

# AMCAP NETWORKER



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AMCAP

Spring 2002

## PRESIDENT'S MESSAGE

Greetings and Happy New Year from your AMCAP Executive Committee: Dana Templeman, Scott Richards and me (Duane Laws).

We have been blessed this past year to work with a terrific group of AMCAP member/volunteers in your AMCAP leadership, which includes elected board members and appointed members. They are hard working and dedicated to the goal of maintaining a well functioning professional organization.

We also have the services of a part-time Executive Secretary, B. J. Fullmer. Isn't she a marvel? Those of you who call or e-mail AMCAP know of her efficiency and effectiveness. Thanks, B.J., and thanks to all the great people of the Leadership Council!

What are the tasks and needs for AMCAP in 2002? We need to get more of you members involved in AMCAP activities as volunteers. There are so many opportunities to serve – before and after conventions. We need people to work with journal production and writing of articles, filling area AMCAP positions, recruitment (especially students who will replace those of us who retire), and particularly as volunteers before, during, and after conventions.

Board members are elected to keep AMCAP's

basic functions operating. The Board can't cover all the tasks required to maintain a viable professional organization. Would each of you make a New Year's resolution (which you will keep!) to talk with your Area Coordinator or an AMCAP board member about what you can do in 2002 to help AMCAP? We encourage ideas and suggestions, too, but we need willing hands to carry out your ideas.

We are delighted to have a journal published again. Our web site is operating – most of the time! We hope to keep expenses down so fees are reasonable, but we can see the need to either raise fees, enlarge membership, or seek voluntary contributions to accomplish the tasks your Leadership Council envisions.

Did you know that you could make a tax-deductible contribution to AMCAP? We are now a fully accredited non-profit organization. We would like to be able to fund travel and expenses for proposed regional AMCAP meetings. When we invite people to address our conventions, we would like to help them with expenses. Thus far, we have asked presenters to volunteer and cover their own expenses. We need some funds to help toward the costs and expenses in time and/or travel of presenters.

We have decided to hire part-time people to fill the needs of our journal production. We (continued on page 2)

**PRESIDENT’S MESSAGE (cont.)**

probably will have to spend more funds to get and keep our web site up to date. These are some of the ideas and projects that have been suggested, but they need financial support to get beyond the idea stage.

We are committed as your Executive Committee and Leadership Council to do our best in 2002 to make AMCAP your first choice professional organization. We appreciate your support and prayers as we work together to be able to serve others more effectively.

Be well! (Moroni 7:47)

Duane Laws, EdD  
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**AMCAP NETWORKER**

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Submissions are welcomed. Send submissions, together with information on contacting the author, via e-mail, on a 3½ -inch diskette, or by written copy to:

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**ASSISTANT AREA  
SUPERVISOR—WEST**

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# NEWS FROM AMCAP HEADQUARTERS

B. J. (BETTY JO) FULLMER  
Executive Secretary

Thank you for keeping your AMCAP memberships current. I appreciate you informing me of address or e-mail changes you may have. We want to welcome the following 93 new members — 41 Professional, 36 Students, 8 International, 4 Associate, 3 Retired, and 1 Institutional Member — who joined AMCAP during the year 2001.

Adams, Tiffany, Student	Drebot, Michael, Student	Martin, Bruce, Student	Satele, Michael, MA
Anderson, Lili, Ph.D.	Garcia, Patricia, MA	Mathews, Bonnie, MC	Schrader, Brent
Bake, Shanna, MSW	Gast, Kathleen, MA	Mayer, Gregory, Ph.D.	Sessions, Joseph, A.A.
Barnard, Judith, Ph.D.	Giles, Curtis, Student	McClellan, Paula, MSW	Sheen, Richard, LMSW
Bennett, Robert	Green, Kevin, MS, LMHC	McIntire, Anna, MSW	Shumway, Anita, MFT
Benson, Margo, Student	Guyman, Mike, MSW, LMSW	Merl, Harry	Simons, Kevin, MS
Bentley, Serena, Student	Hanks, Julie, MSW	Messick, Daniel	Skollar, Milena, MSW, LCSW
Bishop, Matthew	Harmon, Cory, MS	Montague, Ginger	Sowa, Adam MA
Boice, Scott, MA	Haymond, David, MD	Morris, Darlene, MSW	Stack, Lisa, MSW
Bolduc, Philip, MS, LPC, CAC	Heineman, Carol	Neff-Mikol, Elizabeth, MA	Stoll, Robert, MS
Boman, Michael, MSW	Hibbert, Christina, MS	Neider, Donevan	Stott, Kevin, MA
Bouck, Michael, Student	Hunt, Robert, Student	Nielsen, Richard, Ph.D.	Stucki, Kathryn
Brewer, Bruce	Jensen, Dallas, Student	Nielsen, Dianne, Ph.D.	Stull, Darwin, Chaplain
Broderick, Rebecca	Kennedy, Melvin, MC	Okazaki, Chieko, MA	Teichert, Cindi, MFT
Brouwer, Melanie	Kim, Soni, Psy.D.	Oosthuysen, Glenn, MA, MSW	Thibodeau, Jennifer, MSW
Brunner, Heidi, Student	Klunder, Ingrid	Otteson, James, MS, M.Ed.	Thomas, David
Cash, Monette, MSW	Knudsen, Rebecca, Student	Pack, Sarah, MA	Tilman, Lori, MSW Student
Christensen, Faline, MS, MFT	Kraus, Reva, Student	Paredes, Antonio, Ed.D.	Ulibarri, Crystal, Student
Cluff, Richard, Ph.D.	Leifson, Tamara, Student	Parks-Beyers, Perriann, MSW	Vanyo, Urania, Student
Cobia, Derin, Student	Leloudis, Richard	Ponciano, Sandy, MS	Ware, Janet, Student
Collato, Daniel, MA	Lockhart, Lynne, MSW	Poor, Patrick, MS	Wiggins, Bradford, Student
Coury, Lauren, Student	Lundberg, Gary, MA	Pritt, Thomas, Ph.D.	Williams, Tiffanie, MSW
Crosby, Susan, MS	Lyman, Kelly, MSW	Richardson, Elizabeth, Student	Wright, Marilyn, MSC
Drago-Koch, Barbara, MD			

The following are a few of the former members of AMCAP with whom we have lost contact. We would like to send them some of the current AMCAP publications and invite them to considering rejoining AMCAP. If you have contact information for any of these individuals, please notify the AMCAP office.

