



Newsletter

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Academy of Family Psychology

Volume 8, Issue 2

December 2006

President's Message

By John E. Northman, Ph.D., ABPP

New Orleans, August 9-13, 2006. The midsummer warmth of the Big Easy was easily exceeded by the easy warmth among colleagues within the family of family psychologists. It just keeps getting better and better as the four family psychology organizations --- Division 43, the Academy of Family Psychology, the American Board of Family Psychology, and the Family Psychology Specialty Council --- continue to collaborate for the benefit of all. Like all beginnings, it started with a fairly informal four-way meeting among the leaders of these groups at the 2005 APA convention in Washington. The next meeting occurred during the February 2006 APA midwinter meetings in San Antonio. We have now completed the third such gathering during the August 2006 APA convention in New Orleans.

OK, you may say. Collegial camaraderie is great, but show me some results! Please read on.....

At the APA convention in New Orleans, the Academy of Family Psychology joined with Division 43 in co-sponsoring both the social hour and president's reception. This was the first time these two membership organizations have collaborated on a major social function, and it was not only one but two! The president's reception was a particularly warm event highlighting the effective partnering of AFP and Division 43.

Awards

At the president's reception AFP presented three awards. Mark Stanton and Cindy Carlson, Division 43 presidents for 2005 and 2006 respectively, were honored for distinguished service to family psychology. When approached early in 2005, Mark gladly welcomed the concept of four family psychology organizations working more closely together. It was during 2005 that Mark agreed for AFP to publish a column in each issue of *The Family Psychologist*. During her presidency in 2006,



Cindy Carlson eagerly embraced and furthered the collaboration between AFP and Division 43. This directly resulted in the Division 43/AFP co-sponsorship of two major social events during the APA convention. To both Mark and Cindy: Thank you for your key efforts in furthering collaboration between our two membership organizations of family psychologists, Division 43 and AFP.

Every movement needs a catalyst. For years Florence Kaslow has been at the forefront of family psychology with her research,

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Download Our New Academy Brochure at <http://www.acfamp.org/>

Our New President: John Thoburn, Ph.D., M.Div., ABPP



Dr. John Thoburn is a licensed psychologist and licensed mar-

riage and family therapist in the State of Washington, and is Board Certified in family psychology by the American Board of Professional Psychology. Dr. Thoburn received a M.Div. from Fuller Theological Seminary and a Ph.D. from Fuller Graduate School of Psychology.

Dr. Thoburn is Associate Professor in the Department of Graduate Psychology at Seattle Pacific University where he has taught courses in family psychology and psychotherapy for the past ten years. He has a small private practice in Bellevue, Washington.

He has served on the Academy of Family Psychology and will bring that board experience and his function as our board leader in the area of mentoring to the Presidency. Dr. Thoburn is also a member of APA Division 43 and serves on that divisional board.

We are indeed fortunate to have an experienced leader in Family Psychology taking over as President of The Academy for 2007.

Opportunity for you!

If you have a position for a Board Certified Family Psychologist, or a position for a systems oriented family psychologist with accompanying supervision and mentorship useful for board certification, or a formal residency opening in family psychology please let us know so we can list it in the Newsletter. Through the Academy information can help colleagues find opportunities.

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teaching, writing and advocacy. It was Florrie who some time ago had proposed the idea of closer collaboration among the four family psychology organizations. It was my distinct pleasure to have presented the first AFP President's Award to Florence Kaslow "for your vision and lifelong dedication in advancing family psychology."

Newsletter

This very newsletter that you are now reading has recently undergone major changes. To keep all of us AFP members well-informed and up-to-date, our newsletter editor, Jerry Morris, has created a truly spiffed-up product. Talk about reader-friendly with visual appeal! The layout, full color photos, informative topical articles, news about current AFP undertakings and Jerry's incisive editor's notes all make for a wonderful read.

Recruitment and Mentoring

A longstanding major function of AFP has been the recruitment of candidates for the ABPP diplomate in family psychology. To entice qualified psychologists to pursue the diplomate, AFP has developed an attractive brochure, rolled out at the APA convention in New Orleans. AFP members who also belong to Division 43 will have noticed the brochure as an insert in the most recent edition of *The Family Psychologist*. The trifold brochure is also reproduced in this current issue of the AFP Newsletter.

