

FALL 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.

Couples
Parenting
Divorce & Separation
Depression
Anxiety
Communication
Step-Family Challenges

Conflict Resolution
Life Transitions
Sexual Orientation
Homophobia
Gender Identity
Family & Partner Violence
Sexual & Emotional Abuse

Struggles with Body Image
Pre-marital & Pre-commitment
Spiritual & Religious Issues
Grief and Loss
Childhood Behavioral Struggles:
at home or in a school setting

Welcome New Students!

**Ali Nila**

Home town: Eudora, KS/Torrington, WY

Undergrad Degree: Kansas State University, BS - Psychology

What is it about being a therapist that you are most looking forward to:

Seeing change in people, helping them on whatever journey they're on and growing in the process.

**Ashley Walsdorf**

Home town: Kiel, WI

Undergrad Degree: UM Twin Cities, BS - Family Social Science, Minor - Spanish Studies

Why did you choose the NDSU CFT Program: Just the name CFT (as opposed to MFT) says a lot about the values surrounding the program here at NDSU. The feminist-informed, social justice focus of this program will assist me in my journey toward becoming the kind of therapist I hope to be. Additionally, out of all *nine* of the graduate programs I interviewed for, I enjoyed my interview with NDSU the most!

**Gabby McDermot**

Home town: McKinney, TX

Undergrad Degree: Baylor University - BA, Psychology

What is it about being a therapist that you are most looking forward to:

I am looking forward to giving people a safe place to go. I hope that my clients feel comfort in the therapy room instead of fear and anxiety.

**Jared Kellerman**

Home town: Enderlin, ND

Undergrad Degree: Concordia, BA - Spanish and Global Studies

What life or work experience prepared you to be a therapist?

I've always had a sympathetic ear; I enjoy listening to people tell their stories wherever they find themselves in life. Living abroad has also taught me to develop a critical mind when reflecting on my values and how they differ from others - you have to think about your values when someone offers you dog soup.



Congratulations to our recent NDSU CFT Program graduates! We are so proud of you!

Pictured: Molly Farrell, Andrea Freitag, Liz Nova, Eli Westerfield, and Susan Johnson
Not Pictured: Mallory Schaefer

thank you

NDSU Family Therapy Center Awarded Grants from Otto Bremer Foundation and FM Area Foundation

support for LGBT Affirmative Therapy and Community Outreach to LGBT Individuals, Couples, and Families

A very special thank you to the Otto Bremer Foundation and the Fargo Moorhead Area Foundation!

The FTC has a strong commitment to creating a safe place for *all* people to receive affordable and accessible services. Through their generous grant support we will be able to do even more to provide respectful, competent, and affirmative services to LGBT individuals, couples, and their families.

As part of the grant we will also be offering trainings for therapists and non-profit mental health agencies in the FM area to better prepare them to provide supportive and competent services to the LGBT community. Stay tuned for more details.

to learn more call 701-231-8534

**Josh Boe****Home town:** Fargo, ND**Undergrad Degree:** NDSU, BS – Human Development and Family Science with a focus on family science**Why did you choose the NDSU CFT Program:**

I chose the CFT program because of the social justice and feminist approach the program takes. As an undergrad student in HDFS at NDSU, I had previous experience with the faculty and came to find they are dedicated individuals who truly care for what they do. After talking with Kristen Benson and other individuals who had experiences with the program, I decided that this program would be a perfect fit for me.

**Kalene Sharstrom****Home town:** Willmar, MN**Undergrad Degree:** Concordia College - BA, Psychology**What is it about being a therapist that you are most looking forward to?**

I am looking forward to working with people on their goals to find healing, peace, and understanding.

**Lindsey Boes****Home town:** West Lafayette, IN**Undergrad Degree:** Purdue University, BA Psychology, minors in Sociology and CDFS**Why did you choose the NDSU CFT program?**

Because of the focus on social justice and equality.

**Nathan Walz****Home town:** Cold Spring, MN**Undergrad Degree:** St. John's University - BA Psychology**What is it about being a therapist that you are most looking forward to?**

Helping people see the power and abilities they have to make change in their own lives and the lives of those around them.

Faculty, Student, and Alumni Updates

Congratulations to:

Amanda Haire who received her LAMFT in ND,

Sarah DeJean who received her LMFT in MN., and

Mallary Schafer, who recently passed the national exam and received her LAMFT in ND.

Members of the family therapy community are attending two conferences this fall.

In September, 10 CFT students and the three faculty members attended the annual conference of the **American Association of Marriage and Family Therapy** in Charlotte, North Carolina. During that conference, Drs. Tom Stone Carlson and Christi McGeorge presented a workshop on integrating spirituality into clinical work with couples.

In November, several CFT students and the three faculty members will be attending the annual conference of the **National Council of Family Relations** in Phoenix, Arizona. At that conference, Susan Johnson (a recent graduate from the CFT program) and Dr. Kristen Benson will present a poster entitled "Parental Perceptions of Raising a Gender Nonconforming Child: Therapy Implications." Dr. Benson will also be presenting a poster with Dr. Brad van Eeden-Moorefield, entitled "Conditional Process Model Explaining the Perceived Stability of Gay." Additionally, Liz Nova (a recent graduate from the CFT program) and Drs. Stone Carlson and McGeorge will present a paper on student therapists' attitudes about bisexuality.

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



NDSU Family Therapy Center

1919 N University Drive
Suite C
Dept. 2615, PO Box 6050
Fargo, ND 58108-6050

701-231-8534



Dr. Kristen Benson, Dr. Tom Stone Carlson, AAMFT President Dr. Linda Metcalf, and Dr. Christi McGeorge at the AAMFT Conference in September.



Sarah McDougall receiving her award from AAMFT President Dr. Linda Metcalf at the AAMFT Conference in September.

NDSU CFT Program Faculty and Student Win Awards at AAMFT

The NDSU CFT program was awarded the **AAMFT Training Award** at the AAMFT annual conference in Charlotte, NC. This award honors one AAMFT member and/or training program 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.

What makes the receipt of this award so significant is that the award has been historically given to an individual to honor significant lifetime achievements as educators. This is only the second time in the history of the award that it has been given to an entire program.

Dr. Doug Sprenkle, who is regarded as one of the top educators in the history of the field of marriage and family therapy, nominated the NDSU CFT program for the award. In his letter, Dr. Sprenkle stated that the NDSU CFT program is “a model for the entire field of couple and family therapy . . . and is one of the gems in the field.”

Second year student **Sarah McDougall**, was one of only two students in the US and Canada to receive the Minority Scholarship at the AAMFT annual conference. The Minority Scholarship was created to support the recruitment and retention of minority students in the field and is given to students who demonstrate particular promise as future scholars in the field.