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## 2010 DAMFT Programs

**November 5**

**The Joy Factor: Self Care for the body  
mind and spirit**

**Presenter: Julie Hanson LMFT-A, RYT**

**February 4, 2011**

**Ethics: The Risks and Dangers of  
Therapeutic Relationships: What can  
Television Teach Us?**

**Presenter Neil Ravella, PhD**

**March 4, 2011**

**Bowen, Friedman and Family Systems  
Presenter: Pat Beghtel-Mahle**



**October 2010**

Official Newsletter of the  
Dallas Association for Marriage and Family Therapy

### **MESSAGE FROM THE PRESIDENT Gloria Martin**

I recently returned from a wonderful three-week trip to Europe. My husband is on sabbatical and our trip was part of his time off. We stayed with friends in Wiesbaden, Germany. We toured many lovely small towns in the area visiting cathedrals and castles dating back to the 11<sup>th</sup> and 12<sup>th</sup> century. Mindboggling! We also took side trips to Prague and Paris.

I love to travel. When I travel in Europe I love that you can walk almost everywhere. And, when the jet lag wears off and I can adjust to the time difference I am reminded that my everyday life can become very narrow. Having to think about what time it is in the states so that I don't call my children at 3:00 a.m. helps me realize that the world is so much bigger than where I live and work and do life. Every day there are people all over the world waking up, going to work, raising families, and doing life just like me. They may have a different skin color, speak a different language or eat cold cuts for breakfast, but is their life really any different than mine? No, not really.

Traveling also reminds me to appreciate my life, especially the little things. In Germany and the Chez Republic tap water has so much sediment that you have to buy bottled water. For this water guzzling American this was really hard. So now when the waiter refills my water glass for the umteenth time, I will say thank-you and be glad that I didn't have to pay for water. I will also be thankful that my water and soft drinks are being served with ice!

We had a wonderful time and many rich experiences on our trip. My hope is that my travel experiences will help me to remember to be thankful for little things, to think outside the box, and to always strive for ways to broaden my horizons.

At the October meeting Beau Nelson certainly spurred my thinking about best practices and marketing. And I am so looking forward to the opportunity to step outside my box as Julie Hanson facilitates our November meeting. Julie will help us consider ways to help our clients and ourselves with Laughter Yoga.

Enjoy your fall!  
*Gloria*

**Next Meeting: *The Joy Factor: Self Care for the Body, Mind & Spirit***  
**November 5, 2010      1:00 – 3:00**

*Presenter: Julie Hanson, LMFT-A*

*Enjoy an interactive infusion of joy, laughter and movement that explores the deep benefits of laughter yoga and the power of intention. Dress comfortably and be prepared to play and breathe! Julie Hanson works with individuals, couples and families. She teaches monthly pre-marital success workshops and is a Certified Life Coach. Julie completed her clinical training at the Beaver's Family Studies Center at UT Southwestern and has expertise in substance abuse treatment as well as mind/body therapeutic interventions. Her current areas of interest include research related to the interconnectedness of mind and body wellness, healthy marriages and the treatment of anxiety related disorders.*

**HELP US GROW DAMFT**

*Reach out to fellow professionals and invite them to attend our meetings and to consider joining our organization. Do your part to keep DAMFT a vibrant and growing organization. Forward our newsletter to someone you know.*

October is the **tenth month** of the year in the **Gregorian Calendar** and one of seven Gregorian months with the length of 31 **days**. October begins (astrologically) with the sun in the sign of **Libra** and ends in the sign of **Scorpio**. Astronomically speaking, the sun begins in the constellation of **Virgo** and ends in the constellation of **Libra**. The name is from the Latin Word "**octo**" for "**eight**". October was the eighth month in the **Roman calendar** until a monthless winter period (summer in the southern hemisphere) was divided between **January** and **February**. In the **old Japanese** calendar the month is called *Kan'na dzuki* (神無月)."  
- Wikipedia

**Red Cross Training in Clinical Intervention Methods in  
Disaster & Trauma Response**

- Friday, November 19
- 8:30 – 1:00 pm
- Red Cross Chapter, 400 Harry Hines Blvd., Dallas, TX 75235
- Presenters: Patrick Tiner, Michael Booth and Connie Cornwell