Adams, Robert, M.D.	Baker, Samuel, BA, LLB, LLM	Bjarnason, John, Jr.	Broyles, Annette, MSW
Adams, Chauncey, Ph.D.	Bangerter, Anita, MASTER'S	Blair, Michael, MA	Bryner, Joyce, Lay counselor
Adams, Nancy, MS	Barker, Barbara, Ph.D.	Blair, Michael, MS	Buhn, Ina, MA
Albrecht, David, MSW	Barnett, Bradley, BA	Bledsoe, A. Marie, M.Ed.	Bunce, Sandra, MA,
Allen, Roger, PhD	Barry-Thomason, Rachel, MS	Boineau, Barbara, Ph.D.	Burgon, Kaye, BA
Allison, Jr., Roger, Ph.D.	Beard, J. Keith, MSW	Bone, Marjorie, MA	Burnett, Marlene, Nursing
Ammon, Kathleen, BA	Beck, Suzanne, MSW	Bower, Susan, MSW	Burnett, Kim, Student
Anderson, Brian, MSW	Beckstead, Karla, MS	Braddock, Shirley, Student	Burrup, Lyle, MSW
Anderson, Christian, MSW	Belisle, Roger, BA	Bramwell, Paul, Ph.D.	Calkins, Carla, MA
Anderson, Derrick, MA	Belnap, Grant, MD	Breinholt, Jennifer, BS	Campbell, Patricia, MSW
Anderson, Adam	Bennett, Jan, MS	Bright, Charles, Ph.D.	Campbell, Ned, MSW
Anderson, Alan, Ph.D.	Benson, Lisa, BA	Broadbent, Dennis, Ph.D.	Campbell, Susanne
Andrews, Linda, MSW	Bernhard, Colleen, BA, MA	Broadbent, Ann, BA	Carden, Thom
Ashby, Pat, MASTER'S	Berns, Carrie, MA	Brockbank, Virgil, Ph.D.	Cardon, Earl, MASTER'S
Atkin, Thomas, PsyD	Betts, Margaret, Ph.D.	Brown, Kenneth, MSW	Cate, Colleen, MS
Bair, Laura, Student	Bigler, Mark, Ph.D.	Brown, Candice, MSW	Chipman, Elizabeth, MSW
Baker, Margaret	Billings, Joan, MA	Brown, Jr., Victor, DSW	Christensen, Deborah, Ph.D.
Baker, Samuel, BA, LLB,	Bjarnason, Jr., John		

# ESTABLISHING A NEW AMCAP AREA CHAPTER

DOUG CRAIG, PHD  
Area Coordinator Supervisor

An AMCAP area chapter is a local group of LDS mental health professionals who meet together regularly to promote AMCAP's mission to integrate the gospel and our professional work.

## ESTABLISHING A NEW AREA CHAPTER:

**Step 1.** Identify local LDS mental health professionals who belong to or are interested in joining AMCAP. Then meet as a group to review the AMCAP mission statement and area coordinator job description (found on the AMCAP website). Please check the area coordinator page of the website. You may discover there is already a group in your area. If not, identify two individuals who would be willing to serve for three years as an area coordinator and an assistant area coordinator. Please remember when identifying an area coordinator that coordinators need to be willing to invest some time and energy to make the local meetings happen.

**Step 2.** Contact the assistant area supervisor for your area to request approval for a new area chapter. For the eastern United States (Kansas and east thereof), Europe, and Africa contact Larry Lewis at [fam-nc@ldschurch.org](mailto:fam-nc@ldschurch.org) and [Lwlk@juno.com](mailto:Lwlk@juno.com). For the western United States, Australia, South America, Asia, etc., contact Russ Seigenberg at [Pensio7@msn.com](mailto:Pensio7@msn.com). The assistant area coordinator supervisor will present the request to the area coordinator supervisor, Doug Craig ([craigd@byui.edu](mailto:craigd@byui.edu)), and the request will be reviewed at the AMCAP board meeting the following month. In all likelihood, the request will be approved and the area chapter will be assigned phase 1 or phase 2 status. Also, please remember to e-mail minutes of the initial meeting to both the assistant area coordinator supervisor and the area coordinator supervisor.

**Phase 1** area chapters denote chapters with fewer than five dues-paying AMCAP members. The primary focus is on networking and strengthening fellow members and on recruiting additional members.

**Phase 2** area chapters have five or more dues-paying AMCAP members. These chapters are strongly encouraged to have regular "formal" meetings at least twice a year. Providing outreach services is likewise strongly encouraged. The AMCAP Board is currently working on guidelines for area chapters to provide continuing education credits at their area meetings. Until those guidelines are completed, area coordinators should submit requests to the board, specifically the continuing education/ethics board member, Mark Chamberlain ([mjc1044@juno.com](mailto:mjc1044@juno.com)). Mark will complete his assignment in the Fall of 2002, at which time a new board member will assume those responsibilities.

**Step 3.** Meet together. Make friends. Motivate. Inspire. The goal for each area is to help the members have an AMCAP experience year round. Some of the activities that chapters do include (1) networking with fellow AMCAP members within the area; (2) developing local newsletters (printed or e-mail); (3) holding workshops and seminars locally; (4) holding informal "brown bag" lunches; (5) consulting with fellow members on difficult cases, research projects, or other issues; (6) developing working relationships with LDS Family Services and local ecclesiastical leaders to assist in providing resources as requested; (7) developing speakers' bureaus based on the expertise and interests of local AMCAP members to provide resources to the community; and (8) recruiting LDS graduate students in the helping professions to join AMCAP.

## AMCAP IN THE HOUSTON TX AREA

ROBIN L. OTT, LMSW-ACP  
Area Coordinator, Houston TX Area

The Houston group met October 2001 with presentations by Duane Peterson and Robyn Ott, who had both attended the Fall AMCAP Convention. The local group met again over lunch in January 2002 to listen to the audiotape of Lili Anderson's convention presentation: "Victim to Agent," followed by a lively discussion! There were five members in attendance, including one new graduate who will be moving soon,

and she was encouraged to look up AMCAP in her next location. Trish Taylor has moved back to Houston and is working on her PhD, while long-time member Dennis Nelson also remains active in the organization. Robyn Ott has jokingly decided to serve only two years as the local Area Coordinator, in order to break the tradition of having to move in order to get released!

