I think that God has set special teachers and guides in all of our paths. How do we find and recognize them? How do we ensure that we, in turn, become those guides for those we work with, not only in our families, but to those we have a stewardship to in our “calling” as a therapist or counselor? Elder Jeffrey Holland shared a touching story in his temple dedicatory talk about my great-great grandmother that illustrates this point.

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He spoke of Druscilla Hendricks, who was one of the

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He spoke of Druscilla Hendricks, who was one of the faithful members in Nauvoo. Her husband had been injured at the Haun's Mill Massacre and was rendered paraplegic and later died. She, like so many other members, was struggling to survive as the raids on their beloved city increased. He recounted how one evening she assessed what she had on hand in her little mud dugout and determined that she had only enough cornmeal for one last meal. So she prepared that for herself and her son, then prayed with great faith to God that he would take care of her. She was very weak and dispirited, but she trusted him and was prepared to die if that was to be. Then she lay down to die. Meanwhile, nearby, a friend and neighbor Reuben Allred followed the prompting of the Spirit, which whispered to him that Sister Hendricks needed help and to go check on her. He promptly did so and provided her with a container of flour that saved her and her son's lives.

I have heard this story before, of course, but I was profoundly moved when I heard Elder Holland tell it at the dedication. I realized in that moment that I might not be sitting in the dedication listening to Elder Holland were it not for Reuben Allred! Are we as diligent and as sensitive to the Spirit as he was, in our own lives, the lives of our loved ones, and to our clients?

Carl Fred Broderick first taught me about transitional figures, or being "a Savior on Mt. Zion." A transition figure is someone who changes the path he's on and invites others to follow. The greatest transition figure, of course, was Jesus Christ, who refused to follow the tradition of seeking revenge for the injustices done to him, but instead willingly atoned for the sins of all the human family, past and present.

Wendy Ulrich, one of our own AMCAP members, who is now serving a mission with her husband, was another gifted teacher who taught me about "transitional figures." Her article, "The Temple, Psychotherapy, and the Traditions of the Fathers" (from *AMCAP Journal*, Vol. 18, No. 1, 1992), is a masterpiece. I recommend you read it.

Genesis, the group supporting Black Latter-day Saints since 1971, also recently spoke about transitional figures. A member of the Genesis Branch Presidency

said: "Following this pattern, then, if a family has been raised with a tradition of alcoholism, a transition figure will not drink liquor and will teach his children to follow his example. Thus, from his life, the tradition will be changed for the future. If a child has been raised in an abusive home and, through the miracle of the atonement, learns to love and forgive, that child may raise a family where abuse is not present. Thus the tradition is changed and the family line cleansed." This is the essence of the concept that Elijah taught in Malachi of "*turning the hearts of the children to the fathers and the fathers to the children.*"

Doing this "transitional figure" work is the hardest work we will ever do, I believe. President Hinckley stated in his dedicatory prayer, "Thou knowest, dear Father, of the travails of those who made that long journey. Many died and were buried along that trail of tears. Great was their suffering, tremendous their courage." I think that statement applies to all of us as well. The journey of many of those we work with is full of betrayal, sorrow, rage, grief, and pain. Do we have the courage to help them face the truth of their past, because we have in turn, with courage, faced our own...and conquered?

Can we say, like Alma, "Have [I] sufficiently retained in remembrance the captivity of [my] fathers?" (Alma 5:6) "Have [I] spiritually been born of God? Have [I] received his image in [my] countenance? Have [I] experienced this mighty change in [my] heart?" (Alma 5:14). Have [I] felt to sing the song of redeeming love?" (Alma 5:26) "Have [I] walked, keeping [myself] blameless before God? Could [I] say, if [I] were called to die at this time, within [myself] that [I] have been sufficiently humble? That [my] garments have been cleansed and made white through the blood of Christ, who will come to redeem his people from their sins?" (Alma 5:27)

This comes about by being what Elder Maxwell describes as a "disciple" of Christ. In a recent conference talk, he spoke of "discipleship" as a thorny, lonely, refining road, where we each face our own individualized Garden of Gethsemane and Golgotha, going into the "Valley of the Shadow of Death," as it were. But it is a road we must go down, he says, if we are to receive the blessings promised us.

Thankfully, God has provided an amazing array of people and tools in our paths to help us on this journey. More than anything, God wants his children to heal. This I know for a surety. I am grateful for the amazing array of talents among fellow AMCAP members and I'm excited for the opportunity we have to share those talents and gifts with each other every six months at our conventions. The upcoming Fall Convention has a wide variety of topics and speakers, many addressing aspects of our theme, "Turning the Hearts of the Children."

As we evaluate the impact of the level of integrity of our own lives on those of our loved ones and clients, I urge a fearless moral inventory of our thoughts, feelings, and behaviors to make sure they are consonant with the gospel. Colleen Harrison, who is the author of the LDS 12-step program, *Heart to Heart*, and the workbook, *He Did Deliver Me From Bondage*, will be a featured speaker at the Fall Convention discussing transitional figures. Lili and Chris Anderson, Paul Birch, Dale Pearson, and Larry Jacobsen will also address us. I have used Colleen's workbook for my own use and recommend it to many of my clients who have reported astounding, miraculous, spiritually affirming results that have helped to turn their hearts to their fathers and vice versa. I heartily endorse everyone get a copy and go through the 12 steps. They are inspired.

Michael Lambert will report on his nationally recognized research that states that client-therapist rapport is the most important factor inside of therapy (twice as significant as any specific therapeutic technique) that contributes to success. James Drisko, a therapist who delivered a paper recently at the Society for Social Work and Research conference in

San Diego stated this about Michael's research:

"There is sort of a medical assumption that if you do the treatment better, the treatment causes the change, not the human factors, the common factors. So we emphasize technique, and we make out the therapist as hero and healer. What's more important is how the therapist comes across to the client, how they [clients] interpret us connected to their context—that's the real deal. It's how we act for that one person that's pivotal to their success. That's the caring warmth, empathy and basic things that also fit with NASW's Code of Ethics, like supporting the dignity of clients." *NASW News*, March 2002.

Remember Reuben Allred and Druscilla Hendricks — they were the real deal! It is my hope and prayer that we will all be "the real deal" in our interactions with our loved ones—including our clients. Then we can claim the promise inherent in the last chapter of Malachi about turning the hearts of the children to the fathers: "But unto you that fear my name shall the Sun of righteousness arise with healing in his wings, and ye shall go forth, and grow up as calves of the stall. And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the Lord of Hosts." Malachi 4:2-3

An anonymous quote: "If you live up to your privileges, the angels cannot be restrained from being your associates. Hold your soul very still, and listen to the whisperings of the Holy Ghost. Follow the noble intuitive feelings planted deep within your souls by Deity in the previous world."

THE ARIZONA WILDFIRES DISASTER: AN OPPORTUNITY TO WEAR BOTH HATS

NOEL C. GILL
Board Member

One of the stated purposes in the mission of AMCAP is to "promote spiritual and professional excellence. . . ." Recently during a two-week assignment as a Mental Health Disaster Worker, I had the opportunity to apply some of the guiding principles of AMCAP.

I hadn't planned on taking on any more Red Cross Disaster assignments this year, as I had already been to New York City to aid the victims and survivors of the World Trade Center Disaster and had helped out in the Emergency Aid Stations at the 2002 Winter (continued on page 12)

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Olympics. But as I read of the suffering and sorrow of nearly 500 homes destroyed and over 30,000 individuals evacuated and—for all practical purposes—homeless, I felt I should at least try to use my skills to help in some way.