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## *Editor's Comments*

*Sidney Starling*

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*I, like probably many of you, watched in amazement and awe as 33 Chilean miners were rescued after 69 days of being trapped underground. For 22 hours and 39 minutes the world watched, waited and prayed*

*Mark Davis wrote a column in the Dallas Morning News that really put things into perspective. He started by asking the question: "What have you been doing since August 5?"*

*Don't know about you but: My daughter and grandkids have been to visit twice, two birthday parties, my annual physical, school started, two DAMFT meetings have taken place, one haircut, taxes paid on 9/15, took a vacation, went to the fair, six trips to our land. And the whole time I have slept in a bed, bathed and washed my hair every day, enjoyed good meals, but most of all seen the sunshine probably at least 65 of those 69 days.*

*For 17 days, before anyone even knew the Chilean miners were alive, they survived on rations that were meant to last a mere 48 hours. Two teaspoons of tuna, one biscuit with a small sip of milk every two days, until a note, "All of us are well inside the shelter" attached to the end of a probe reached the surface, and told the world of this incredible miracle.*

*So, I guess the next time I find myself taking a little too much for granted I will try to think about the father who missed the birth of his child, or the diabetic that survived those 17 days without his medication and the families who lived in fear for 69 days along with those men.*

*As therapists we know that much of their journey to recovery has just begun. Not only will they have to deal with all they have been through, they now are thrust into the limelight of a curious world and the challenges of dealing with celebrity. Regardless of what happens, for 22 hours and 39 minutes the world watched, united in their hope, their prayers answered as 33 brave men joined their families once again. For now, that seems quite enough to nourish my soul.*

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*Miracles happen all around us!*

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## *Membership Report*

*Maryellen Dabal*

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*We have approximately 112 members currently, as compared to 87 this time last year. We have 59 Clinical members, 12 Associate Members, 1 Affiliate Member, 8 Student Members and 32 in the category of Nonmember who are not LMFT's but are from another mental health profession who wish to attend and receive CEU's from our meetings. Please spread the word by grabbing a few of our brochures at each meeting and distributing them to those who might be interested.*

*New memberships will be accepted starting at our February, 2011 meeting. Our membership follows the calendar year. You will not receive a bill for membership for the coming year but there will be a notice in one of our upcoming newsletters to please go on the web site, fill out a new application for 2011 and to mail your check in time for the Ethics meeting, our first meeting of the year, in February. You will also be able to sign up for the new year at the February meeting.*

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***Remember – Our Ethics Meeting in February is typically our busiest – attended by more people and it is our membership renewal time. You can save yourself the headache of standing in a long line by renewing your membership online in January!***

# CONFERENCE NEWS

## Contribute an article to the Newsletter

The 2010 AAMFT Annual Conference has ended, and by all accounts was a major success. Attendance increased 17% from 2009, which was also higher than the previous year. Increases in attendance are a welcome surprise in any year, certainly in times of economic downturn. If any of our members attended and would care to write a brief article about their attendance, please send it to [SidneyStarling@aol.com](mailto:SidneyStarling@aol.com).

Autumn is a second spring when every leaf is a flower. ~Albert Camus

## Save the Date!

TAMFT 37<sup>th</sup> Annual Conference:

Children and Families: Dealing with Difficult Times

March 3-5, 2011  
Austin, TX

Featuring Russ Barkley, PhD and Ross Green, Phd.

Pre-Registration began Sept. 15

For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad.

~Edwin Way Teale

**The 2011 AAMFT Conference will be in Ft. Worth – If you have never been to a national conference, plan to attend! More details to follow!**



**"Even if something is left undone, everyone must take time to sit still and watch the leaves turn." ~ Elizabeth Lawrence**

**"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns." ~ George Eliot**

**For all DAMFT questions please email Gloria Martin at [Gloria@discoveringgrowth.com](mailto:Gloria@discoveringgrowth.com)**

**[www.damft.com](http://www.damft.com)**

**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.**