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2009 - 2010 DAMFT Programs

November 6

Recent Research on Brain Health
PRESENTER: Molly Keebler, M.S.,
CCC/SLP, Head of Community Programs,
UTD Center for Brain Health

February 5 – Annual Ethics Meeting

Ethical Issues in the Treatment of the
Physically Ill & Dying Client
PRESENTER: Muriel Yu, Ph.D., LCSW

March 6

Gottman: Research-Based Couples
Therapy
Presenter: Adele Hurst, Ph.D.

DAMFT NEWS



October 2009

Official Newsletter of the
Dallas Association for Marriage and Family Therapy

MESSAGE FROM THE PRESIDENT Susan Swank

After our November meeting, I will confidently pass on the office of President of DAMFT to Gloria Martin. What advice will I give to Gloria?

I do not think I will give her advice. Rather I encourage her to enjoy the warm energy of our membership, to know that we are forging ahead in our desire for new members and to continue having programs that speak to our marriage and family specialty.

Of course, I will remain on the board for 2 years. The Board is a very active and hard working group of people. It operates very much like a healthy family....go figure! We are open, helpful and willing to share ideas. At every Board meeting, I was keenly aware of the professionalism of the therapists in the room.

Anita Titone will be leaving the Board at the end of the year. As Vice-President, her planned programs were representative of her own sophisticated professionalism. I want to thank you Anita for all your work and consultation the last 2 years.

The November 3rd meeting is our last meeting of the year. We are planning a luncheon meeting to begin at 11:30 am. Let's enjoy our social time followed by the program, "Recent Research on Brain Health" presented by Molly Keebler at 1:00 pm. This is a time to visit, to network and to openly enjoy the professionalism in the room.

We will meet again in February for our 3 hour ethics meeting. At that time, let's welcome Gloria Martin as our new President. Under her leadership, DAMFT will remain strong.

Susan

A Special Thanks!

*Thank you Susan and Anita
for all your hard work,
dedication, energy and
unbridled enthusiasm. All of
us owe a heartfelt thanks to
both of you for breathing new
life into DAMFT! The
programs have been
enriching and the leadership
excellent!
Thank you so much!*

DAMFT Holiday Luncheon



11:30 – 1:00

November 6

RSVP by October 28

SidneyStarling@aol.com

*Please join us for a delicious
lunch, a wonderful time and an
excellent program.*

Don't forget to RSVP!



Happy Thanksgiving

*Patience and perseverance have a
magical effect before which
difficulties disappear and obstacles
vanish. ~ John Quincy Adams*

Next Meeting

Nov. 6, 2009

1:00 – 3:00 PM

Recent Research on Brain Health

PRESENTER: Molly Keebler, M.S., CCC/SLP

As Head of Community Programs at UTD Center for Brain Health, Ms. Keebler directs the Healthy Aging project that evaluates healthy aging adults who are concerned about changes in their memory or thinking skills. She administers brain physicals, which provide a baseline that is used as a marker of cognitive function for future comparison. She also assesses the cognitive-linguistic function of people who have had strokes and provides short-term intensive intervention, strategies and recommendations to improve their ability to effectively function in the community. Ms. Keebler presents educational talks to groups around the metroplex about brain health; and she trains volunteers to run stroke support groups for people with aphasia in area churches.

To live a creative life, we must lose our fear of being wrong. ~ Joseph Chilton Pearce

Editor's Comments

Sidney Starling

I am writing this as my husband and I are on our way, for the 3rd weekend in a row, to our 30 acres of retirement property down east of Austin, near Smithville, TX. We are at last building a small cabin to relax in (ha ha). Last weekend we cut down and burned cedar for two days. Four days is deemed sufficient recuperative time.....and off we go again! I have inadvertently left my little books, from which I pull all my little sayings, at home. Being the ever helpful spouse that he is (and possibly thinking I will work even harder this weekend if he assists me), Larry has decided to help me with some little sayings that he believes express feeling and that every therapist should know:

Get over it....Don't sweat the small stuff.....Blow it off.....There are only two feelings – good and bad!

Now you all have a wonderful picture of what it is like for a therapist to be married to an engineer – for 23 years!

On a more serious note I want to thank Deanna Kasten for responding to my request for contributions to this newsletter. I know you will enjoy reading the account of her summer in Yellowstone.

Newsletter Contributor

Deanna Kasten

Another Way To Serve

This summer my husband and I spent two weeks volunteering in Yellowstone National Park. He manned the Museum of the National Park Ranger and I was a helper. We saw 250 – 300 visitors a day from all over the world. As I was answering questions, keeping stats, showing films and sitting on the porch knitting, I made some interesting observations about families and parenting styles. I noticed that couples with only one child tended to be much more involved with their offspring's learning about the museum than those with multiple children. The little ensemble of two parents and one child seemed to be one of closeness and enthusiasm. On the other hand, parents with multiple kids often had less involvement with their children and less interest in making sure the kids benefited. Most of the children were not unruly, just left to their own devices.

We had a resident buffalo that nestled near the front window we named Buffalo Billy. Parents became kids when enjoying the closeness of wildlife. But not too close please! Buffalo are unpredictable wild animals! I developed deep admiration for the parents who choose to take their families out to nature to learn and enjoy our great national heritage. Quite a different trip than going to Disney World.

Advertising Policy

There have been some questions as to our policy for advertising in the newsletter. To clarify – any member may place an advertisement for something like office space in the newsletter for \$25.00. Marriage & family related events will be advertised as part of an “upcoming events” portion of the newsletter, also for a charge of \$25.00. Non profit information, for example American Red Cross Training, will be placed in the newsletter at no charge.



NEEDED: You name it! Stories, News, Experiences – Become a Contributor to the Newsletter

If you have an interesting story or some news you would like to share, please send it in. If anyone attends the AAMFT Conference in Sacramento, Share your experience with the rest of us!

CEU REMINDER

DAMFT is required to award one hour of credit for one hour of attendance. The DAMFT Board has adopted the following policy:

If you arrive more than 15 minutes late or leave 15 minutes early, only 1.5 CEU's will be awarded.

This policy was adopted by the board in order to stay within the bounds of what is required. Please plan to arrive on time and stay until the end of the program. We appreciate your cooperation and understanding.

In case you don't know....we have a



DAMFT Monthly Meetings have moved to the Milliman Building, Ten Thousand North Central Expressway, just north of Walnut Hill and 75 on the East access road. Meetings will be held in the First Floor Community Room

Have you marked your calendar for the 2010 Annual Conference, March 11-13 at the Westin San Antonio Riverwalk?

Other than the February meeting (which is 1:00-4:00 PM), Our regular meetings are from 1:00-3:00 PM. Meetings include 2 hours of CEU's (3 hours Ethics in February) and are held at the Milliman Building – Ten Thousand North Central Expressway, Dallas, TX - North of Walnut Hill and 75 on the east access road – in the Community Room located on the first floor.

For all DAMFT questions please email Susan Swank at sns102@sbcglobal.net.