To help candidates smoothly negotiate the path toward ABPP certification, AFP has developed a mentoring program that has now been formalized as a responsibility of the president-elect (currently John Thoburn). There is now a one-page outline describing the mentoring process. Notably AFP has recently learned about a situation involving payment for assistance in working toward the ABPP diplomate. Thus at its March 2006 quarterly conference call meeting the AFP board enacted a resolution that "mentoring done through the academy is voluntary and non-remunerative."

How "doable" is the ABPP diplomate? It's eminently "doable," made especially moreso with the availability of mentoring. In addition, money talks. As of September 2005, the Academy of Family Psychology and the American Board of Family Psychology, working together, have contributed \$1,000 each to make available

\$100 scholarships for the first 20 applicants to successfully complete ABPP board certification (diplomate) in family psychology.

Master consultation

AFP is now in the process of developing a format for "telephone master consultations." Via case consultation conference calls interested AFP members will be able to share particularly challenging cases and benefit from other members' unique expertise. The conference calls will be announced well in advance through the AFP listserv and will feature dial-in instructions to a toll-free number so that any interested AFP member can participate in this innovative program. A subcommittee of Wes Crenshaw, Florence Kaslow and Rodney Nurse are exploring the details to bring this added member benefit to fruition.

ABPP Academies

Perhaps among lesser known facts about AFP is its formal relationship within the "family" of 13 ABPP-related academies. There is a formal organization with the somewhat lengthy name "Council of Presidents of Psychology Specialty Academies." Its purpose is to share information among academies and collaborate in ways that benefit the members of all ABPP academies. Reimbursement rates, mobility and formal recognition of ABPP board certification by other medical specialties are some of the current issues before CPPSA. Like AFP, there are quarterly conference call meetings of CPPSA.

Transition

For the past two years I have enjoyed the privilege of serving as AFP president. This opportunity has been made especially enjoyable and gratifying by the stimulating collaboration with so many colleagues. My thanks and appreciation go to many. Frank Ezzo, AFP past-president, had very capably preceded my tenure in the leadership role and served as a model. John Thoburn, president-elect, has been most forthcoming in assuming multiple tasks --- including the most significant responsibility of mentoring chair --- as he prepares to lead AFP during the next two years. Wes Crenshaw, treasurer, has organized AFP's finances, streamlined the financial record-keeping, and most importantly kept us very solvent. Jerry Morris, secretary and newsletter editor, has kept minutes of AFP's quarterly telephone meetings, has kept the mailing list accurate and current, and has taken the newsletter to a notably higher level. Florence Kaslow, consultant to the AFP board, has been invaluable with her perspectives, suggestions and ideas. The representatives from the three

other family psychology organizations --- Irene Goldenberg (president of the American Board of Family Psychology), William Watson (Family Psychology Specialty Council), and Mark Stanton and Cindy Carlson (presidents of Division 43 during the past two years) --- have brought their unique vantage points to the AFP conference call meetings.

Most of all I thank you, my family psychology colleagues, for having entrusted me with the AFP presidency.

As my term draws to a close, I feel confident about AFP's future. The organization has an abundance of talent. Having worked closely with John Thoburn, the incoming president, during the past two years, I know that he will lead AFP toward new growth in the years ahead.

The Board Expresses Its' Gratitude to Dr. Northman!

Dr. Northman has been an effective leader and volunteer who has organized an active board, improved newsletter, mentoring, improved collaboration and liaison with other Family Psychology entities, a refined data base, continued financial solvency, positive relationships with ABPP Boards, and who has created an atmosphere of optimism and cheer! We thank and salute Dr. Northman who moves on to a leadership position on the ABFamP Board of Directors!

ABPP Update

Florence Kaslow, Ph.D., ABPP

ABFamP Representative to ABPP-BOT

Our annual BOT meeting in Savannah was marked by a jam-packed agenda, representation from all of the 13 member Specialty Boards, some fine Southern dining, and loads of pride in the continued improvement in the overall functioning of the Central Office and our staff. We were saddened by the news of the retirement of our revered CEO, Dr. Russ Bent, who will be phasing down over the next six months. Russ has long been a central part of ABPP, and it will be strange not to see his smiling face and hear his informative presentations at meetings and events. We all wish him well and thank him many times over. And – the search is on for a new CEO to start by July 1st. The office will remain in Savannah for the foreseeable future.

