



THE AMERICAN ACADEMY OF COUPLE & FAMILY PSYCHOLOGY

AACFP Newsletter

<http://acfamp.org/newsletter.html>

A Message From The President: "Buzz Words!"

By Melton Strozier, Ph.D., ABPP

This is my first column as Academy President. Thanks are in order. Many, many thanks. Thank you to you, my friends and colleagues in the Academy for your trust in me in selecting me as your president-elect two years ago. I hope to be a worthy steward of your trust in me.

Thank you, thank you, and thank you to those who have preceded me in their excellent work for the Academy. My predecessors have been faithful to pass this wonderful organization down to all of us.

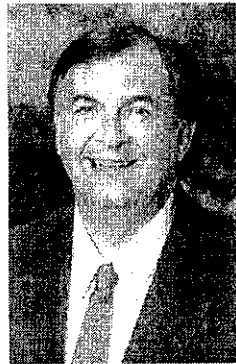
Thanks to our Past President, Dr. John Thoburn, not only for his diligent work on behalf of the Academy over the last four years, but also for his kind and generous mentoring for me. He has let me tag along with him for two years as president-elect. I would be lost without his help.

Thanks to all the ABCFP Board members for allowing me to sit in on their semi-annual meeting over the first weekend in March. They are impressive in their intellect, compassion, collegiality, and commitment. Thanks especially to Dr. Rod Nurse for leading the Board in such a productive meeting. Thanks and thanks again to Dr. Florrie Kaslow for her leadership through the years, her

pioneering efforts on behalf of Family Psychology, and continuing to give her time and service to our efforts.

Thanks so much to the new Academy

Officers for agreeing to serve with me and for putting up with me as we all learn the tasks for our new positions. P a s t - President, J o h n ,



Thoburn; Melton Strozier, Ph.D., ABPP President-elect Lenore Walker; Treasurer Andy Benjamin; Secretary Charles Huber; Newsletter Editor Charles Guyer; and Consultant to the ABCFP Board Florence Kaslow.

So, where to from here?

The current "Buzz Word" in ABPP as well as other organizations is "Value Added." I understand this to mean that we must ask and answer the question, "What are the benefits of Board Certification and Academy Membership?" How can we add value to this credential for our members?

Of course, the benefits of being an ABPP Board Certified Specialist are significant already. Professional identity; professional affiliation & collegial relationships; reduced insurance rates; recognition of qualifications as boarded specialists from other groups such as hospitals and managed care; CPQ, which provides something as close as we are likely to ever get to licensure portability. This list goes on.

Your Board and Academy are diligently working on additional benefits. One project is the development of a board/academy website which will be useful to members in a variety of ways. Another is the possibility of a project to increase continuing education activities in Family Psychology, both in terms of providing books and courses and in terms of providing authorship opportunities. Other projects to add value to our membership are also being considered.

John Kennedy's words at his inaugural address come to mind for me at this juncture. In addition to looking forward to added value from the Board and Academy, I hope that all AACFP members will ask not only what the Academy and Board can do for you, but also what you can do for your Academy and Board. I want to encourage you to consider ways in which you might contribute to both. For starters, maintain your membership and professional identity by identifying yourself to the public as a Board Certified Specialist in Couple and Family

(continued on Page 6)

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NOMINATION BALLOT March 2009

The American Board of Couple and Family Psychology has **THREE** Board openings for a **THREE** year term beginning January 1, 2010. We are asking members of the Academy of Couple and Family Psychology who are in good standing (dues are current) to nominate three candidates (self nominations are accepted). Duties & responsibilities of Board members involve: attending two meetings a year typically at the Annual APA Convention and in late winter, participating in scheduled teleconference meetings, serving on Examination Committees, serving on ad hoc committees, and discharging other assigned Board duties. Our Board is dynamic and this presents opportunities for members of the Academy to contribute to the growth of our specialty.

