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SPRING 2011

# NDSU Family Therapy Center

HELP HOPE & HEALING FOR INDIVIDUALS, COUPLES, FAMILIES  
AND CHILDREN WITH AFFORDABLE, RESPONSIVE THERAPY.

## FTC Offers Help, Hope and Healing

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

### **LGBT AFFIRMATIVE.**

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

### **NO WAITING LIST.**

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

### **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 ISSUES ADDRESSED AT FTC INCLUDE**

**Depression & Anxiety**, Divorce & Separation, **Issues Facing Women**, Step-Family Challenges, **Communication**, Conflict Resolution, **Childhood Behavioral Struggles**, Parenting, **Sexual & Emotional Abuse**, Pre-Marital & Pre-Commitment Therapy, **Grief**, Spiritual and Religious Issues, **Life Transitions**, Family & Partner Violence, **Sexual Orientation**, and Gender Identity



## TAPESTRY OF DIVERSE TALENTS

Dr. Kristen Benson was inducted into the Tapestry of Diverse Talents on December 10th, 2010. The program recognizes students, faculty, staff and alumni for the diversity and contributions they bring to North Dakota State University. Inductees reflect the ages, classes, abilities, ethnicities, genders, races, regional differences, sexual orientations, beliefs and values of the University community.

Dr. Benson was nominated by Dr. Christi McGeorge and all her colleagues in the HDFS Department. We are proud that all three of our faculty are Tapestry Program inductees! Dr. Benson (2010); Dr. McGeorge (2006); Dr. Stone-Carlson (2003)

# Graduations and Celebrations

We celebrate students graduating, moving on to internships, and serving their first clients!

We are so proud of our students!



**GRADUATING STUDENTS** Congratulations to our recent graduates! Amanda, Ashley, Courtney, Jana, and Jessica.



**CFT STUDENTS BEGIN NEW INTERNSHIPS** Congratulations to our students who began new internships in January!



**STUDENT THERAPISTS** Our wonderful student therapists who are serving our clients!



# One of the 50 Best Careers of 2011

*Marriage and Family Therapy was chosen again in 2011 as one of the best 50 careers.*

*USNews.com*

While some counselors focus on the behavior of an individual, marriage and family therapists go a step further, addressing mental-health issues within the context of the family.

Today, marriage and family therapy is considered a “core” mental-health profession, alongside social work, psychiatric nursing, psychology, and psychiatry.

More than 1.8 million people are currently receiving treatment from a marriage and family therapist.

**The outlook.** As the field matures, the number of marriage and family therapists has surged. And demand is expected to increase in the future, with employment in this profession rising 14 percent from 2008 to 2018. Fueling part of the growth is a more widespread acceptance of the field, which makes people in need more willing to seek out such counseling.

**Education and preparation.** To enter the field, candidates can obtain a masters degree, a doctorate, or complete a postgraduate clinical training program. Two years of supervised clinical work is typically required before a therapist takes a licensing exam.

## Want to be a Couple and Family Therapist?

*NDSU offers a Master's program that is a feminist-informed social justice program.*

The CFT Master's Program at NDSU prepares students to work with individuals, children, couples, and families in clinical settings.

### What makes our program special?

- 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.

Applications are due January 15th, 2012. For more information please visit [www.ndsu.edu/hdfs/cft](http://www.ndsu.edu/hdfs/cft) or email Dr. Tom Stone Carlson at [tom.carlson@ndsu.edu](mailto:tom.carlson@ndsu.edu)



## Recent Publications

Recent publications from our faculty Dr. Tom Stone-Carlson, Dr. Christi McGeorge, and program alumni Amy Anderson and Monica Rock.

Carlson, T. S., McGeorge, C. R., & Anderson, A. (2011). The importance of spirituality in couple and family therapy: A comparative study of therapists' and educators' beliefs. *Contemporary Family Therapy: An International Journal*, 33(1), 3-16.