When I got the assignment to report, I had less than 24 hours to be there. It was an exciting assignment, as I had the opportunity of assisting in the setting up, implementation, and winding down of an operation. The first few days were spent in establishing a plan of action and developing liaisons with local agencies and services. The fire was centered in Northeastern Arizona where, if you recall, in the 1870s Brigham Young assigned numerous families to go and establish settlements. Names like Joseph City, Heber, Taylor, and even Snowflake represent early church leaders and colonizers. The communities threatened by fire could be roughly divided into three groups: Mormon settlements, Indian Reservations, and Wild West Frontier towns.

One of the most important elements for a successful operation is the coordination and cooperation of the participating groups. Since I was the only Mental Health Worker familiar with Mormon culture and tradition, I was given the assignment to familiarize the Red Cross staff with some of the unique and important features of LDS culture and also to educate the LDS Church leaders on how to function cooperatively in a disaster mode.

This gave me some wonderful opportunities to help church leaders assist their community and acquire some basic skills in response to crises, as well as to help the Red Cross understand why certain things were happening in the community.

One cooperative plan that was developed was to transport the families whose homes had been destroyed back to their home sites before the evacuation order was lifted so that they could begin to process their loss and grieving. We agreed to do this in a multi-agency approach. The State Police and National Guard were to provide the security and transportation to and from the staging sites. Each van was to contain a couple of families, a Red Cross Mental Health Worker, and a “Spiritual Care Leader” from the community.

This program proved to be very helpful and healing. We were able to identify and address acute situational, crisis-related emotional and mental

states. We were also able to bring the spiritual leaders more quickly into the recovery process. This professional teaming worked very well. We also did some brief sensitivity and basic crisis intervention training with the National Guard and State Police. Everyone worked as a team and the victims were grateful for the coordinated support.

Two stories about the gospel in action proved to be somewhat of a mystery to the Red Cross until I explained why LDS members do what they do. The first story involved providing resources to Red Cross Shelters. The town of Show Low and surrounding subdivisions were given the evacuation order, and within two hours thirty thousand people were “homeless.” Knowing Northeastern Arizona Geography, you find that there were more evacuees than intact families within about a fifty-mile radius. There was no way everyone could be relocated to friends or relatives in a short period. The Red Cross responded by establishing shelters where families could sleep and eat. Unfortunately, the sleeping arrangements consisted of Red Cross issue cots. It became quickly apparent that among the evacuees there were a number of elderly, handicapped, or otherwise impaired individuals who would have great difficulty sleeping on cots. A call went out to one of the local stake presidents. Within an hour a steady stream of pickups and minivans began showing up at the shelters, dropping off treasured personal recliners. By Red Cross account, over fifty were delivered in the space of an hour.

As the days passed, the number in the shelters began to dwindle and decrease far faster than would have been predicted. As I helped look into the phenomenon, I discovered that the church had put out a call to accommodate those in the shelter in family settings. The response was overwhelming. Members brought in campers and trailers. Families took in one or more families. Many families actually sent their children out of town with relatives to offer more rooms. This service was provided to members and non-members alike.

As I visited with the people from the Red Cross, National Guard, firefighters, and media I sensed a deepening respect for members of the Church of Jesus Christ of Latter Day Saints and how they put into action their beliefs. It made me proud to be a member and also grateful to be at the disaster site providing much-needed crisis mental health service. It is an experience I will always treasure.

CHANGING FROM VICTIM TO AGENT: ANOTHER PERSPECTIVE ON DEPRESSION IN WOMEN

A PRESENTATION BY LILI ANDERSON, FALL 2001 AMCAP CONVENTION
Summarized by Dean Bender, AMCAP Treasurer

The Point

Rarely do people change their behavior from Telestial to Celestial. Almost everybody moves first to the Terrestrial, then later to the Celestial. Therefore, using Celestial solutions to Telestial problems rarely works. We must learn and apply Terrestrial solutions to Telestial problems; then our clients will have a greater success rate.

Foundation

Although we often think of the three degrees of glory being realms in the future, they are also of this life. Section 88 of the Doctrine and Covenants talks clearly about the laws that govern those realms. It is in this life that we have to live by the law of the Kingdom we hope to inhabit. Death does not confer virtue.

The Telestial was described as being a law of appetite satisfaction and immediate gratification ("the natural man"). The Terrestrial is governed by the laws of self-control and deferred gratification ("Christ-like" behavior). The Celestial law can be explained as "Christ-like" being, not just "Christ-like" behavior.

God gave Moses a Terrestrial Law on Mount Sinai because the children of Israel, who were wallowing in the Telestial, could not abide a Celestial law. Much later, Christ gave the Celestial law.

Obedience is the first law of heaven (Joseph F. Smith, Bruce R. McConkie, etc.)—not love nor any other law. If we cannot master the natural man, we can never be consistently full of love.

Celestial Solutions

Celestial solutions work well on Terrestrial problems. Examples of such problems appeared regularly in 1950s prime time television, such as when "the Beaver" wasn't finishing his homework or Ozzie was reading the paper at dinner time and not communicating enough with Harriet. If any of the Ten Commandments were broken, shame or guilt was experienced.

In our lives, we have many such issues. Here is where persuasion, patience, long-suffering, gentleness, meekness, love unfeigned work wonders, as do forgiveness, family prayer, increased temple attendance, fasting, etc. These are wonderful solutions when we are firmly grounded in the Terrestrial.

Terrestrial Solutions

Telestial behaviors include breaking the Ten Commandments without remorse, including unrighteous dominion, abuse, etc. Sister Anderson tells the story of a woman whose husband locked her and her children out of the house when he got mad at them. He had done this for years. One time he came home from work and asked his wife, who was playing with the children on the front lawn, whether dinner was ready RIGHT NOW. When she responded that she would get it in a few minutes and started to round up the children, he went into the house and locked them all out for about two hours. They sat on the back porch, waiting to be let in.

This is clearly Telestial level unrighteous controlling behavior. Sister Anderson advised the woman to always wear outfits with pockets and first thing in the morning put her keys, driver's license, and credit card in her pocket. Then the sister told her husband very factually (avoiding becoming a victimizer herself) that if he ever locked her out again and it was dinner time, she would take the children and go buy a pizza or whatever. If it was very late, they would get a motel. If it was at other times, they would go to the park, a movie or wherever they wanted to go. They were not going to be controlled and manipulated this way ever again. Sister Anderson reported that he never locked them out again.

Sister Anderson's presentation (and cassette tape) also has an example of a woman whose husband was having an affair of the heart. It is just as powerful. (continued on page 14)

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A Warning

When we advise our clients to use such solutions, we need to warn them that people will respond in different ways. Many times, if we are dealing with a person generally grounded in the Terrestrial but having a difficult time with one or two Telestial issues, they may respond the way we all hope they will. But they have their agency and can (and sometimes do) respond in ways that surprise us all. Our clients must be

prepared for such responses.

Victim to Agent

Victim status by an adult over a long term is largely voluntary. When we allow ourselves to be treated in Telestial ways for long periods of time, we are allowing ourselves to be victims. Some women respond to this by becoming depressed. The solution to the problem is almost always a Terrestrial one that helps a woman regain her agency.

PATTERNS

SUSAN ERICKSEN, RN, MS, LMFT
Adviser to the Board

Wendy was a typical client who had been through a difficult divorce and was having hard time getting past the pain that kept her focused on loneliness and self-pity. As we discussed her situation, it became evident that she was holding on to patterns that were familiar to her—coming home from work to a married life that no longer existed. It would have been easy for me to tell her how to solve her dilemma—she simply needed to start getting out more and socializing with others, attending singles activities, and doing more things that she enjoyed. Instead, I asked her if she drove to and from work the same way every day. She said she did. I also asked her if it was the easiest, least threatening route. She said it was—she didn't like to stop at places along Main Street that didn't have lights because it was too risky to cross at a stop sign.

