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FALL 2011

NDSU Family Therapy Center

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

FTC Offers Support, Help, 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 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
Gender Identity
Family & Partner Violence

Sexual & Emotional Abuse
Childhood Behavioral Struggles
Struggles with Body Acceptance
Pre-marital & Pre-commitment
Spiritual & Religious Issues

Welcome New Students!



Catherine Rogers

Home town: Harrisonburg, VA

Undergrad Degree: James Madison University, BA in Psychology and English

What is it about being a therapist that you are most looking forward to: I am looking forward to having the honor and privilege to sit with individuals, couples, and families as they make efforts to have more workable and happy relationships and lives. I tend to be better at “working deep” than working broad, I love working with people in a change process.



Christina Smestad

Home town: Bismarck ND

Undergrad Degree: NDSU, BS in HDFS, minors: individual & family wellness, psychology, women’s studies

Why did you choose the NDSU CFT Program: The program felt like a perfect fit because everyone was extremely warm and friendly. I also appreciate the emphasis on social justice and feminism, and have enjoyed my experience at NDSU



Cozy Smith

Home town: Grand Forks, ND

Undergrad Degree: Concordia - religion majors with psychology & women studies minors

Why did you choose the NDSU CFT Program: My exploration of many areas of ethics, theology, and human development has led me to believe I have a responsibility to pursue education that will enable me to assist those most in need. I chose NDSU’s CFT program specifically because of my enthusiasm for feminist issues and spiritual and holistic wellness which this program embraces.



KJ Henschel

Home town: Neche, ND

Undergrad Degree: Minnesota State University Moorhead, BA – Psychology with a minor in Sociology

What life or work experience prepared you to be a therapist? I have worked at a crisis and suicide hotline and that gave me experience working with many different types of people. This also provided me with knowledge of services available to community members.

Alumni Updates

Congratulations to the following alumni who passed the National Licensure Exam: **Caroline Homan, Amanda Haire, Monica Rock,** and **Victoria Hogan**

Congratulations to following alumna who received her LMFT: **Mary Uong** (North Dakota)

Jessica Lemer presented a poster at the 2011 AAMFT Annual Conference entitled *Women’s Sexuality: The Roles of Attitude and Body Image* along with **Drs. Kristen Benson** and **Beth Blodgett Salafia**. Jessica is currently working at Lutheran Social Services of Minnesota.

Sarah DeJean and **Dr. Christi McGeorge** recently had an article accepted for publication entitled *Attitudes Toward Never-Married Single Mothers and Fathers: Does Gender Matter?* The article will be published in 2012 in the *Journal of Feminist Family Therapy*. Sarah is currently working at the Rape and Abuse Crisis Center of Fargo-Moorhead.

Karisa Meyhuber presented a poster at the 2011 AAMFT Annual Conference entitled *Women’s Religiosity According to Sexual Activity and Beliefs* along with **Drs. Kristen Benson** and **Beth Blodgett Salafia**. Karisa is currently working at Drake Counseling Center as an Adult Family Counseling Provider.

Amanda Haire and **Dr. Christi McGeorge** recently had an article accepted for publication entitled *Negative Perceptions of Never-Married Custodial Single Mothers and Fathers: Applications of a Gender Analysis for Family Therapists*. The article is due out in January 2012 and will be published in the *Journal of Feminist Family Therapy*. Amanda and Christi also present a poster at the 2011 AAMFT Annual Conference about their study. Amanda is currently working for Southeast Human Service Center as a Human Relations Counselor.

Jana Holland is currently working at Lakeland Mental Health Services in Moorhead, MN as a Adult Day Treatment Facilitator.

Amanda Bulat is currently working at Nystrom and Associates in Minneapolis as an in-home family therapist.

Courtney Rust is currently working as a family counselor for Greater Minnesota Family Services.

Ashley Kasson is currently working in Minot, ND at North Central Human Service Center as a Human Relation Counselor.

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



Sam Schofield

Home town: Alexandria, MN

Undergrad Degree: Concordia, BA - psychology, sociology, and women's studies

What work experience prepared you to be a therapist? In my undergraduate years I advocated for the Rape & Abuse Crisis Center and interned at FirstLink. I learned valuable lessons and skills like active listening and crisis intervention.



Sarah Busse

Home town: Reedsville, WI

Undergrad Degree: UofWI-Eau Claire - BA in psychology, minor in adolescent counseling & development

What life experience prepared you to be a therapist? I had the wonderful opportunity to be a part of the United States Peace Corps, through this experience I was able to be a part of another culture. I learned the Romanian traditions, the language, the school structure and the family structure. This experience and identification with another culture has made me more aware of differences throughout cultures, but it does not stop at awareness, this leads into acceptance and understanding.



Sarah McDougall

Home town: Guelph, ON (in Southern Ontario, Canada)

Undergrad Degree: University of Guelph, BAsc in Family Relations and Human Development (gerontology)

Why did you choose the NDSU CFT program? Because of the reputation that Christi McGeorge, Kristen Benson, and Tom Carlson hold in the couple & family therapy field. I value the LGBT affirmative focus and inclusivity of the program. I welcome the opportunity to be a part of a program that will allow me to critically evaluate how to pay attention to issues of power, privilege and oppression in my work with others.



Shauna Erickson

Home town: Fargo ND

Undergrad Degree: UND, BS in psychology (emphasis in clinical psychology) minor in chemical dependency

What is it about being a therapist that you are most looking forward to? The opportunity of getting to know my future clients at a therapeutic level, and being a help through some of the most difficult issues that they may face. I think the relationship that a therapist gets to have with his/her clients is a true privilege.

Resource Highlight

Every issue highlights a community resource



Lost and Found Ministry is one of the few **addiction libraries** in the US open to the public. Educators, students, families, professionals, and individuals seeking help, use the library's resources. The library houses over 7500 materials; including books, cd's, workbooks, dvd's, & even games to check out.

LFM also offers **interventions** and has done over 1200.

Additional services include: pastoral counseling, trained professionals for Listening to Fifth Steps, presenters for any size group.

All materials checkout, interventions, and LFM services are **FREE** (donations accepted)..

Materials **topics include** (full list online):

- | | |
|------------------|-------------------------|
| Addiction | Relationships |
| Alcoholism | Self Esteem |
| Change & Growth | Sexual Addiction |
| Parenting | Smoking |
| Depression | Spirituality |
| Death/Dying | Suicide |
| Eating Disorders | |
| Gambling | <i>Some in Spanish!</i> |

218-287-2089

www.lostandfoundministry.com

111 7th St S, Moorhead MN

Mon-Thur:

8am-5pm; and 7pm-9pm

Fri:

8am-5pm



NDSU Family Therapy Center

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Suite C
Dept. 2615, PO Box 6050
Fargo, ND 58108-6050

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**