The long troubling and complex issue of Vanity Boards was addressed in a report researched and tendered by our Public Member, Norman Penner. The report should appear soon in *The Specialist*, and I have tentatively been asked to perhaps help rewrite it for Journal publication. The entire issue may be akin to walking in a seemingly beautiful and peaceful field of tulips, only to find it to really be an explosive minefield. Nonetheless, we

cannot back off and must tackle bringing the differences between mail order certification and truly peer and examination earned certification to the attention of our colleagues and the consumer.



Almost all of the Specialty Boards, except perhaps Clinical, Forensic, and Neuropsychology continue to be concerned about recruiting new candidates to enter and pursue the diplomating process. This is perhaps the Number One concern and priority of Family psychology. To date, we have had only a few responses to our scholarship rebate program, and hope you will all encourage your friends and colleagues to apply. This is urgent.

I reported on the intensified 4-way collaboration between Division #43, the Academy, ABFamP, and the Family Psychology Specialty Council (our “Synergy” group), so ably spearheaded by Mark Stanton, at APA last year – after years of my urging everyone to do this. Goals are: to be aware of what each of the others are doing; to be supportive of one another’s projects; to act collaboratively and when need be, in unison, as in filing the next CRSPPP petition; and to have active liaisons to and from each group to the other three.

We will only acquire high credibility in the eyes and minds of our colleagues, APA and other psychological and allied professional organizations and the public at large by expanding exponentially the number of properly credentialed Board Certified Psychologists, and having enough so designated colleagues to refer to in all specialties in every state.

Feb. 1, 2006

Parenting Coordination: A New Role for Psychologists

Neil S. Grossman, Ph.D., ABPP



Psychologists continue to work expanding the area of Family Psychology beyond traditional psychotherapy practice. This includes practice in child custody and divorce (Grossman, 2003b) and in the broader area of family forensic psychology (Grossman and Okun, 2003; Grossman, et. al., 2003; Grossman and Okun, 2005; Kaslow, 2000). As part of these expanded roles, some psychologists have developed a special interest in Parenting Coordination (Grossman, 2003a; Grossman, 2004; Grossman and

Okun, 2004; Sullivan, 2004) as a way of helping to stabilize divorcing or divorced, high-conflict couples.

Parenting Coordination (PC) is a recently developed professional role that is presently used in about 18 states and other local jurisdictions (AFCC, 2003). In one area, Northern California, judges prompted the formation of a group of judges, attorneys and mental health professionals to brain storm about different ways of dealing with difficult families who repeatedly used the Court services. Parenting coordination was one of the tools they developed to deal with high conflict families. This concept was applied and then fine tuned based on their experience with it. In other areas there were grass roots efforts spearheaded by attorneys & mental health professionals. While the role is known by difference names in vari-

ous locations, the title “parent coordinator” is considered the generic name. The PC uses a mix of skills including those of an evaluator, therapist, mediator and parent educator. Professionals in this role need to have skills in conflict resolution including mediation, and case management; and knowledge and an understanding of family systems, dynamics of high conflict families, child development, domestic violence, and the legal system. The PC does not undertake treatment with the family members. If psychotherapy is needed a referral is made to an appropriate professional.

In a contested divorce, the parent’s anger usually takes a year or two to cool down to the point that the parents, as a divorced couple, can cooperate in caring for

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their children. The conflict is chronic in some of these couples and they may keep returning to court to re-litigate or have the parenting plan amended. PCs are typically used to assist these high-conflict families. The goal of the PC is to resolve recurrent disputes concerning the clarification, implementation and adaptation of a court ordered parenting plan, such as: day to day variations in time sharing arrangements, special events, meeting the children's changing developmental needs, transportation and exchange, medical, dental care and education. They also may recommend and monitor psychological counseling for the children, manage cases when a parent and child are rebuilding an interrupted or damaged relationship, or when one parent's care-taking capacity is intermittently interrupted by a recurring problem such as substance abuse or mental illness. Professionals in this role are appointed by the Court or stipulated to by the parents. The parents may give the professional the power to make certain decisions (binding arbitration) when they are not able to resolve parenting-plan issues. Psychologists and lawyers usually function as PCs according to the nature of the issues being addressed.

The advantages to the use of a professional in this role are that the PC can facilitate appropriate parenting, reduce conflict, improve communication, keep children out of the "middle," and make small adjustments in a timely fashion that would otherwise require reintroduction of a case to the Court calendar.

Specified fees for the service are usually paid by the parents and may be apportioned between them by the court. If one parent prompts unnecessary fees the PC usually has the authority to change the proportion for that service.