Wendy's low-risk options kept her on the same path home each day, one that minimized the possibility of an accident. I pointed this out to her and suggested that she try taking a different, more risky route home from work for a few days. When she returned for her next session, she was excited. She realized that there were many different ways for her to drive home, some a little more risky than others. Wendy immediately understood the metaphor and how it applied to her life.

The scriptures are full of stories about patterns. In fact, if in studying the scriptures we fail to learn about patterns, we miss important opportunities to "liken all scriptures unto us" (1 Nephi 19:23). The modern version of the stories may have changed, but the patterns we learn about in the scriptures are still the

same. There are nearly perfect parents with wayward children, resilient children who prevail from very destructive environments, those who try to justify sin and then are disappointed that the path they chose led them to destruction, and the miraculous turning points of those who discovered light and truth amidst sin and suffering. In many cases where negative patterns were abandoned and more positive patterns assumed, it was because there was a change of perception or heart leading to a new focus on a more effective pattern. Ultimately, it is the patterns we follow that lead us to happiness, regardless of our adversities. And some patterns will never lead to happiness no matter how much we want them to.

Clients sometimes get so focused on only one pathway that they fail to see they have other choices. In a society where technology can show us the physiology behind the negative patterns some get into, we must be careful not to take away the hope of clients for a better life regardless of the "diagnosis and prognosis." This was the powerful message of the recent movie *A Beautiful Mind*, where the main character realized he could not change the physiological processes responsible for his mental illness, but he could choose to learn about what was and was not real and then learn to ignore what wasn't. The patterns that pulled him into submitting to his mental illness were strong, but his determination to become stronger helped him chose a different path that would help to preserve his family.

John had been severely abused as a child and suffered the effects of PTSD. His patterns of “victimhood” in his life became a self-fulfilling prophecy. He had become his own worst enemy, accepting the effects of his abuse as permanent and blaming his self-destructive choices on his perpetrators. In an attempt to help him discover new options, I asked him how long he planned to stay in his victim role. The thought of choosing not to be a victim had apparently never occurred to him before. After thinking it over for a week, he stated, “I’m not yet ready to give up my victim role.” Although he was not yet ready to let go of familiar patterns, the idea that he could choose new patterns was both overwhelming and exciting to him.

As therapists, we sometimes get “stuck” with our clients. If we try to work on the content of our clients’ problems rather than the patterns and processes they use to resolve their issues, we will not be as effective. In a world that likes to label patterns with diagnoses that may restrict progress, we must take care to help

our clients discover their abilities to overcome destructive patterns and replace them with more effective patterns, i.e. “teaching them to fish” rather than “giving them a fish.” We live in a content-oriented society that promotes the idea that life should be fair, the end result is more important than the process of getting there, and nobody should suffer adversity. No one was treated more unfairly than Christ, and yet He taught that although we have many challenges, we can grow stronger by overcoming them. He helped people to learn new patterns through subtly guiding them to new options by first showing love, acceptance and caring, and then by providing opportunities for growth through helping them understand new options, often through the use of simple metaphors. By following His patterns in our own personal and professional lives, regardless of our training and focus, we will find the success we seek and the peaceful knowledge that we are accomplishing His work in a way of which He would approve.

PILOT PROGRAM TO ENCOURAGE USE OF AMCAP CONVENTION TAPES FOR CONTINUING EDUCATION CREDITS

DOUG CRAIG, PH.D.
Board Member

The Board has decided to run a pilot program in which AMCAP members can receive continuing education credits by listening to recent AMCAP convention tapes. Some members have already enjoyed listening to convention tapes together on occasion, even though they did not earn CE credits. The board’s hope is to eventually offer a CE credit program to all areas in an effort to help members glean even more from their participation in AMCAP by earning continuing education credit as well as building stronger ties among area chapter members.

The process will be as follows: The board will provide an e-mail list of recorded presentations that meet specific criteria, for example, presentations that were approved by all accrediting bodies (NASW, NBCC, and APA). The e-mail list of approved presentations will be sent to the area coordinators, who will select two presentations based on the interests of the AMCAP members in that area. The area coordinator will send a return e-mail to the AMCAP

secretary (mail@amcap.net) that lists the two presentations being requested by that area chapter. The secretary will then send the tapes free of charge to the area coordinator. The area coordinator or assistant area coordinator will canvas the local group and select a time and date to listen to and discuss one or two tapes as a group, depending on the time available. The area coordinator will have each member sign in and sign out (required to receive credit). The list will then be mailed to AMCAP at AMCAP, 2540 East 1700 South, Salt Lake City, UT, 84108. Note that while AMCAP members may invite other LDS therapists to attend, only those people with current memberships may receive continuing education credits for their attendance. Also, an AMCAP member cannot receive credit twice for listening to the same presentation (once at the convention and once at a chapter meeting). Continuing education certificates will be mailed to the area coordinator, who will disperse them to (continued on page 16)

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individual members.

If you are an area coordinator or assistant area coordinator and would like to participate in this pilot program, please send an e-mail to AMCAP at mail@amcap.net or to me at craigd@byui.edu. Assuming that all goes well with the pilot program,

the program will be offered to all area chapters. Note that the board will probably need to restrict continuing education credit to presentations that have been made during the two or three most recent conventions. Thank you to all area coordinators and local members who make things happen and further the mission of AMCAP.

AMCAP DOWN UNDER

ESBEN STRODL
AREA COORDINATOR

About a year and half ago, Professor Tom Holman from BYU visited Brisbane (capital city of Queensland). While here, he asked to briefly meet with the local LDS involved in counseling, psychology, social work, etc. From this initial meeting, it became apparent to those who attended that there was an interest to continue to meet regularly. We have subsequently done so, meeting every month at the central stake offices.

These meetings involve a business section where we discuss ways of increasing our membership, as well as ways in which we can be of assistance to local Church members; in addition, we also have a professional development component to the meetings. Interest in our group has grown, and we now have 34 local and distant LDS on our e-mail list, who study or work in the area of counseling/mental health. This group ranges in experience from first-year psychology/counseling students through to fully qualified and experienced social workers and psychologists. We also have one psychiatrist in training attending our meetings. We typically get 6-12 people attending our monthly meetings, and although there is a small core group of regulars, we also get a rotation of people who attend so that a much larger number have attended at least one of our meetings. In terms of trying to meet local needs, we have proposed firesides and training meetings to local stake presidents, with little interest shown. However, the tide of disinterest is slowly changing, with one local stake president asking us to provide training to his bishoprics on recognizing and dealing with child abuse/neglect. With respect to the monthly professional development section of the

meeting, we have had group discussion on cases and issues in therapy as well as having our members present on specific topics in counseling. Next month we have a representative from the Gestalt Therapy Association coming to provide us with some training in Gestalt Therapy, and the following month we have a representative from Evergreen Australia coming to discuss issues of same-sex attraction within the Church.

Although we get 6-12 people attending these monthly meetings, for most of this time I have been the only fee-paying AMCAP member. I think that this situation has mainly reflected a decision of value for money, with the poor exchange rate making international membership fees around \$50 Australian, and the fact that for the \$50, international membership mainly involves receiving a couple of newsletters a year. However a number of developments have occurred which I think make paid international membership more attractive now. As such, I expect many more of those involved in our group to formally join AMCAP. I think that perhaps the most important development for international members was the publication of the journal, which will be of great value to us. In addition, the upgrade of the website and the anticipated option for members to pay membership via the website will also make international membership more appealing. As such, hopefully in the near future, you will be able to check the membership directory and see that an increasing number of the 34+ LDS on our email list have formally joined AMCAP.