Nominations must be received by April 15, 2009 at which time the Nomination Committee will comprise a ballot that will be sent out to Academy members for final voting for the open board positions.

Nominations

1. _____
2. _____
3. _____

Fax or mail to Frank R. Ezzo, Ph.D., ABPP

Fax: 216-696-5798

Address: Frank R. Ezzo, Ph.D., ABPP
2525 E. 22nd Street
Cleveland, OH 44115

My signature attests to these nominations and attests to my good standing in the

Academy: _____

Date: _____

THE AMERICAN BOARD OF COUPLE & FAMILY PSYCHOLOGY

Brief Description of Specialty

Intervention and assessment in Couple and Family Psychology embracing the total family system including individuals, couples, families, and the intergenerational systems.

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MENTORING

Mentoring is helping qualified colleagues prepare their application, theoretical paper and work sample, and to prepare for examination.

If you would like to be more fully and formally involved in the very satisfying mentoring process, please forward your name to Dr. Melton Strozler at strozler_am@mercer.edu.

**News from the American Board of Couple and Family Psychology
Flurry of Activity**

Rodney Nurse, Ph.D., ABPP, ABCFP
President 2009-10

I'm privileged to serve as the president of ABCFP for calendar 2009 & 2010 at this particular time of energetic actions within our ABPP community and our Specialty Board. ABCFP immediate Past President, Frank Ezzo and former ABCFP Board member, Karen Praeger, with other Board member's assistance, completed the PCR Review submission to ABPP. This process culminated in ABPP Executive Officer David Cox and ABPP Past President, Al Finch, sitting in on an examination and providing feedback in our Board meeting at the APA convention last year. We are very pleased to have received the vote of confidence from the ABPP Board, learned of their expectations for the future, and appreciated the helpful guidance for modification of some of our procedures. We have begun taking action based on this helpful input.

In addition to calling attention to the assistance received through the PCR Review process, I need to mention the importance of a recent ABPP Board shift of policy that is helping us to facilitate making the relationship changes many of us on the ABCFP Board and officers of our Academy welcome. This shift is from keeping SB Board and Academy at arms' length (a sharp separation between within a specialty group) base on an earlier legal opinion. A new legal opinion is resulting in each Specialty board and Academy developing ways of working together for the advancement of the specialty. Because our Board members and Academy officers have worked, as permitted, so well in the past, we are off and running rapidly together in 2009. So I am most optimistic about the resulting synergistic effect. This optimism is based on the ABCFP Board's work and on the activity of the Academy, formerly led energetically by John Thoburn, immediate Past President of the Academy, and newly led by 2009-10 Academy President Melton Strozler, an accomplished manager/planner (and Chair of a Hospital Department of Psychology

and Psychiatry). Helping further, is former Academy President John Northman, who not only served on the ABPP committee to work on relationships between Boards and Academies (BARG), is now President-Elect of the Council of Presidents of Psychology Specialty Academies (CPPSA). John continues to serve as Easter Coordinator of ABCFP examinations, while Mark Stanton is Western Coordinator (regions are arbitrarily divided at the Mississippi for reasons of central office clerical efficiency). Congratulations to new Academy newsletter Editor Charles (Chuck) Guyer who served on the ABCFP Board several years ago. We are so pleased to have Chuck involved in SB activity again.

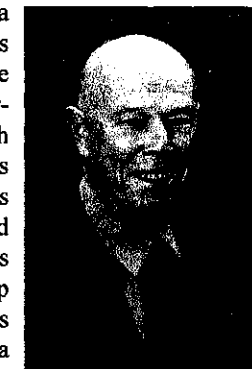
ABCFP held its mid-year Board meeting in Atlanta March 6-8 this year where the energy generated by such changes as above was palpable. And this was followed up after this meeting with a whirlwind of activity aimed at enlisting of candidates well qualified to meet the criteria for examination as potential Board Certified Couple and Family Psychologists. Leading the pack in this effort, as always, was our ABPP Board Representative, Florence Kaslow. We all continue to learn from her as well the synergy on our Board where she is so often busy right in the middle of things.

