

SPRING 2012

NDSU Family Therapy Center

SUPPORT FOR INDIVIDUALS, COUPLES, FAMILIES AND CHILDREN
AFFORDABLE, RESPONSIVE THERAPY FOR THE ENTIRE COMMUNITY.

Support for the Entire FM Community

The Family Therapy Center continues to offer affordable therapy services to ALL individuals, couples, families, and children in the FM area.

NO WAITING LIST.

New clients can typically schedule an appointment within a week of their initial call. **701-231-8534.**

LGBT AFFIRMATIVE.

We offer supportive and affirming services to the LGBT community and their families.

FLEXIBLE SCHEDULE.

Appointments are available 8am - 8pm Monday thru Friday.

AFFORDABLE.

Fees are based on a sliding scale that considers income, household size, and ability to pay.

Clients are never turned away because of inability to pay.



COMMON TOPICS ADDRESSED at the FTC

We offer services for a wide range of concerns, for all age ranges, for everyone in the community.

Depression
Anxiety
Grief
Communication
Parenting
Divorce & Separation

Step-Family Challenges
Conflict Resolution
Life Transitions
Sexual Orientation
Homophobia
Gender Identity

Family & Partner Violence
Sexual & Emotional Abuse
Childhood Behavioral Struggles
Struggles with Body Image
Pre-marital & Pre-commitment
Spiritual & Religious Issues

Sometimes Life Gives Us A Lot to Handle.

Sometimes it's little everyday things... the kids keep getting on your nerves, or you just don't feel as close to your partner as you used to.

Sometimes it's bigger things... you've lost someone close to you, you're anxious or depressed, or maybe life simply seems overwhelming.

We all have times when we could use a little help, a little extra support. But it can be hard to know where to go, and hard to ask.

We are here with affordable, confidential help whenever you need it. The NDSU Family Therapy Center offers support and therapy to ALL individuals, couples, families, and children in the FM area.

You just have to make the call.

701-231-8534

Want to be a Couple and Family Therapist?

The CFT Master's Program at NDSU is a feminist-informed social justice program that prepares students to work with individuals, children, couples, and families in clinical settings.

Our Program is Unique... and Award Winning
(see p.3)

- All aspects of training are centered in a **feminist-informed social justice** framework
- Students encouraged to reflect on how issues of **power, privilege, and oppression** influence their personal lives and relationships
- Students use their skills to **create meaningful social change** in the community
- Students work with **diverse and underserved populations**.
- **Accredited** by the Commission on Accreditation for Marriage & Family Therapy Education.
- Students are prepared to become **licensed** marriage and family therapists.
- Graduate **assistantships available** providing tuition waiver and monthly stipend.

For more information please visit www.ndsu.edu/hdfs/cft or email Dr. Tom Stone Carlson at tom.carlson@ndsu.edu

Parenting Support and Child Therapy at the FTC



Yep, we do that! We can use play therapy for some of our youngest clients, and have big rooms to accommodate any size family.

And we have experience with a wide range of concerns, all ages, and are a safe and affirming place for all families.

We have openings now for Parenting Help and Questions, Childhood Behavioral Struggles, Step-Family Challenges, Conflict Resolution, Divorce/Separation, Communication, and more!

We don't have a waiting list, so you can usually get in within a week of your initial call. We make sure your fee is affordable for you no matter what your financial situation is. We can even arrange free transportation if you need it!

NDSU CFT Program



CFT Program Faculty - Dr. Benson, Dr. Stone Carlson, Dr. McGeorge



2012 student photo

Congratulations!

NDSU CFT Program wins the Prestigious 2012 AAMFT Training Award

This award honors one AAMFT member and/or training program yearly for significant contributions to the advancement of the field of marriage and family therapy by encouraging and training the next generation of couple and family therapy researchers and/or practitioners.

CFT Student Sarah McDougall earns two scholarships

CFT student Sarah McDougall has earned two scholarships this month. The **AAMFT Master's Student Minority Scholarship** and the **NDSU Board of Visitors Scholarship**. We are proud of you Sarah!

Alumni Highlight

Amy Anderson

After completing the NDSU CFT program, Amy completed a Master's of Arts in Addiction Studies at the Hazelden Graduate school.

Amy has been employed at Hazelden Center for Youth and Families for the past 7 1/2 years, currently as a supervisor, working with adolescents and young adults aged 14-25 who are chemically dependent.

Alumni Updates

Congratulations to following alumni who received their LMFT:

Katie Dahlstrom (Minnesota)
Monica Rock Guggenberger (Minnesota)
Caroline Homan (North Dakota)

If you have an update that we can share in our next newsletter, please send it to Michelle.Pearson@ndsu.edu.

Resource Highlight



CHARISM provides outreach programs for low-income children and families in the McCormick Park and Stonebridge neighborhoods. They connect people to essential services such as supplemental food programs and after-school enrichment and support for youth, as well as provide opportunities for community through neighborhood and holiday events

Project highlights include:

Youth Development

Helping Children Learn
(after school program)
All Stars Tutoring
Summer Camps
Giving Youth A Voice

Community Outreach

Grocery Assistance
Community Building
Neighborhood Events

www.charism.org



NDSU Family Therapy Center

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701-231-8534

Pre-Marital & Pre-Commitment Therapy at the FTC

Strengthen your relationship (and qualify for the reduced license fee in MN!)



Even the happiest relationships will face challenges, and Pre-Marital and Pre-Commitment work at the FTC will help a couple strengthen their relationship, and prepare for a lifetime partnership.

And our services qualify couples for the reduced marriage license fee in MN!

What is discussed

Your therapist helps you and your partner identify your strengths... and possible challenges. You will discuss what brings you together and how to work through differences to prepare for a life together. Topics that are often discussed: money, family, sex, children, roles in partnership, & communication.

How many sessions

Couples typically attend 6-12 sessions, with the option of continuing services if the couple wants to address additional topics. *(12 hours required to receive reduced MN license fee).*

Cost

As with all of our services, fees are based on a sliding fee scale, and NDSU students are free.

Who can attend

Any couple! We offer supportive and affirming services to LGBT couples, heterosexual couples, and couples at all stages of life who want to make their relationship even stronger as they prepare for a lifetime commitment.

Call today to learn more or schedule an appointment: **701-231-8534**