CONTINUING EDUCATION UPDATE

MARK CHAMBERLAIN, PH.D.

Board Member

AMCAP members and conference attendees often ask, “Why don’t we get more continuing education credit for AMCAP programs?” We thought it would be helpful to answer that question and explain a bit about the process of receiving approval to provide CE credit.

AMCAP has been authorized by professional organizations to provide CE credit. These have included the National Association of Social Work, the National Board of Certified Counselors, the American Psychological Association, and the California Behavioral Board. The National Association of Social Workers evaluates the program of each convention to determine which presentations can be offered to social workers for credit. All of the other organizations listed above authorize AMCAP to evaluate the content of our own educational programs to determine if they fit the criteria those organizations set for offering CE credit. Let me repeat that: *We evaluate whether our workshops and other programs meet the criteria the organizations have specified for determining whether or not programs should get credit.* Here is the key point: We cannot simply determine that, in our view, a presentation deserves credit—we must police ourselves according to the standards set by those

professional organizations. This is essential if we wish to maintain our status as a provider authorized by them to give continuing education credit to members of their organizations. In fact, when we apply to renew our approval status, these organizations evaluate whether or not we have applied their standards over the previous period of approval.

As the AMCAP Governing Board has discussed the issue, we have determined that it is essential to stay focused on our primary mission of providing a forum for LDS counselors and psychotherapists to associate, collaborate, and explore professional issues within the context of our faith. As a result, it appears that there may always be presentations that we deem as worthwhile, even though they have little chance of being offered for CE credit to at least some portion of our membership. If we were to put the obtaining of CE credit above our primary mission, we would run the risk of making AMCAP just another CE provider and weakening what the organization is now and what it can become in the future.

THE SURPRISING COST OF PARENTING PROGRAMS

H. Wallace Goddard, PhD

There is a general law that you get what you pay for. It seems that cheap chips are less flavorful. The price of an inexpensive car is multiplied by the costs of repairs. A discount wig may look like road kill.

Even such ephemerals as love have a high price. Love is not the spontaneous flood of emotion portrayed in popular media. Meaningful love is the result of serving, adapting, appreciating, and forbearing over the course of years and difficulties. Great love is built at great cost.

There are, however, notable exceptions to the general rule of economics. I can think of none more

conspicuous than in the area of parenting programs. Some of the best programs in the world cost the least.

Many commercial parenting programs were developed by business people. They are supported by effective marketing and skillful persuasion, but many of them are filled with high-sounding nonsense. They offer simple solutions with strong assurances. But some of the medicine is simply not effective.

There is no magic parenting wand. Timeout is no (continued on page 18)

(continued from page 17)

panacea. (In fact, it is commonly misused.)

Consequences are no better than punishment when used without wisdom and compassion. Rewards are often counterproductive, damaging the internal motivation that we hope to encourage in children. Discipline is not the most important issue in parenting.

What are the touchstones for assessing the quality of a parenting program? Two are vital. The first relates to the theme of all Jesus' teaching: Love. He tells us that the characteristic of love will be the measure of any follower: "By this shall all men know that ye are my disciples, if ye have love one to another" (John 13:35). I think Jesus would put love first on His list of parenting recommendations.

Not surprisingly, research has found that loving children is the single most important thing parents can do for their children. Not only does love have direct effects on children, but it also mediates or moderates the effect of other parental behavior. Discipline by a loving parent is more effective than discipline by a less loving parent.

The best parenting programs recommend love as the foundation, guiding principle, and informing spirit to all parenting efforts. They provide specific counsel on taking one-on-one time with children. They may even recommend specific methods for discerning children's individual languages of love. There can be no good parenting without love.

The second vital element in parenting is a healthy attitude about agency. Agency was the core issue in the war in heaven. It is also the core issue in most family skirmishes. It is not helpful to grant children unlimited freedom, nor is it productive to be over-controlling.

Devoutly religious parents at different points in history have thought it was their job to teach children to submit to them in preparation for submitting to God. Such a noble rationale has cloaked centuries of unrighteous dominion. It is plausible but wrong. God's message to Elijah was that the Divine was not to be found in wind, earthquake, or fire, but in the still,

small voice (1 Kings 19). We can help children submit to the holy inside themselves as training for lifelong submission to God. That is very different from getting them to submit to mom and dad. Unquestioning submission to parents sets parents up as gods. That is a form of idolatry. Unfortunately, mortal parents are not perfect. When parents point children to their own promptings, they are pointing them to a Source that never errs.

The most exciting new research on moral development teaches parents to activate their children's empathy. Compassion—more than control, rewards, or guilt—forms the basis of morality, according to this line of research. If one grants that empathy is one of God's messages to our souls, then this recommendation is exactly the same as the recommendation to point them to the holy inside themselves.

Excellent parenting programs teach parents how to point children to their inner messages. They teach parents to use persuasion, long-suffering, gentleness and meekness (See D&C 121:41) rather than manipulation and punishment. They teach parents to be as "wise as serpents, and harmless as doves" (Matthew 10:16), for effective parenting requires more than the right attitude; it requires wisdom and inspiration.

When the two characteristics of great parenting programs—love and respect for agency—are combined, agency is taught lovingly, compassion is taught by example, and loving is taught as the highest use of agency.

Where are the best parenting resources to be found? Some of the best are very affordable. For example, the best parenting book ever written (outside of scripture), may very well be *Between Parent and Child* by Haim Ginott. Though it is currently out of print, millions of copies were printed. It can often be bought at used bookstores for less than a dollar. (My judgment on the merits of that book may be tainted by the fact that I am currently working on a revision of the book that will be released in 2003. However, *The Authoritative Guide to Self-Help Books* places

Ginott's two parenting books on the short list of all-time great self-help books.)

John Gottman's *Raising An Emotionally Intelligent Child*, though limited to styles of guidance, is a wise and balanced book available for about \$12. It can help parents set bounds with compassion. Gottman calls it emotion coaching.

Another choice: You can buy *The Frightful and Joyous Journey of Family Life* at www.deseretbook.com for \$2.99. (Disclaimer: I wrote it.)

At the high end of the price spectrum, six excellent videotapes on raising the young child are available for \$25 (www.iamyourchild.org/toc.html). The tapes cover issues such as safety, learning, discipline, bonding and other essentials for launching a healthy child. Like many of the best resources, they are produced by organizations with an educational mission. Not only are such works cheaper, they are usually better than those produced by for-profit organizations, in part because the sponsoring organizations are more likely to partner with universities or nonprofit institutes that do not have a canned message to sell. They are driven by ongoing research on human development and relationships. They adapt according to new discoveries.

But there are even greater surprises. Many people do not know that the Cooperative Extension Service (CES) that provides counsel on pruning trees and canning tomatoes also provides research-based information on family life. CES is not in business to make money. The organizational mandate is to get the very best research information to the citizens of the country in useful resources.

Chuck Smith at Kansas State University had been very progressive in his development of family materials on line (www.ksu.edu/wwparent/wondhome.htm). One of the parenting programs I know best is the one I wrote for Auburn University. It is available at www.humsci.auburn.edu/parent/. The units (4 to 8 pages each) can be read online or ordered for a dime each (delivered!) or printed online with original design and

publications/pe/hefcd.php#infants.

For family-serving professionals, being able to provide reliable, practical, and engaging publications to struggling parents can be a real blessing. When those publications cost only pennies each, the potential for helping many parents is magnified.