## AMCAP IN THE UNITED KINGDOM

Rosa Hubbard-Ford, MA  
Area Coordinator, British Isles

There is still a struggle to promote AMCAP or even to find and contact other therapists within the UK. However there are now two new members and a possible third joining soon which will make four of us here in the British Isles. At present, I make contact via the phone and e-mail as we are all at almost opposite extremes of the British Isles.

A meeting is due to be held in late April this year when those who have expressed an interest in working in cooperation with LDS Family Services as counselors and psychotherapists will be able to get

together in London. I am planning to attend that meeting and hopefully promote AMCAP so we can start an active Chapter over here with several more members.

Although it has been an uphill struggle encouraging the profession within the Church over here there are many leaders now who are beginning to be supportive and interested in the work we do. I feel that soon a breakthrough in understanding and growth will happen.

## AMCAP IN EASTERN IDAHO

KRISTIN ERICKSON, MA, LPC, BCIAC  
Area Coordinator, Rexburg/Idaho Falls ID Area

I have recently accepted the "assignment" to serve as Area Coordinator to help revive local AMCAP activity in the Rexburg/Idaho Falls, ID, area. I have lots of thoughts and feelings on the subject — especially mixed ones. I am a relatively new therapist, a relatively new AMCAP member, and a relatively new resident in the Rexburg/Idaho Falls area, in a relatively new job at the Counseling Center here at BYU-Idaho. A Chinese Proverb I have come to know well is "When the student is ready the teacher will come." I notice that teachers of some sort keep coming my way. Perhaps it is time for more growth that seems to come only when I step

out of my comfort zone. Nevertheless, somehow things always seem to work out. In spite of feeling so new and somewhat inadequate to serve in the capacity of Area Coordinator, I am excited to be a part of AMCAP, and I value the importance of what AMCAP is globally trying to provide for its members.

So, what can AMCAP do on a local level? I have to admit, I am not fully sure. I see one of my roles as an area coordinator is to try to answer this question, as well as to serve as a facilitator to help whatever (continued on page 10)

(continued from page 9)  
needs to happen, happen. There are several things I can see happening on a local level that could greatly benefit AMCAP members and the clients they serve.

AMCAP is a unique professional organization that is geared particularly to serve the needs of the LDS population (both client and therapist). Local involvement in AMCAP could provide a place where clinicians could come together and support each other in our spiritual beliefs. Local AMCAP meetings would be a great place for LDS clinicians to explore and discuss ways to appropriately incorporate spirituality in the therapy process, especially when working with LDS clients. It would be great if AMCAP members could provide support and serve as a resource for stake presidents and bishops regarding how to deal with various emotional or psychological concerns of the members with whom they work (including appropriate referrals when needed). These are just a few of the ideas floating around in my head when I think of how AMCAP could be of value on a local level. I am sure there are many more.

We held our first local area meeting (at least the first in quite some time) on the BYU-Idaho campus this last November. Ron Jacques presented to a group of about 15-20 people (not all AMCAP members) on Disaster Induced Trauma. Ron is a Red Cross Mental Health Disaster Worker/Volunteer. He shared his experiences from his recent Red Cross assignment back east, where he provided crisis intervention to those affected by the September 11<sup>th</sup> terrorist attacks. Ron's presentation was very interesting as well as quite humbling. I greatly appreciated his willingness to present to us as well as answer the myriad of questions that came up afterwards on treating those affected by disaster-induced trauma.

I am beginning to see the vision of what can happen and what can be accomplished when we unite together, share (and exercise) our common beliefs, as well as support each other and learn from one another. Hopefully local AMCAP activity will begin to roll forward in a positive way, not only here in Rexburg, Idaho, but for all of us, regardless of where we live.

## AMCAP IN THE WASHINGTON DC AREA

ROBERT L JONES, BS, MBS

Area Coordinator, Washington DC/Maryland/Northern Virginia Area

We are still running two programs. Our annual workshop and seminar for 2002 is in the planning stages and is currently scheduled to run on 19 October. Our speakers' bureau continues to be used. The latest request, last week, was for a presentation on depression. We rarely get a request without the caller asking by name as well as subject. Both these programs have been helpful to local leadership and to us. We know each other.

We have some other things on the table that will only affect our own membership. We expect to be a little more formal in panning the "meat" part of our monthly meeting. One of our members has planned a series of presentations, case reviews, etc., for the year 2002. A little more planning to this part of our meetings should accomplish two things in addition to the obvious of material diversity. First, presentations

will improve if you know in advance you are going to be on the floor, and second, we will hear from some people who have good information but just don't speak up. The first of these will probably be at our 4 February meeting.

A lending library is in the planning stages. Exactly how it will work is still not in cement. Right now we are asking each of our people to bring in a list of books, related to our work, they would be willing to lend. If I have a book you would like to read, get in touch with me directly; I'll bring it to the next meeting, and you return it the following one. The long-term success of this, no matter the final form, will be getting the books back on time. Over the years I have lost a small library of books loaned out that couldn't find their way home. Maybe a little formality to the process will fix that.

## AMCAP IN FINLAND

MARITTA KAUPPINEN, MA  
Area Coordinator, Finland Area

Here in Finland, we have started in 1997 a program that we have called an LDS Mental Health and Family Counseling program. At the moment, we have 12 LDS professionals (psychologists, social workers, medical doctors specialized in social emotional problems, etc.) who work as volunteers giving short-term counseling for the members who have been referred to us by their bishops. We work in cooperation with the local priesthood leaders and also with the headquarters of LDS Family Services in Salt Lake City. We meet twice a year with this group of professionals having a seminar where we get some training and have an opportunity to share experiences

in this work and give some support to each other. Most of us live quite far from the others, so these are the only opportunities to meet together as LDS professionals. We have found these meetings very inspiring, and they are special also because all of us are the only members of the Church in the organizations where we work daily. It is nice to be in touch with all of you through the *Networker* and see that there are actually so many of you who share the same beliefs and professional interests as we do.

Best wishes to you all.

## NETWORKING

**Networking** is presented as a forum through which AMCAP members may discuss issues relevant to counseling and psychotherapy. Members' questions and responses are welcomed and should be submitted to Julie Shiffler, PhD, BYU-Idaho Counseling Center, KIM 270E, Rexburg, ID 83460-1685, or e-mailed to [shifflerj@byui.edu](mailto:shifflerj@byui.edu). Questions and responses involving specific cases should be written in a manner that protects the identity of client(s) and any other involved persons. Responses are the opinions of the authors and are not official statements of AMCAP policy.