[Introduction of Parenting Coordination on a Local Level.](#)

The role of a parenting coordinator was not used in New York State. Attempts to introduce this professional role on a personal level to several local judges did not meet with success. As a systemic interven-

tion, the Head Matrimonial Section of two local County Court Systems were contacted. Both Judges were interested in parenting coordination but only one had the time to become involved with this initiative. This judge suggested that a program be started in the County with the assistance of a local agency. A pilot program was developed and funding was obtained. Psychologists who had forensic experience and who worked with high-conflict couples were identified and invited to participate in parenting coordination training. After the professionals completed the training, cases were assigned. Judges in this county now have started to appoint parenting coordinators outside of the pilot program.

The professionals trained as PCs started an organization, Parenting Coordination Association of New York (PCANY), to provide further training and promote the use of parenting coordination in New York State (Grossman, 2006). PCANY endorsed the model Court order that was used in the pilot program and created a grievance procedure for parents using PCs. Criteria for minimum training of PCs in NYS were crafted following the recommendations of the Nation model proposed by the Association of Family and Conciliatory Courts (2005). PCANY is currently advocating that minimum training standards for parenting coordinators be adopted in New York State. The members of PCANY are studying for which cases parenting coordination is appropriate. Preliminary findings indicate that PC can be used with couples that are trying to resolve their differences and with couples that are still "warring" but the goals and techniques need to be different.

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Academy of Family Psychology Presidential **BALLOT**

Please Vote for One Candidate (circle your selection):

Lenore Walker, Ph.D., ABPP

Melton Strozier, Ph.D., ABPP

Write in Candidate

Signature: _____

We are asking for signatures so we can check that we do not receive more than one ballot from anyone.

Fax, if possible:

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Election Committee Chair

Fax: 1-206-281-2695

Or send email to

thoburn@spu.edu

Or send by regular mail to:

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Please submit your ballot by January 30th to ensure it will be counted.

Dr. Lenore Walker Nominated for AFP Board President

Biography of Lenore Walker, Ph.D. ABPP

After over thirty years of independent practice of psychology, Dr. Lenore Walker is currently a Professor of Psychology at Nova Southeastern University's Center for Psychological Studies where she trains doctoral level psychologists. Originally trained as a clinical and school psychologist, she put together her child and feminist skills to create the trauma-based survivor therapy for family violence victims as an alternative to the usual family systems theories. Her research with battered women lead to the battered woman syndrome, now considered a subcategory of Post Traumatic Stress Disorder and used frequently in legal cases where there are allegations of interpersonal trauma.

Author of 15 books and numerous articles, she is an international speaker on issues impacting



families where there has been domestic violence.

Candidate Statement

The Academy of Family Psychology has the potential to encourage members to develop and disseminate best practices in many different areas impacting the psychological health of family members. If elected, I would like to reach out to researchers and practitioners alike to develop CE and graduate level training modules in these different areas. These modules can then be translated to 'give psychology away' to young people so that creation of healthy families can be emphasized. Cooperation with the media who are always looking for this type of information will also be a focus during my tenure.

Dr. Melton Strozier Nominated for AFP Board President



Family Psychologists address human experience utilizing the biopsychosocial model. Family Psychologists are knowledgeable about the biological bases of behavior, individual psychological processes, and dealing with human struggles within the context of relationships. The ability

to study, assess and treat persons from these three levels of human experience is what excites me about being a Family Psychologist. As president-elect and president my goal will be to facilitate the further development of Family Psychology as a profession. I will do so by focusing on the following areas:

Being a public and professional representative for Family Psychology. People within and outside the specialty need to be educated about the value of Family Psychology. My membership in a wide range of related organizations can facilitate this activity.

Recruiting new members into Family Psychology. We need to increase our outreach to psychologists who work with family systems and involve them in our membership and activi-

ties. Utilization of electronic media would be one excellent way to do this. The IT resources available to me can be helpful in this area. The further development of a Family Psychologist website is essential for recruiting new members, disseminating information, promoting communication, and educating the public about Family Psychology.

Developing further beneficial contacts with affiliate organizations. This is already being done with the development of relationships with some allied organizations, and this activity should be expanded. For example, the Society of Teachers of Family Medicine, and the Academy of Family Practice. Family physicians receive training in working with families from a medical perspective, and a mutually beneficial affiliation with Family Psychology can and should be promoted. As the chair of a medical school department of psychiatry and behavioral sciences, as a former director of behavioral science for a family medicine residency program, and as a member of several medical education organizations, I have the experience and ability to facilitate these relationships.