Recently, Steve Dennis and I have created over 60 family units on subjects from marriage to development, from optimism to traditions, from timeout to nurturing. They are available free online at the University of Arkansas Cooperative Extension Service web site (www.arfamilies.org, click on Family Life).

A broad array of family resources can be found at the Children, Youth, and Family Education and Research Network (www.cyfernet.org/). This national website lists family resources from Extension services all across the country. All online information is free, of course. Many commercial web sites also provide useful family guides as a service.

There are times when an appropriate program is costly. Counseling and residential treatment cost more than information, just as surgery costs more than aspirin. Yet, as a general rule, if you are paying lots of money for a parenting program, not only are you spending unnecessary money, you are probably getting an inferior program. The best parenting programs in the world are some of the least expensive.

To order Alabama Cooperative Extension System publications, contact the publications office at 334 844-1592 or write Extension Publications, ACES, Duncan Hall, Auburn University, AL 36849.

An earlier version of this article was published by Meridian Magazine (www.meridianmagazine.com/) on February 26, 2002.

H. Wallace Goddard, Ph.D., C.F.L.E. is Extension Family Life Specialist for the University of Arkansas Cooperative Extension Service in Little Rock, Arkansas.

HIDDEN TREASURES INSTITUTE

SUSAN ERICKSEN
Assistant to the Board

Have you ever wanted to find information or a handout for a client that fits within the LDS values, even if your client is not LDS? Would you like to know what LDS articles are available about various mental health issues for your LDS clients or their bishops? Would you like to keep your files as empty as possible and yet have good, sound information at your fingertips? Would you like to send clients home to look up sound information on the web about a problem they are dealing with? Do you get lost in the web when you are looking for information?

The answers to these and many other questions are available at your fingertips. All you need is a computer and internet access. Type www.ldsmentalhealth.org and you have a world of information at your fingertips that is useful

therapists, clients, church leaders, and families who are dealing with mental health issues. The web site is easy to navigate and has no advertising. It covers many topics and has pre-screened links to non-LDS web sites as well as LDS resources.

The Hidden Treasures Institute is “a spiritually based service program committed to carrying a message of hope to interested parties who respect the principles and teachings of the LDS Church.”

We have Dr. Rick Hawkes, Larry Herbert Gardner, and Larry Jacobson to thank for this wonderful resource, and their time and efforts are freely given in developing and maintaining this web site.

DID I KNOW IT WAS WRONG?

REPRODUCIBLE HANDOUT
Submitted by Laurie Forbes

The essay on the following page is appropriate as a handout for survivors of sexual abuse who struggle with feelings of guilt. The author, Laurie Forbes, is a social work student at a community college. She expressed a desire to have her name attached to this essay because “As a survivor, I am done hiding. I refuse to keep the secret any longer.”

The author has requested that the essay not be sold or published in any way, other than in the *Networker* or by her, and that copies should be given to survivors at no charge.

If you have original handouts that you believe would be of help to others and that you would be willing to share in future issues of the Networker, please send them via e-mail attachments to Julie Shiffler at shifflerj@byui.edu, or on a 3 1/2-inch diskette or hard copy to:

*Julie B. Shiffler, PhD
BYU-Idaho Counseling Center
KIM 270E
Rexburg, ID 83460-1685.*

DID I KNOW IT WAS WRONG?

LAURIE FORBES

My son once asked me if I knew the sexual abuse that happened to me was wrong. My answer was that I did and I did not.

I was six the first time it happened. I was nearly asleep when my father came into my room that night. He came in and quietly uncovered me. I was groggy with sleep and it startled me at first, but he murmured reassuringly to me and I relaxed because I recognized my dad's voice even though I didn't understand his words. What happened next had me wide awake feeling confused. "Why would he want to do this to that part of my body? That's yucky! That's where I go potty from!" I watched him out of curiosity as I tried unsuccessfully to figure this out. "He would never do anything to hurt me so this must be okay," I silently told myself. He finished, covered me back up and left the room as he cheerfully whispered, "Good night."

I lay there turning and twisting this over and around in my child's mind. What he did left me with more than just confusion. Even though I trusted him, I had a bad feeling about it. However, I reasoned that my feelings had to be wrong, not only because my dad wouldn't hurt me, but also because mom and dad were who told me what was okay to do and what was not—they knew everything. So I decided that what he was doing must be okay.

I even accepted, without question, his warning to not tell my mother what he was doing just because he said she would be mad. I knew if mom was mad it was time to hide. I feared her when she was angry and I knew I would be spanked. It never occurred to me to wonder why I shouldn't tell her if this was not something that was bad.

As a six-year-old, I did not have the knowledge or experience to know that these bad feelings I was having were my instincts trying to warn me that this was wrong. I assumed that I had to be wrong because I felt that my father knew more than I did, I knew he would not hurt me, and anything he did had to be okay. At six years of age, because of how much I trusted my dad, I was taught that I could not trust my own feelings or instincts. This was a lesson that stayed with me until I was in my late thirties, when I was taught about trust by a therapist.

At six years old it never occurred to me that my mother would be furious with my dad for what he was doing. I assumed she would be mad at me. I did not learn any different until I was ten or eleven years old, when she had a private talk with me about my body's functions. She told me then that if she ever caught any man touching me "that way" she would kill him.

At that point I knew what my dad was doing was wrong, but I could not tell my mother it was happening because I believed she would kill my dad and would go to jail. I would be left without any parents. Without knowing it, my mother slammed and locked the door on my revealing what was happening to me and on any chance I had to have help in getting it stopped. I was on my own because at that point I went from protecting my dad to protecting my mother. If I went to anyone else for help and Mom found out what had happened, she would kill my dad; so I had to keep silent and find a way to protect myself.

Very young children have no idea what sex is. They barely know the differences between boys and girls. They understand that that part of the body has functions associated with the toilet. They do not understand that that part of the body is a pleasure center. When adults take advantage of young children to fulfill their own sexual desires, they are exploiting the natural trust of innocent children and destroying the natural development of self-trust that every child is supposed to learn.

Did I know it was wrong? Only with the hindsight of an emotionally mature adult could I see the signs in my childhood that warned me my dad's actions were not right.

MEET THE CANDIDATES

A new AMCAP president and two Governing Board members will be elected at the Fall 2002 AMCAP Convention, to be held October 3 and 4 at the Joseph Smith Memorial Building in Salt Lake City. Candidates for president are Marlene Williams and Noel C. Gill. Candidates for the Board positions are Garison L. Jeppesen, Jill Horrocks, Russ Seigenberg and Wendy L. Watson. If unable to attend the convention, please E-mail or send in the names of one Presidential and 2 Board member candidates.

MARLENE WILLIAMS, PHD CANDIDATE FOR PRESIDENT

Biographical Information:

Marlene has been a member of AMCAP since 1993. She is a frequent presenter at AMCAP conventions and national and international conferences related to mental health and treatment of mental disorders. She served as the treasurer of AMCAP for three years. Marlene has a PhD in clinical psychology from BYU and has specialized in women's mental health and in spirituality and mental health. She is currently working at BYU as Associate Clinical Professor of Counseling Psychology. Marlene is married to Dr. Robert F. Williams, also a psychologist, and they have nine children. She has served in LDS church leadership positions on both ward and stake levels and is currently serving as Young Women's President in her ward.