### Question:

I have been working with a couple who is serving a mission in my area. Their adult daughter, who is in therapy with an LDS counselor in another area, is now claiming to have recovered memories that may involve satanic ritual abuse. The parents are devastated. I would like to know whether other therapists have encountered this situation and how they have handled it.

### Response:

Therapists can find themselves in very difficult situations! Thankfully, I have not encountered this particular situation in my practice, but I have heard of a similar situation though teaching a university course in ethics. Ethical guidelines are invaluable tools in such situations, but how to apply them is sometimes unclear at first. In this particular unfortunate situation,

you will no doubt assist the missionary couple in dealing with the situation the best they can (empowering them to act instead of taking on responsibilities yourself) and encourage them to receive assistance from others (e.g., referrals to other therapists, church leaders, and perhaps even attorneys). You may wish to encourage the parents to maintain contact with their daughter and, if the situation warrants it, to contact their daughter's therapist, indicating that they know she/he cannot speak with them about the case without a release of information from the daughter, but then requesting that she/he involve them in the assessment process. Usually therapists do not react defensively to positive requests, but if the daughter and her therapist refuse contact, the parents will need additional support. The parents may choose to contact the state licensure/ethics board if they feel that the therapist may be harming the client, but legally they have few options until an accusation of abuse is made or until the client's functioning is notably impaired. As you work with the parents it may be difficult to remain objective, so ongoing consultation (as you have done publicly here) may facilitate optimal practice in a truly unfortunate situation.

*Timothy B. Smith, PhD, is an assistant professor in the Department of Counseling Psychology and Special Education at Brigham Young University. He currently serves as a member of the AMCAP Governing Board.*

## IN MEMORIAM

**HENRY L. ISAKSEN (1918 – 2001)**

Adapted from a Funeral Address by Joe J. Christensen, PhD

Henry L. Isaksen was a bright young man who served his military responsibility during World War II in the U. S. Army Air Corps, fulfilled a mission to the Northern States, was graduated with a bachelor's degree from San Jose State University, a master's degree from Stanford, and a PhD degree from the University of Utah. When I first met him during the academic year of 1951-52, he and Amy were married and had several children and he was serving as an accomplished young professor at Brigham Young University. All of this had been done by the time Henry was only 33 years of age.

The undergraduate course I took from Dr. Henry L. Isaksen at BYU was much more stimulating, thought-provoking, and inspirational than many others. Henry was a student-centered, helpful professor. His graduate course in the area of Counseling Theory and Practice was motivational and informative. I am confident that Dr. Isaksen was instrumental in making the contacts and personal recommendations in my behalf that enabled me to receive a graduate fellowship offer from Cornell University.

The words of Josiah Gilbert Holland (as quoted in President Marion G. Romney's *Learning for the Eternities*, p.51) apply to Henry:

"God, give us men! A time like this demands Strong minds, great hearts, true faith and ready hands."

I remember Henry as one with a:

- *strong mind* as evidenced by his academic accomplishments;
- *great heart* as evidenced by his sensitivity and concern for others, courage to move out into new areas professionally and otherwise;
- *true faith* as evidenced by his Church service and unswerving loyalty to the principles of the Gospel. He was ever willing to share his belief

Gospel. He was ever willing to share his belief with others, and along the way, some of them within his professional circles found the truth of the restored gospel; and finally,

- *ready hands*. Henry was a doer who was willing to drop almost anything of personal interest and be helpful to those in need — within and outside of the family.

Among Henry's fine qualities that any of us could well strive to emulate are these:

- **Honesty**. From all I know, you could always trust in his integrity.
- **Intelligence**. He proved that through his academic accomplishments.
- **Commitment to the Gospel**. To my knowledge, Henry never refused to serve wherever he was called throughout his life.
- **Spirit of service**: All who knew him recognized his desire to be of help to anyone in need.
- **Love for his family and friends**.

The words of Shakespeare in his play, *Julius Caesar*, are fitting for Henry: "He was a gentle man and the elements in him so mixed that all the world might stand up and say, 'This was a man.'"

In the aging process, Henry experienced one difficult personal indignity after another. But Henry has passed the test. In those things that matter most, he has proved himself well.

He has crossed that "awesome chasm of death" with dignity and calm.

*Henry L. Isaksen served as president of AMCAP from 1976-1977.*

## IN MEMORIAM

**EVELYN THATCHER (1940 – 2001)**

Brent Scharman, PhD

(Ed. note: The following excerpts from the obituary of Evelyn Thatcher were published in the *Deseret News*):

*Evelyn was a bright star who brought wit, intelligence, compassion, and faith to those around her. She was a gifted clinical social worker who helped numerous people resolve difficulties in their lives.*

*She was born June 6, 1940 in Logan, Utah, to Theodore O. and Zella Wood Thatcher. She spent a year with her family in Pakistan, where she made many friends, both American and Pakistani. She studied traditional Indian and Pakistani dance and performed with a Pakistani national dance troupe.*

*In 1964-65, she served a mission for the LDS Church, working as a guide at the LDS pavilion at the New York World's Fair. As a social worker, she worked for several agencies, including LDS Social Services in California and Utah.*

On October 30, 2001, AMCAP, the profession, and the Church lost a true friend. Those who were active in AMCAP during the 80's will remember Evelyn as one of our faithful members and strongest leaders. Evelyn was elected president of the organization in 1985 and was unable to complete her term because she was diagnosed with a disabling brain tumor. Richard Ferre, whom she would have been replacing, agreed to stay on and complete her term. Evelyn spent the next 16 years of her life in the loving care of her family.

Evelyn was part of a graduating class from the Social Work Department at the University of Utah in 1970 that contained 12 students who became employees of LDS Social Services. Evelyn worked for Social Services in California and Ogden, where she established herself as an exceptional practitioner and thinker. She was one who took her work seriously and went the extra mile to make certain the needs of her clients were given top priority. She became a favorite of referring

priesthood leaders and was always busy with those requesting her services. Evelyn's influence was enhanced by her charming personality. Even those who didn't know her well will remember her pleasant, warm, honest style that allowed her to reach out and draw in all those she came in contact with. Those who visited Evelyn after her symptoms developed report that even under those circumstances, her desire was to reach out to the visitor and pay more attention to their needs rather than her own.