Promoting curriculum development in psychology training programs relevant to Family Psychology. The average Ph.D. program in clinical psychology offers limited training in family therapy, while practicing psychologists spend significant amounts of their time working with families. Family Psychology can facilitate the development of academic curricula and post-graduate training for psychologists in

working with families.

Promoting and supporting research in Family Psychology. Further encouragement for both practicing psychologists, and students in researching family systems is needed. Scholarship and grant support programs, even at a modest level, can accomplish this. There are critical areas in which Family Psychologists are most qualified to take the lead, such as developing instruments that measure family system functioning in a robust manner, rather than relying only on individual assessments in the context of a family system assessment and research.

I am honored to be a nominee for the presidency of Family Psychology and enthusiastic about what I can accomplish. If elected, I pledge my experience, knowledge, and energy to the service of Family Psychology. Thank you for your consideration.

See Presidential Ballot

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2006 Member Survey

Please complete this survey and return it with your statement and payment.

This will allow AFP to better serve your needs as a member

In 2006/2007 AFP is considering offering two new services for diplomats in family psychology. The first is a telephone based group consultation system. Using an 800 dial-in system, members of the AFP board would offer consultation on difficult cases to groups of 8 to 12 participants. The initial cost for this service would be paid out of AFP dues. If the program was well received and costs increased, a fee-per session system might be adopted, or the board might consider a small increase in dues. AFP believes that this service would be a value-added product for diplomats and would enhance interest among psychologists to join ABPP. Please complete the following interest survey regarding this idea:

I believe AFP should offer the service as described above for its diplomats

Yes No

I would participate in such a consultation group from time to time

Yes No

I would be interested in leading such a consultation group based on specialized area of my clinical practice

Yes No

If successful, I would support a small increase in dues to fund consultation

Yes No

If successful I would support a small fee for consultation group

Yes No

I would be especially interested in consultation on the following topics:

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Editor's Notes

By Jerry Morris, Psy.D, MBA, ABPP

Colleagues, this is the time of year that we move into a transition phase of our organization. We move the gavel to a new President, assimilate new board members, and check the continuing commitment of members by sending out dues statements and taking stock of the number of specialists credentialed during the last year. Being a specialty with relatively small numbers of members, each member takes on greater significance to us, their community, and to our field. With that special nature goes special responsibility. Each of us in the academy must look for the place to make a contribution each year if we are to continue to lead family psychology. For some of our members that contribution will be original research and sharing occasional pointers and

summaries of important scientific finding with our members. For others that contribution includes teaching and sharing exciting news about where education in our specialty is going and occurring. For many they will be saving and improving lives through direct health service delivery and we will count on them to share with us the changes, insights, and issues related to providing family psychology treatment for our communities and nation. For still others the contribution can come from direct service to the academy by volunteering for governance service, the newsletter staff, or for our mentoring and examination programs. Whatever your area of focus in family psychology, you are special and we need your contribution.

As we pause to celebrate the several holidays and religious experiences that come at the end of the year and to do those year end taking stock functions, I want to thank all of you who have contributed to your academy this year. I want to especially thank those of you who have stepped up and helped me with our newsletter and my work on the Board. Almost universally, when I've asked an academy member for help or contributions they have taken precious time to contribute. You are special and have exemplified that.

We are a system and exemplify the system by our annual actions. You will have opportunities to find your area of contribution to the academy this next year. You can be thinking as we approach the next year, "where will I make my share of contributions to the academy during the next year?" You know where you can help and where you have something your colleagues need and in which they would have interest. Now is the time for you to put that contribution on your calendar or in your tickler file and to commit to making the academy a more exciting place.

We at the newsletter await your input. We are very interested in making the newsletter familiarize each of us with the work and concerns of our small and close knit group. We are interested in having an academy that has great "self-awareness" and where the members understand and feel an alliance with each other. We desire knowledge about you, your practice, how you see the specialty and our opportunities for contribution to our nation and local communities. We want each of you to feel connected, not just to the academy and the specialty, but personally connected to each other in such a way that leaves less space between the component parts of our organization.

I look forward to your submissions to the newsletter in this regard and encourage any of you to call me at the number to the left, or email me about your ideas for articles and contributions to this publication.

Happy Holidays!

Jerry

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