Vision for AMCAP:

I feel both honored and humbled to be asked to run for office in an organization that I so deeply respect. As the helping professions struggle with moral issues related to mental health care, I believe that AMCAP can rise as a refuge and support for mental health professionals who believe in providing care that is consistent with gospel principles. If elected to serve, I would work toward achieving goals that I believe are important to address in today's changing world. I envision a greater need worldwide for mental health care from a gospel perspective. First, as LDS church membership grows worldwide, it becomes important to strengthen AMCAP recruitment, particularly in areas where services based on gospel principles are unavailable or inadequate. Second, it would enhance our ability to serve if AMCAP would seek to promote greater understanding of people, cultures and mental health concerns from a worldwide gospel perspective. Global deterioration of peace, safety and family stability increases the need for addressing spiritual concerns in therapy. A third goal would be to provide

for training and research on how to conduct spiritually oriented therapy. As practitioners who are committed to the spiritual well being of our clients as well as their psychological well being, we need further exploration of how to provide effective therapy based on eternal principles.

I look forward to continued association with AMCAP members. If elected to serve I will remain committed to strengthening our capacity to serve the increasing needs of those who seek gospel-oriented therapy.

NOEL C. GILL, PHD CANDIDATE FOR PRESIDENT

Biographical Information:

PhD in Educational Psychology from the University of Minnesota and both an MS degree in counseling psychology and a BS in pre med from Utah State University. Clinical supervisor of Children and Youth Services at Bear River Mental Health Inc., in northern Utah from 1989 to 2001. Provides mental health services to Oneida County School District in southern Idaho. Has been a psychological consultant for hospitals, mental health centers, churches, school districts, churches, and local community groups. Has developed training materials and workbooks on marriage and family relations, resiliency models, parenting skills, conflict resolution, anger management, and impulse control. Is a faculty member at the University of Phoenix in the Masters of Counseling program. Noel's AMCAP association actually predates the official organization. In the 1970s he was involved with the Church Educational System as an Institute Director while finishing his doctorate degree. The discussion frequently came up about the desirability of a professional organization of counselors, educators, researchers, and ecclesiastic leaders with common standards and values of the gospel as well as the shared goal of providing clinical counsel and care consistent

with these principles. Once AMCAP became an official organization, Noel was one of the early members and has been actively involved. Has served as an advisory member and board member of AMCAP the past three years. He has presented at a number of conventions.

Vision for AMCAP:

Tremendous progress and change has occurred in AMCAP since its inception. AMCAP is now truly an international professional organization with increasing resources and benefits. Not only do we continue to have outstanding educational and inspirational conventions semi-annually, but also we have professional journals, periodic publications including the *Networker* and various bulletins. AMCAP has an ever-expanding web site with all sorts of information and resources. The individual local chapters are expanding their role and services to members in the field. As president I would want to continue to foster and support the great work going on. If I were to present a platform, one of my primary goals would be to strengthen the role of the local chapter and make AMCAP a year-round experience. We are working to be able to provide Continuing Education credits at the local level. We are encouraging local newsletters, “brown baggers” collaborative efforts, and resources to the church and community where they are located. I would also encourage the expansion of the web site to provide more resources and communication so that members throughout the world could access gospel-consistent clinical resources and contact other members instantaneously from the ease and comfort of their personal computers. As AMCAP provides more and better resources, the logical extension would be to increase enrollment so that we might form an even greater force for good in the world.

JILL HORROCKS, PHD, LMFT

CANDIDATE FOR BOARD MEMBER

Biographical Information:

Jill is a licensed marriage and family therapist and currently holds licenses in Utah, California, and Idaho. She lives in Pocatello, Idaho, where she presently serves as an AMCAP area coordinator. She holds a master's degree from Loma Linda University and undergraduate and doctoral degrees from Brigham Young University. She received her PhD in 1994 and has practiced in a variety of settings such as non-profit clinics,

private practice, and volunteer positions. She maintains a private practice two days a week and is a stake volunteer for LDS Family Services. She is Chairwoman of the upcoming Conference of the Idaho Association of Marriage and Family Therapists (IDAMFT), which will be held October 18th in Pocatello.

Vision for AMCAP:

I have been involved with AMCAP for a few years now and enjoy the fellowship and guidance I receive when I attend the conventions. I gather so many ideas for my practice along with mingling with friends. I love the AMCAP mission and support the efforts of the organization. With my experience and dedication to serve, I am pursuing the board position. I am not sure what the job will entail but I always try my best to fulfill my duties. Serving AMCAP will be no exception.

GARISON L. JEPPESEN, LCSW
CANDIDATE FOR BOARD MEMBER

Biographical Information:

Garison received his MSW from the University of Utah and is currently the psychiatric program director of an intensive outpatient substance abuse program for adolescents at the University of Utah Neuropsychiatric Institute. He also maintains his private practice in Salt Lake City with an emphasis in adolescent and family therapy. His involvement with AMCAP includes working with the editorial board in editing submissions to the *AMCAP Journal*. He has presented at AMCAP Conventions and to other community and professional organizations. In his personal life, he enjoys spending time with his wife and two sons, serving in the bishopric and as a board member of the East Millcreek Community Council.

Vision for AMCAP

I believe **increasing membership** is first and foremost among my many objectives in my involvement with this great professional organization. I would like to further the use of available technologies to help promote an even more cohesive, supportive networking system of collegial support, resource and strength to all those in the helping profession—nationally and internationally. I also envision the continued efforts to promote AMCAP as a valid professional organization while maintaining its strong spiritual roots. I desire to work with the Board in continuing to provide

publication of professional articles and journals, and promote academic research and presentations to AMCAP members. It is an exciting time to be a member of such a formidable professional organization. I am committed to helping AMCAP achieve its four-dimensional mission statement as it progresses into the future.

RUSS SEIGENBERG, PHD

CANDIDATE FOR BOARD MEMBER

Biographical Information:

Russ received his MA in Counselor Training at the University of Massachusetts, Boston and his PhD in Counseling Psychology at BYU. Since 1985 he has been a psychologist at Bear River Mental Health, a community mental health center in Logan, Utah. He has presented at several AMCAP conferences and at the Utah Mental Health Conference. He has written two books on psychotherapy, one of which deals with spiritual-based counseling. Russ is presently serving with AMCAP as an assistant area coordinator supervisor and as the membership coordinator.

Vision for AMCAP:

I am thoroughly committed to AMCAP and what it stands for and have been a member since 1987. I am especially interested in the discovering more ways to use the power of the Gospel to strengthen the practice of psychotherapy. I believe AMCAP will continue to make ever greater contributions to the members of the Church and the world at large. I am willing to contribute my energy and abilities toward this end and look forward to serving in whatever capacity I am asked to.

WENDY WATSON, PHD

CANDIDATE FOR BOARD MEMBER

Biographical Information:

Dr. Wendy Watson holds a Ph.D. in family therapy and gerontology. After teaching for 12 years at the University of Calgary in Canada she moved to Utah in 1993 where she is a Professor of Marriage and Family Therapy in the School of Family Life at Brigham Young University. Chaired the BYU Women's Conference in 1999 and 2000. With a rich professional background also as a nurse and a psychologist, Dr. Watson has worked as a marriage

and family therapist for more than 25 years, and has spent two decades teaching, researching, writing, supervising and consulting in the field of marriage and family therapy, both nationally and internationally. Is co-author of the book for health care professionals: "Beliefs: The heart of healing in families and illness"; the producer of five educational videotapes entitled: "Families with Health Problems: Assessment and Intervention"; and is the author of the recently published book: "Purity and Passion: Spiritual Truths about Intimacy that will Strengthen your Marriage".