When it became known that Evelyn had developed her condition and that it was serious, it was one of those events that prompted all who knew her to pause and reflect on life. How could it be? How could someone so young and so good suddenly develop a life threatening condition? We all felt sorrow for what she would have to go through. We felt emptiness at our loss of contact with her. We felt vulnerable ourselves, i.e., "If this happened to her, could it happen to us?" We reflected on life and reminded ourselves of what was most important. As the years passed and Evelyn's condition lingered, it was easy to let periods of time go by without thinking too much about her. After all, we had to get on with our own lives. But then there would be reminders. Someone would ask at an AMCAP lunch, "How is Evelyn Thatcher doing?" and the discussion would inevitably begin to revolve around the latest report on her condition and some reflecting on how things used to be. If there was any consolation in that process, it was that the memories were always wonderful, thanks to the quality and passion of Evelyn's life and work

Evelyn we will miss you. We thank you for your contributions to AMCAP and what you taught us by your life, your struggle and your passing.

*Evelyn Thatcher served as president of AMCAP from 1986-1987.*

# PROPOSED BY-LAWS REVISIONS

**Present By-laws**

Article I. *Name and Purpose*  
Section 2 *Purpose*

- a) ...adoption of moral standards...consistent with Gospel principles.

Article II *Memberships*  
Section 2 *Types of Memberships*

The association shall include five types of membership: Professional, Student, Associate, Sustaining, and Honorary.

- h) AMCAP Fellow. AMCAP Fellows shall include the founders and past President of AMCAP. AMCAP Fellows may elect may elect other Fellows at their discretion and may plan and carry out activities as they choose, with the approval of the AMCAP Governing Board.

Article III *Governing Board*  
Section 1 *Governing Board*

**Proposed By-laws**

Article I. *Name and Purpose*  
Section 2 *Purpose*

- a) ... adoption of ethical standards...consistent with the doctrine of the Church of Jesus Christ of Latter-day Saints.

Section 3 *Mission*  
The mission of AMCAP shall be:

- a) To provide information and support for the mental health professionals of the Church of Jesus Christ of Latter-day Saints in four areas: 1) Spiritual, 2) Clinical Application, 3) Networking and Outreach, 4) Research, Theory and Publication.
- b) AMCAP members strive to center their professional lives upon Jesus Christ by serving their brothers and sisters in need.
- c) AMCAP shall fulfill and operationalize its mission by producing visible and consistent benefits for its members and others through 1) conventions, 2) publication, 3) website, 4) person-to-person contacts. The on-going work of these four operations shall be overseen by the Governing Board of AMCAP, carried out by committees, and contributed to and sustained by the full membership of AMCAP.

Article II *Memberships*  
Section 2 *Types of Memberships*  
The association shall include eight types of membership: Professional, Student, Associate, International Associate, Retired, Sustaining, Honorary and AMCAP fellow.

- h) AMCAP Fellow. AMCAP fellows shall include the founders, past Presidents and Vice-Presidents of AMCAP. The Chairman of the AMCAP Fellows may be invited by the President to serve as advisors and committee members to the Governing Board.

Article III *Leadership Council*  
Section 1 [add:] *Leadership Council*

- a) The mission of the Leadership Council shall be to effectively and efficiently move AMCAP toward accomplishing its stated purposes and mission.

**Present By-laws (cont.)**

Section 2 *Meetings of the Governing Board*

- a) The Governing Board shall hold regular meetings...
- b) ...and to keep the Board informed about the work of AMCAP.
- c) [del:]
- d) Board meetings shall be attended by members of the Board, the Executive Secretary, and such persons as may be invited with approval of the President.

Section 3 *Conduct of the meetings*

- a) Board meetings...
- b) The act of the majority of the Governing Board...

Section 5 *Vacancies*

Article IV *The Executive Committee*  
Section 3 *Duties of the President*

**Proposed By-laws (cont.)**

- poses and mission.
- b) The leadership Council shall consist of the AMCAP Governing Board and Advisors.

Section 2 *Governing Board*

- c) [add:] The President and Vice-President shall serve for two years. The Treasurer shall be appointed for a period of three years.

Section 3 [add:] *Advisors*

- a) Advisors to the Board shall include but shall not be limited to the Chairperson of the AMCAP Fellows, AMCAP Publication Editors, President-Elect and Vice-President-Elect, Area Coordinators, and may serve in committees under the direction of Board members who will chair those committees.
- b) Advisors to the Board shall be chosen and appointed by the Board and shall serve for a period determined by the Board.
- c) Advisors shall have no voting privileges.

Section 4 *Meetings of the Leadership Council*

- a) The Leadership Council shall hold regular meetings...
- b) ...and to keep the Leadership Council informed about the work of AMCAP.
- c) Leadership Council meetings shall be attended by members of the Board, the Executive Secretary, and such persons as may be invited with approval of the President, such as Advisors.

Section 5 *Conduct of the meetings*

- a) Leadership Council meetings...
- b) A simple majority of the members of the Board shall constitute a quorum.
- c) The act of the majority of the Governing Board...

Section 6 *Absences*

- a) ...regular Leadership Council meetings
- a) ...location of the Leadership Council meeting

Section 7 *Vacancies*

Article IV *The Executive Committee*  
Section 3 *Duties of the President*  
a) ...other than to attend Leadership Council meetings,...

**Present By-laws (cont.)**

- a) ...other than to attend Board meetings,...
- b) ...Executive Committee, the Board,...., submitted by the members of the Board.
- c) ...responsibility to Board members.
- d) ...,at the first Board meeting...

Section 4 *Duties of the Vice President*

- 2) ...to attend Board meetings...

Section 5 *Duties of the treasurer*

- g) ...earliest regularly scheduled Board meeting...

Article V *Elections*

- Section 3 *Elections*
- b) ...elected Board members.

Article VII *Awards*  
The Board will solicit...

Article IX *Publications*  
Section 1 *Kind, Number, and Frequency*

- b) ...will be published and mailed each calendar year, the first by June 30 of each year, and the second by December of each year.
- c) ...will be published and mailed each calendar year, the first by February 28 of each year, and the second by August 31.