McGeorge, C. R., & Carlson, T. S. (2011). Deconstructing heterosexism: Becoming an LGB affirmative heterosexual couple and family therapist. *Journal of Marital & Family Therapy*, 37(1), 14-26.

McGeorge, C. R., & Carlson, T. S., (2010). Social justice mentoring: Preparing family therapists for social justice advocacy work. *Michigan Family Review*, 14(1), 42-59.

Rock, M., Carlson, T. S., & McGeorge, C. R. (2010). Does Affirmative Training Matter? Assessing CFT Students' Beliefs about Sexual Orientation and Their Level of Affirmative Training. *Journal of Marital & Family Therapy*, 36(2), 171-184.

## Resource Highlight

Every issue will highlight a community resource



### Celebrating 40 Years!

FirstLink can connect you to resources and support **24 hours a day**. If you can think of it, they have the information and resources for you. Just a few areas include (full list online):

- |                     |                         |
|---------------------|-------------------------|
| AA Meetings         | Financial Assistance    |
| Abuse               | Legal Assistance        |
| Addictions          | Medical Assistance      |
| Childcare/Parenting | Suicide                 |
| Death/Grieving      | Support Groups          |
| Emotional Support   | Volunteer Opportunities |

2-1-1 or 701-235-SEEK (7335)  
[www.MyFirstLink.org](http://www.MyFirstLink.org)



## LGBT affirmative therapy

*We specialize in providing affirmative therapy services to lesbian, gay, bisexual, and transgender individuals, couples, and families.*

Affirmative therapy is based on a positive view of lesbian, gay, bisexual and transgender identities and relationships and seeks to provide a safe and supportive therapeutic environment for LGBT individuals and their families as they work through normal life and relationship struggles.

Additionally, LGBT affirmative therapy acknowledges that LGBT individuals are often treated unfairly by a society that is often

disapproving and, at times, hostile toward LGBT people. Therefore, LGBT affirmative therapy also explores the ways in which living with discriminatory treatment influences the individual lives and relationships of LGBT people.

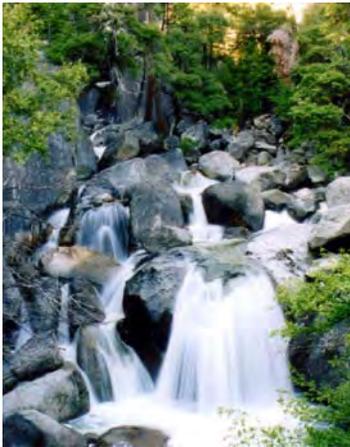
All of the therapists at the FTC have received specialized training in providing LGBT affirmative therapy and are committed to being allies in the local community for LGBT people.



## NDSU Family Therapy Center

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**701-231-8534**



## Spirituality in Therapy

*Exploring the role of spirituality and religion in therapy.*

While it is a common perception that therapists have a negative view of religion and spirituality, most therapists appreciate the important role that spirituality and religion play in their clients' lives. In fact, in study of 153 family therapists, 96% believed that there is a relationship between a person's spiritual health and their overall mental health and 95% indicated that spirituality was a vital aspect of their own personal lives and (Carlson, Kilpatrick, Hecker, & Kilmer, 2002).

Given that spirituality and religion play such a major role in how most people give meaning to their lives and make sense of their personal and relationship struggles, most therapists now consider spirituality to be a valuable resource to therapy that can positively influence the healing process.

At the Family Therapy Center, our therapists are encouraged to explore the potential benefits that a client's spiritual and religious beliefs might have on the therapy process and are trained to help clients draw upon their spiritual beliefs to help them cope with the struggles they are experiencing in their lives.

## FLOOD



FTC is committed to helping those involved with the 2011 flood in our community. We are offering

### **5 free sessions**

to all individuals, children, couples, families, or flood service providers who are directly involved with and/or impacted by the flood.