Vision for AMCAP:

As an organization we in AMCAP are distinct in our quest for spiritual and professional excellence. I love that! What a contribution AMCAP has made to my professional life. I remember how excited I was, as a BYU Masters student 1973 - 1975, to receive my AMCAP journal. It introduced me to the work of such as amazing thinkers as Allen Bergin. As we consider our quest as AMCAP members of the 21st century some of my 'quest-ions' include: "As Mormon counselors and psychotherapists with access to eternal truths of the restored Gospel of Jesus Christ, do we sometimes live professionally far beneath our privileges?" "Are our clinical assessments, interventions and research consistent with, even reflective of Gospel truths?" "How can eternal truths enhance our professional excellence?"

I believe that AMCAP can help its members merge spiritual and professional excellence so that each member can contribute increasingly more to his/her profession. Imagine what can happen as we really believe what the Lord said in D & C 88:67. Imagine what we can accomplish professionally when we really believe "...that body...filled with light

NOTICE

If you would be interested in volunteering at the convention to help with registration, taking lunch tickets, or hosting break out sessions, email Susan Ericksen at:

ericksen@cc.usu.edu

AMCAP 2002 SPRING CONVENTION
April 4-5, TAPE ORDER FORM
THE PROMISE OF HOPE: WHERE TO TURN IN TROUBLED TIMES

CHECK HERE	TOPIC	\$ AMOUNT
___ 1.	The Promise of Hope: Where To Turn in Troubled Times <i>L. Lionel Kendrick, M.Ed, Ed.D</i>	_____
___ 2.	Hope and Healing in the Aftermath of Disaster and Terror: The Role of Mental Health <i>Richard A. Heaps, Ph.D., ABPP</i>	_____
___ 3.	Stories of Resiliency: Crisis Interventions That Instill Hope <i>Julie Merino, MA, LPC</i>	_____
___ 4.	Turning Within: The Patience and Wisdom of the "Inner Kingdom" <i>Michael Farnworth, Ed.D</i>	_____
___ 5.	And They Live Hopefully Ever After: Stories Reflecting Women's Quests and Expressions of Triumph Over Adversity <i>Annette Jerome, Ph.D. & Marleen Williams, Ph.D.</i>	_____
___ 6.	Including Parents / Guardians of Adolescent Clients in the Therapeutic Process <i>James C. Otteson, MS, MEd.</i>	_____
___ 7.	Beware of False Hope <i>S. Brent Scharman, Ph.D.</i>	_____
___ 8.	Understanding and Enduring Loss <i>Joyce Ashton, R.N. & Dennis Ashton MSW</i>	_____
___ 9.	The Bright Side of Burnout: Crisis as an Invitation to Growth <i>Mark Chamberlain, Ph.D.</i>	_____
___ 10.	The New 3-R's: Raising Responsible Resilient Children <i>Susan L. Ericksen, RN, MS, LMFT & Sally Jones, Child Life Specialist</i>	_____
___ 11.	The Paradoxical Nature of Sin: Explorations on the Nature and Uses of Falling Short in Life <i>John Rector, Ph.D</i>	_____
___ 12.	Stories that Heal: Opening Pandora's Box and Discovering Hope-Using EMDR as a Tool to Help Reframe Trauma and Loss <i>Jennie Murdock Gwilliam, LCSW</i>	_____
___ 13.	Faith and the Healing: The Role that Faith can play in Healing, Incorporating both a Medical and Ecclesiastic Perspective <i>James O. Mason, M.D., Dr.P.H</i>	_____
___ 14.	The Curative Power of Happiness <i>Deanna Edwards</i>	_____
___ 15.	If Your Lot in Life Seems Empty, Try Building a Service Station on It: The Healing Power of Serving <i>Noel C. Gill, Ph.D</i>	_____

OVER

AMCAP 2002 SPRING CONVENTION TAPE ORDER FORM

(Continued)

CHECK HERE	TOPIC	\$ AMOUNT
___ 16.	HOPE: Help Open People's Eyes	<i>Ryan Hulbert, Ph.D.</i> _____
___ 17.	Standing Witness to the Psyche's Work on Hopelessness	<i>Paul Williams, Chaplain</i> _____
___ 18.	Sandplay: A Therapeutic Approach to Teach Your Client's How to Use Their Own Inner Wisdom to Guide Them Through Troubled Times"	John Burr, LCSW _____
___ 19.	Motivating the "Unmotivated": Therapeutic Strategies to Foster the Change Process	<i>Garison L Jeppesen, MSW, LCSW</i> _____
___ 20.	When Faith Faileth: Recovering From False Hope Into a Hope of Compassion	<i>Randy K. Moss, Ph.D.</i> _____
___ 21.	The Therapist's Greatest Dilemma - Overcoming Resistance to Change	<i>Russ Seigenberg, Ph.D</i> _____
___ 22.	Turning to LDS Tailored Resources on the Internet in Troubled Times	<i>Ricky Hawks Ed.D and Larry Jacobson LPC H</i> _____
___ 23.	Presidential Address and Musical Number	<i>Duane Laws, Ed.D, Carrie Wrigley, LCSW</i> _____

TAPE FEES

Members: \$ 120.00 for complete set or \$ 8.00 per tape
 Non-members: \$ 150.00 for complete set or \$10.00 per tape

_____ # of tape sets or individual tapes

Total \$ Due _____

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____ Email _____

AMCAP MEMBERSHIP APPLICATION OR RENEWAL FORM 09/2002

New Application*
 Renewal (AMCAP # _____)

Please send a copy of the Bylaws and
 Ethical Guidelines of AMCAP (also located on Website)

Dr. Mrs. Ms Mr.

 First Name Initial Last Name (_____) Home Phone

 Home Address City State\Country Zip Code

Highest degree:

BA/BS MA MC M.Ed. MS MSC MSW DSW Ed.D. MD Ph.D. Psy.D.
 Other _____

Current License type: _____ # _____

I am applying for the following membership category:

- Professional member** - \$50 annual fee, \$750 lifetime membership fee
- Student or Retiree** - \$25 annual fee (Mark highest degree & license type above if applicable)
- Associate member** (non-voting) - \$50 annual fee Bishop Other: _____
- International Associate member** (non-voting) - \$25 annual fee in U.S. funds
 (Note: Category available outside the U.S. and Canada only.)
- Institution** (single, non-voting representative) - \$50 annual fee

Employer:

 (if student and no employer, please indicate permanent address)

 Work Address City State\Country Zip Code

(_____) _____
 Work phone Position

(_____) _____
 Fax number E-mail Address Website Address

Specialties: _____

Please send mail to my work address. Please send mail to my home address.

I would like to write or present on this topic: _____

Please circle any information you **DO NOT WANT included in the AMCAP Directory or on an Internet Listing.
 (Internet listing will include, if desired, name, license, email, work phone, city, state, membership type in a password-protected, "member's only" section on the AMCAP website, www.amcap.net

I am I am not currently providing therapy to individuals.

As a member of AMCAP, I agree to support the purposes and ethical guidelines of AMCAP as stated in the Bylaws.

The above information is accurate to my knowledge. _____
 Signature of Applicant

Send application & fees, payable to AMCAP in US funds only to:

AMCAP email: mail@amcap.net

You may also renew on the website with a credit card

AMCAP (801-583-6227)
 2540 East 1700 South
 Salt Lake City, UT 84108

CALL FOR SUBMISSIONS

**HAVE YOU HAD A MEMORABLE EXPERIENCE
AS AN AMCAP MEMBER?**

**A SUCCESSFUL EXPERIENCE WITH
SPIRITUAL THERAPEUTIC INTERVENTIONS?**

**A GREAT ACTIVITY IN YOUR LOCAL
AMCAP CHAPTER?**

**THOUGHTS ON ISSUES THAT WOULD
BE OF INTEREST TO OTHER
AMCAP MEMBERS?**

**IF SO, CONSIDER WRITING UP YOUR THOUGHTS OR
EXPERIENCES FOR THE NEXT *NETWORKER* AND
SEND THEM BY JANUARY 10, 2003, TO:**

**JULIE B. SHIFFLER, PHD
BYU-IDAHO COUNSELING CENTER
KIM 270E
REXBURG, ID 83460-1685
SHIFFLERJ@BYUI.EDU
FAX: (208) 496-5102**

THE LAST WORD

CHARTING THE COURSE

A couple of weeks ago, before I returned to my work at the Counseling Center for Fall Semester, my husband lamented to me that we had not spent any “just the two of us” time together this summer. We began to brainstorm some places that we had always wanted to visit: Martin’s Cove, Mount Rushmore, the Little Bighorn Battlefield.