Article X *Dues, Special Assessments, and Fiscal Year*

**Proposed By-laws (cont.)**

- a) ...other than to attend Leadership Council meetings,...
- b) ...Executive Committee, the Leadership Council,...., submitted by members of the Leadership Council.
- c) ...responsibility to Leadership Council members.
- d) ..., at the first Leadership Council meeting...

Section 4 *Duties of the Vice-President*

- 2) ...to attend Leadership Council meetings...

Section 5 *Duties of the Treasurer*

- g) ...earliest regularly scheduled Leadership meeting...

Article V *Elections*

- Section 3 *Elections*
- b) ...elected Board members. The two candidates receiving the lesser number of votes shall be appointed Advisors to the Board as members of the AMCAP Leadership Council.

- e) [add:] The two new advisors shall serve for one year.

Article VII *Awards*  
The Leadership Council will solicit...

Article IX *Publications*  
Section 1 *Kind, Number, and Frequency*

- b) ...will be published and mailed each calendar year, the first one in the Spring and the second in the Winter.
- c) ...will be published and mailed each calendar year, the first one in the Winter and the second in the Summer.

Article X *Dues, Special Assessments, and Fiscal Year*

Section 4 *Advertising*

- a) Members of AMCAP may advertise "Professional Resources" in AMCAP publications.
- b) "Professional Resources" include, but are not limited to, counseling and psychological services, professional literature, employment and educational opportunities. All "Professional Resources" must be in harmony with the mission and ethical guidelines of AMCAP. The inclusion or exclusion of an advertisement as legitimate "Professional Resources" will be left to the sole discretion of the Editorial Committee in consultation with the Leadership Council.

Article XI *Local Organization*  
Section 2 *Area Coordinator*

**Present By-laws (cont.)**

*Selection and Duties*

The Board member chairing the committee on Area Coordinators shall recommend for Board approval the appointment of Area Coordinators to promote membership and organize AMCAP activities within a designated area.

**Proposed By-laws (cont.)**

*Selection and Duties*

- a) The Board member chairing the committee on Area Coordinators shall recommend for Board approval the appointment of Area Coordinators to promote membership and organize AMCAP activities within a designated area.
- b) The said Board member shall recommend the appointment of two or more Area Coordinator Supervisors to oversee all Area Coordinators in a delineated geographical region.
- c) Area Coordinator Supervisors shall report directly to the Board member chairing the committee on Area Coordinators.
- d) Area Coordinators and Area Coordinator Supervisors shall be appointed for three years.

[add:] Section 3 *Grievance policy*

- a) Should a member of AMCAP, a convention participant, or a presenter, become dissatisfied about an AMCAP event or procedure, the individual should notify, as soon as possible, the President of AMCAP, or any member of the AMCAP Leadership Council, in writing or in person, by telephone or e-mail.
- b) The grievance shall be addressed during the next AMCAP Leadership Council meeting for discussion. If at all possible, the complainant's identity shall remain concealed during the meeting. A decision as to the most appropriate course of action for the case shall be made by the Board and carried out by the Board member whose responsibility matches the complaint.
- c) The Board member responsible for carrying out the course of action shall send a letter to the complainant that describes the decision made by the Board of AMCAP.
- d) If the grievance cannot be resolved by the above plan, the complainant shall be invited to attend the next AMCAP Leadership Council meeting whereupon issues and points of view will be clarified. The Board The Board shall have final decision upon vote.

**SEE BALLOT ON PAGE 18.**

POSITION ANNOUNCEMENT

**BRIGHAM YOUNG UNIVERSITY—IDAHO**

**COUNSELING CENTER**

**TITLE:** Counselor at Counseling Center

**POSITION DESCRIPTION:** Counsel students with a wide range of personal problems, from adjusting to college life to serious emotional problems.

**QUALIFICATIONS:** Doctorate preferred, master's degree required in a counseling-related field. Must have experience in individual, group, and marriage counseling with adults. Church member who is eligible for a temple recommend. Women and minorities are encouraged to apply.

**BEGINNING DATE:** August 16, 2002

**SALARY:** Dependent on experience and degree.

**APPLICATION:** Send a resume, three letters of recommendation, official college transcripts, and a BYU-Idaho application form (available online at [www.byui.edu/Personnel](http://www.byui.edu/Personnel)) to:

Max L. Checketts  
Assistant Academic Vice President for Instruction  
290 Kimball  
Brigham Young University-Idaho  
Rexburg, ID 83460-1690

Address questions to Wylene Jensen at 208-496-1140 or [jensenwy@byui.edu](mailto:jensenwy@byui.edu)

**DATES:** Applications will be accepted until March 30, 2002.

**BYU-IDAHO:** Brigham Young University-Idaho is a private institution affiliated with The Church of Jesus Christ of Latter-day Saints. BYU-Idaho is in the process of transitioning to a baccalaureate degree institution with a current enrollment of 9,200 students and an anticipated enrollment within the next four or five years of 11,600. Located in the community of Rexburg, Idaho, a town of approximately 14,600, BYU-Idaho is situated within a 90-minute drive of both Yellowstone National Park and Grand Teton National Park.

## CALL FOR PAPERS

**AMCAP FALL CONVENTION 2002****TURNING THE HEARTS OF THE CHILDREN TO THE FATHERS AND  
THE HEARTS OF THE FATHERS TO THE CHILDREN**

*Therefore, renounce war and proclaim peace, and seek diligently to turn the hearts of the children to their fathers, and the hearts of the fathers to the children (D&C 98:16).*

*[For] the Prophet Elijah [is] to plant in the hearts of the children the promises made to their fathers, foreshadowing the great work to be done in the temples of the Lord in the dispensation of the fulness of times, for the redemption of the dead, and the sealing of the children to their parents, lest the whole earth be smitten with a curse and utterly wasted at his coming (D & C 138:47-48).*

Events of the past year have sobered all of us as to our responsibility to our greatest and most precious commodity – the children. These scriptures suggest a "call to arms" as we seek better and improved ways to nurture and safeguard our children. How can we as clinicians help to shore them up in these tumultuous times and offer parents the tools that will fend off the onslaught from the Adversary?

Possible topics for discussion include: Fatherhood, Motherhood, Family Life Education, Pre-marital and Marital Couples Therapy and Research, Attachment Issues Across the Lifespan, Adoption and Foster Care Issues, Blended Families, Effective Alternative Health Care Methods, Child Care and Working Mothers, Healing of Generational Trauma Wounds, Domestic Violence as it affects children, and "The Family Proclamation." Effective and successful therapy techniques and methods that focus on children, as well as on the interface of children with their families and agencies that work with them, will be emphasized.

Conference presenters could include psychologists, social workers, marriage and family therapists, health care practitioners (physicians, nurses, midwives), child care educators and advocates, domestic violence education and support groups, public agency administrators and workers, academicians, and those in the legal profession advocating for children's rights.

Presentation options include workshops (1 or 1 1/2 hours), panel discussions, plenary speeches, and student poster presentations.

More information will follow in late spring. Please consider presenting. We need your talent and ideas for this dynamic two-day event. Plan now to be there and share your talents!

Send your ideas to Jennie Murdock Gwilliam at 477 South 1000 West, Orem, UT 84058 ;  
Fax: 801-229-2213 ; Email: [jenniem@attach-bond.com](mailto:jenniem@attach-bond.com)

# BALLOT

Should the proposed changes to the Bylaws of the Association of Mormon Counselors and Psychotherapists, as outlined on pages 14-15, be accepted?

Yes

No

Ballots may be submitted to AMCAP at the April 4-5 Spring Convention or returned by April 1 to:

AMCAP  
2540 East 1700 South  
Salt Lake City, UT 84108  
Fax: 801-583-1305



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## **BISHOP MARSHALL'S RULES FOR DATING**

REPRODUCIBLE HANDOUT  
Submitted by Julie Shiffler, PhD, *Networker* Editor

The handout on the following page is adapted from dating rules suggested by Bishop James Marshall of the Smithfield 12<sup>th</sup> Ward in Smithfield, Utah, at a meeting with parents in 1996. I have found that young people who are struggling with establishing appropriate dating boundaries appreciate the friendly manner in which these rules are stated. Parents of teens who are approaching their dating years also find the handout helpful.

*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](mailto:shifflerj@byui.edu), or on a 3 1/2-inch diskette or hard copy to Julie Shiffler, PhD, BYU-Idaho Counseling Center, KIM 270E, Rexburg, ID 83460-1685.*

## BISHOP MARSHALL'S RULES FOR DATING

1. The Holy Ghost goes to bed at 10:30 on weekdays and 12:00 on weekends.
2. Date in groups for at least a year before pairing off. Wait until you've graduated from high school, or even home from your mission, before becoming seriously involved with anybody. Remember that there's a serious difference between group dating and "courting."
3. You need the Lord's guidance to decide whom to marry. You seldom receive it and feel sure about it unless you're worthy. So don't enter into a serious relationship while you're struggling with worthiness problems. If you're already in such a relationship and experience moral worthiness problems, limit your contact with that person to once or twice a week. Let your relationship cool off and focus on the other dimensions of a healthy relationship (like having real fun).
4. Don't be alone with your date at home or in a parked car, and always leave the lights on!
5. Don't watch soap operas, R-rated movies, or anything else that makes you feel uncomfortable. Stay away from internet sites that you wouldn't want to tell your parents about.
6. Speak up when you feel uncomfortable. If your date speaks up or acts uncomfortable, STOP what you are doing and completely change the setting.
7. Don't go places you shouldn't. Don't go into bars, even if you're old enough and there's a great band playing or they serve the best pizza in town. Don't go to parties where the people aren't living up to your standards. If the group wants to go, influence them to do something better. If they insist, break off and leave the group. Let them think what they want to. If you FEEL uncomfortable doing something or it seems to conflict with what you KNOW is right, find something better to do. When you look back, it will have been a small sacrifice. "If you don't want to slip, don't go where it's slippery!"
8. Avoid the couch. If you do wind up sitting next to your date on a couch, remember the "Four on the Floor" rule: Keep all four feet on the floor, toes pointing in the same direction.
9. I hope your first kiss is given to the person you eventually marry. Call me old fashioned. It's something you'll remember for the rest of your life, and you want to be able to reminisce about it with your wife (or husband) without making her (or him) jealous.
10. When you kiss and embrace, make it brief. Your mother is probably watching, and if she's not, you'd want to be able to tell her about it.

**2001 FALL CONVENTION**  
*October 4-5, TAPE ORDER FORM*

**IN THE SHELTER OF OUR HOMES:  
 Empowering Families with Hope and  
 Strength in the Midst of the Storms Around Us**

CHECK HERE	TOPIC	\$ AMOUNT
___ 1.	Cleaving: Thoughts on Building Stronger Families <span style="float: right;"><i>Chieko N. Okazaki, MA</i></span>	_____
___ 2.	Will the Real Punishment Please Stand up? Unmasking Sounds-Good Theological and Scientific Misrepresentations <span style="float: right;"><i>Paul W. Robinson Ph.D.</i></span>	_____
___ 3.	How the 'Outside' Mental Health World Views 'Mormon' Clients. <span style="float: right;"><i>Sally H. Barlow, Ph.D.</i></span>	_____
___ 4.	The Pros and Cons Of Setting Up a Counseling Office in Cyberspace...Can Online Counseling Be Any Good? <span style="float: right;"><i>Cameron Preece, LCSW, Milena Skollar, LCSW and Jay Steineckert, LCSW</i></span>	_____
___ 5.	Let All...Anger...Be Put Away From You...(Eph 4:31): Helping LDS Clients Understand and Deal With Anger Without Denial or Repression. <span style="float: right;"><i>Lili Anderson, LCSW and Christian B. Anderson, LCSW</i></span>	_____
___ 6.	Isaiah 58: 1-12 As a Pattern for Marital Therapy. <span style="float: right;"><i>Michael S. Buxton, Ph.D., MFT</i></span>	_____
___ 7.	Parent Education: A Spiritual Pathway to Research-Based Practice. <span style="float: right;"><i>Susan L. Ericksen, RN, MS, LMFT</i></span>	_____
___ 8.	Surviving Difficult Families: Methods for Changing Negative Schema. <span style="float: right;"><i>Russ Seigenberg, Ph.D</i></span>	_____
___ 9.	Changing From Victim to Agent: Another Perspective on Depression in Women. <span style="float: right;"><i>Lili Anderson, LCSW</i></span>	_____
___ 10.	Parents Do Matter: Combating Recent Scholarly Viewpoints That Suggest Otherwise. <span style="float: right;"><i>Craig H. Hart, Ph.D.</i></span>	_____
___ 11.	AMCAP Awards Banquet - Distinguished Service to Humanity Award presented to <span style="float: right;"><i>Sister Chieko N. Okazaki, MA</i></span>	_____
___ 12.	Married for Better, Not Worse: Secrets to a Happy Marriage. <span style="float: right;"><i>Joy Saunders Lundberg &amp; Gary B. Lundberg, MA</i></span>	_____
___ 13.	Non Punishment Parenting Models: Unfounded Claims, Unkept Promises (The Humanistic Wolf in Christian Sheep's Clothing). <span style="float: right;"><i>Paul W. Robinson Ph.D.</i></span>	_____
___ 14.	The Brady Bunch and Other Myths: Step-Parenting and Couple Relationship Issues in Blended Families. <span style="float: right;"><i>Julie Shiffler, Ph.D.</i></span>	_____
___ 15.	Of Souls, Intimacy and Fantasy Bonds: Awakening to Spiritual Abuse Within Families <span style="float: right;"><i>Michael Farnworth, EdD.</i></span>	_____