We pulled out maps and formed some tentative plans for a five-day road and camping trip, and then I spent a day on the computer working out our itinerary. I carefully plotted our route, locating additional places of interest along the way, figuring the number of miles and the amount of time we would drive each day, and coordinating it all with reservations at what appeared to be the best campgrounds for pitching our tent. Knowing that we would be at Mount Rushmore on Sunday, I went to the Church web site for the location and meeting times of the three wards in Rapid City. Then, from another web site, I obtained driving directions to the meetinghouse. We bought food for simple meals, packed our bags, and we were set to go!

The first two days of our trip passed relatively smoothly, and Sunday appeared that it would be no exception. We awoke early, enjoyed a couple of hours at Mount Rushmore, and then headed for Rapid City to attend sacrament meeting, carefully following the driving directions. We were almost to the end of the directions when we came to an instruction that did not correspond with the actual streets in the area we were driving. We began to wonder if the program had skipped a step, so we did a little exploring and found the next street in the sequence. We drove up and down the length of the street, trying to find the street where the meetinghouse was located, but Canyon Drive was not there. We drove around the neighborhood and then moved to higher ground, thinking that

perhaps we would be able to spot the steeple. But there was no meetinghouse to be found. Disappointed, we continued on with our other planned stops for that day.

When we returned home, I again looked up the Rapid City wards on the Church web site. There I found my mistake. The meetinghouse was not on Canyon Drive, but rather on Canyon Lake Drive. It didn’t matter how detailed or accurate our directions because I had charted our course to the wrong destination.

In our work as therapists, our clients come to us desiring relief. Many have wandered from one anticipated source of happiness to another, sometimes seeking happiness in momentary pleasures. They never seem to reach what they really want because they are focused on a faulty destination. Others have worthy destinations in mind but fail to reach their goals because they lack correct knowledge about how to get there.

As therapists, we want to help our clients achieve their desired peace. But when we rely solely on the theories of men to guide them, it is as if some of the directions are missing. We and our clients never quite arrive at the desired destination. Only when our clinical work is consistent with eternal principles are we able to chart a course that, if followed, will accurately guide them in their search for genuine happiness. “But seek ye first the kingdom of God and his righteousness, and all these things shall be added unto you” (3 Nephi 13:33).

Of course, our clientele may not consist solely of members of the Church of Jesus Christ of Latter-day Saints. Even so, may our work with all of our clients be a reflection of righteous, eternal principles.

— Julie B. Shiffler, Editor

AMCAP 2002 Fall Convention

October 3-4, 2002

Joseph Smith Memorial Building in S.L.C.

Turning the Hearts of the Children to the Fathers and the Hearts of the Fathers to the Children

*Gospel Centered Workshops and Research Presentations
CE Credits Available*

Keynote Speakers: Douglas Brinley, Ph.D. & Gary and Joy Lundberg

Distinguished Service to Humanity Award Presented to
Elder Vaughn J. Featherstone at awards banquet on Thursday evening

Elder Featherstone has been a strong advocate and supporter of AMCAP from its inception. He was a keynote speaker at the first official AMCAP convention in 1975 and has been supportive since that time.

We would strongly encourage you to consider joining with us Thursday evening to honor and pay tribute to Elder Featherstone and to enjoy a lovely evening of fine food, fellowship and music.

**Chris Anderson, LCSW • Lili Anderson, Ph.D., LCSW • Roger Belisle, MA • Paul Birch, LMFT •
• Mark Chamberlain, Ph.D. • Thom Curtis, Ph.D. • James Daniels, USAF Chaplain •
Susan Ericksen, RN, MS, LMFT • Shawn Evans, LCSW • Noel C. Gill, Ph D • Robert Gleave, Ph.D. •
• Colleen Harrison, MA • Rick Hawks, Ph.D. • Lin Huish, Ph.D., MFCC • R. Vernon Kirk, Psy.D.
Michael Lambert, Ph.D. • John Livingstone, Ed.D • Max Park, MFT • Dale Pearson, PhD, LCSW, MFT •
• Madison Thomas, M.D. • LaNae Valentine, Ph.D. • Ron Wilkinson JD**

and Elder Lance B. Wickman of the First Quorum of the Seventy

Convention Fees*:	both days	one day
Professional members	\$120.00	\$ 85.00
Spouses, Retired members	\$100.00	\$ 70.00
Non-AMCAP members	\$150.00	\$100.00
Students	\$ 60.00	\$ 30.00
Awards Banquet		\$ 25.00 each

AMCAP membership:

Professional \$50.00 annually
Students \$25.00 annually

*Price includes lunch—Pre-Registration is due by September 27, 2002. Registration at the door is \$20.00 extra

FOR A REGISTRATION FORM, CONVENTION SCHEDULE, AMCAP INFORMATION OR REGISTER ONLINE
please visit our website: www.amcap.net
For more information, email: mail@amcap.net or call 801-583-6227

Volunteer / Committee Assignment Checklist

*Please indicate areas of interest in which you might be willing to assist:
Please send, email or fax (801-583-1305) information to the AMCAP office*

Name _____ Phone _____

Title/ Job Location _____ Email _____

Conventions:

- _____ Give a convention presentation (Optional: on topic _____)
- _____ Suggest a theme for a future convention: _____
- _____ Serve as a convention chair or co-chair
- _____ Serve on the Convention Committee, to assist in planning conventions
- _____ Introduce a convention speaker
- _____ Assist with publicity, audiovisual needs, or greeting (circle preference/s)
- _____ Help with registration, Continuing Education, or taking tickets (circle preference/s)
- _____ Serve on the Awards and Elections committee, to identify candidates for office

Publications:

- _____ Contribute an article to the Journal (Optional: on topic _____)
- _____ Contribute a piece to the Networker (Optional: on topic _____)
- _____ Transcribe a convention presentation for the Journal (Tape provided)
- _____ Submit an advertisement or announcement to the Journal or Networker
- _____ Assist in refining and developing articles submitted to the Journal

Website:

- _____ Contribute a news or area news piece for the website
- _____ Manage a Bulletin Board / Question and Answer area for the website
- _____ Prepare other materials for the website as needed
- _____ Provide technical expertise for website building and maintenance

Person-to-Person Contacts:

- _____ Recruit one or more professional associates
- _____ Assist with student recruiting at a local college or university near you
- _____ Serve as a student representative at your college or university
- _____ Serve as an Area Coordinator in your area
- _____ Assist your Area Coordinator in planning and carrying out area activities
- _____ Assist in developing and carrying out member surveys

General AMCAP Service:

- _____ Consider serving on the AMCAP Board or Executive Committee
- _____ Make a financial contribution to AMCAP (tax-deductible)
- _____ Become a lifetime member of AMCAP (\$750)
- _____ Serve on the Historical Committee, assembling an official AMCAP history

Any Other Area You Might Suggest: _____

***"Ask what AMCAP can do for you...AND...
Ask what you can do for AMCAP."***