**OVER**

## 2001 FALL CONVENTION TAPE ORDER FORM

- \_\_\_ 16. Disciplining Teens: Finding the Balance Between Setting Appropriate Limits and Respecting Free-Agency Monette Cash, LCSW \_\_\_\_\_
- \_\_\_ 17. Partnership with Power *Noel C. Gill, Ph.D.* \_\_\_\_\_
- \_\_\_ 18. LDS Internet Resources for Strengthening Families. *Rick Hawks Ph.D.* \_\_\_\_\_
- \_\_\_ 19. Family Empowerment through Planned Financial Management *Madison H. Thomas, M.D.* \_\_\_\_\_
- \_\_\_ 20. Work: A Key Therapeutic Principle for Healing & Empowering Families, Marriages and Individuals. *Lin Huish, Ph.D.* \_\_\_\_\_
- \_\_\_ 21. Enlightened Child Discipline: Applying the "Eden Model" *Ed D. Lauritsen, Ph.D.* \_\_\_\_\_
- \_\_\_ 22. Parent Abuse: Adolescent Children Who Physically Abuse Their Parents *Michael E. Drebot mentored by Paul W. Robinson Ph.D. & Alan Kazdin* \_\_\_\_\_
- \_\_\_ 23. Counterfeit Addictions/ Real Needs *Susan S. Campbell, Ph.D.* \_\_\_\_\_
- \_\_\_ 24. MEMOS for Parents: Make Every Moment an Opportunity Situation *Annette Jerome, Ph.D.* \_\_\_\_\_
- \_\_\_ 25. The Consumption of People: Sensitizing Families to the Objectification of Advertising *Lane Fischer, Ph.D. and Lanae Valentine, Ph.D.* \_\_\_\_\_

**TAPE FEES**

Members: \$ 100.00 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 \_\_\_\_\_

Send order and payment to:

**AMCAP**  
 2540 East 1700 South  
 Salt Lake City, UT 84108

Questions: Call 801-583-6227  
 E-Mail: [mail@amcap.net](mailto:mail@amcap.net)  
 Or visit [www.amcap.net](http://www.amcap.net)

**MEMBERSHIP APPLICATION OR RENEWAL FORM** 03/2002

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

# THE LAST WORD

## FOR GOD HATH NOT GIVEN US THE SPIRIT OF FEAR

The events of September 11 and the months following have jarred us out of complacency regarding our personal safety and security. It is probably safe to say that, as a world, we have been traumatized. In spite of the fact that air travel continues to be relatively safe, we frequently hear acquaintances speak of places they would like to go if only they didn't have to fly in order to get there.

We have been introduced to a spirit of fear, intentionally put in place by evil forces, that makes us hesitant to live our lives as we did before. Not all of our changes have been negative. For example, perhaps we now place increased value on our families. But many of us now live with increased vigilance, and some among us live with immobilizing fear and worry that greatly constrict their daily existence. What is to be done to remedy such fear? If, as the scriptures tell us, "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7), might we find answers in the Gospel?

Solace and comfort are available through words from the scriptures. "Fear not: for they that be with us are more than they that be with them" (2 Kings 6:16). Yes, the nations of the world have rallied to oppose the forces of evil and provide greater physical security to the world's populace. But the message of the Gospel offers us inner peace, even in the midst of tumultuous events. When we are able to grasp this inner peace, we may rejoice with the psalmist: "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?" (Psalm 21:1).

The fears that we observe in ourselves and others are not always fears for our physical safety. Sometimes we find ourselves concerned about the negative opinions of others. Perhaps we are anxious about having others know of our mistakes or our weaknesses. "The fear of man bringeth a snare [e.g., anxiety, panic, depression]; but whoso putteth his trust in the Lord [knowing that our best effort is good enough for Him] shall be safe" (Proverbs 29:25).

Perhaps at times, out of fear of ridicule, we are tempted to behave in ways contrary to the values to which we aspire. But we can put our trust in His desire to help us resist the snare of temptation and strive to live lives of goodness, regardless of the pressure to do otherwise.

The scriptures give us a key to overcoming fear: "There is no fear in love; but perfect love casteth out fear" (1 John 4:18). One of the footnotes to this verse suggests that perfect love – the love that has power to cast out fear – is love within the family. The love that can be found within strong family relationships offers us a sense of safety and security that can be found in no other way. We are counseled: "Live joyfully with the wife whom thou lovest" (Ecclesiastes 9:9); "Teach the young women to . . . love their husbands, to love their children" (Titus 2:4); "He that loveth his brother abideth in the light, and there is none occasion of stumbling in him" (1 John 2:10). When, within the family, "power and influence [are] maintained. . . by love unfeigned" (D&C 122:41), absent are the fear and trauma associated with abusive relationships.

That same sense of safety can be found by fostering another family relationship. "And now, because of the covenant which ye have made ye shall be called the children of Christ, his sons, and his daughters; for behold, this day he hath spiritually begotten you; for ye say that your hearts are changed through faith on his name; therefore, ye are born of him and have become his sons and his daughters" (Mosiah 5:7). The peace and comfort that he offers us give us strength to live without fear in the midst of turbulent times: "Fear not, little children, for you are mine, and I have overcome the world, and you are of them that my father hath given me" (D&C 50:41).

May we each, in response to the question "Where can I turn for peace?" recognize that "He, only One" (*Hymns*, 1985, #129) offers the real and lasting remedy to fear.

—Julie B. Shiffler, Editor