At our ABCFP Board meeting in Atlanta we chose Mark Stanton as President-Elect, and Michele Harway as Treasurer (she has been our very able acting treasurer for the last few months). Thanks to those Board members for agreeing to serve in these capacities. I'm sure I must have left our some major Board contributors, for which

I apologize. Most of those whose names I have listed so far in this column you will find are contributors to this newsletter edition, detailing much of what I refer to here, and adding their own individual important contributions.

THE IMPORTANCE OF COUPLE AND FAMILY COMPETENCY

When American psychologists, social workers, and counselors seek therapy, 20% indicate that they do so in response to marital-couple distress. Another 9% go for help with family of origin conflicts. So 29% of these professionals would, from our standpoint, be most fairly assisted by psychological professionals actually trained and experienced in these areas. (The next closest reason for seeking therapy was depression, 13%, often itself a reaction to disturbed family relationships). Of course we don't know the percentage that saw therapists possessing competencies in working with couples and families, but personal experience suggests this was likely in keeping with what research and clinical work in couple and family psychology has developed. This data stems from a national survey of over 700 therapists recently reported BY: Bike, D.H.; Norcross, J.C.; and Schatz, D.M. Psychotherapy Theory, Research Practice, Training 2009, vol. 46, No. 1, 19-31. So, my message is that the more we can enlarge the numbers boarded in couple and family, the better chance we have through group action to influence the rest of psychology practice that competency in working with couples and families is most important for treating couple and family problems. This seems like a disarmingly simple message. But our numbers remain small or average compared to other specialty areas, and we have an obligation to do what we can to enlarge our numbers of those identified as possessing competencies in couple and family work. Let's all work on that together. Rod, signing off. Your responses or inquiries are welcome (rod.nurse@gmail.com).



A. Rodney Nurse, Ph.D.,
ABPP, ABCFP

American Board of Professional Psychology Update ABC FP Representative

Florence Kaslow, Ph.D., ABPP
ABC FP Representative to ABPP Board

There are numerous new developments throughout ABPP and I have selected a few to highlight in this issue.

Many of the Boards are initiating or extending Senior tracks – most of which require, as does ABCFP, that the candidate have been active within the field for 15 years post doctorate and have made a substantial contribution in the field. As the other end of the spectrum, a get started early to amass your credentials program was instituted in 2008. Doctoral students can register for \$25.00 and each year have their transcripts and later evaluations from internships and residencies, letters of references, etc. sent to ABPP and placed in their file. Then when they are eligible to apply, much of the material needed will already have been compiled. The various campuses of CSPP and several other Universities are already paying this fee annually for their incoming students. If your program might be interested in exploring a special arrangement, contact the ABPP Central Office for more information.

Throughout ABPP the various Specialty boards and their respective Academies are seeking new and more significant ways to collaborate and cooperate. We have long had a good reciprocal working relationship that has been transferred from Frank Ezzo and John Thoburn to Rod Nurse and Meton Strozier. Each Board has a liaison with the other and we share information, events, lists of CFP Diplomats, etc. both also work in unison with Division 43 on some projects. If you aren't active in the Academy, you should be aware that it has been revitalized and is thriving. Contact Dr. Strozier at Strozier_am@mercer.edu and let him know of your interest.

In the summer of 2010 ABPP will be sponsoring CE workshops in Portland, Oregon. The current plan is that each specialty may be offering a workshop in some aspect of its overall domain. This event promises to be a marvelous in gathering of current

and potential ABPP's in a stimulating environment and Portland is lovely that time of year. Watch for further information in our Academy Newsletter and The Specialist.

Our new CO is settled in full in Chapel Hill, NC and is functioning smoothly. We have a new web master and they are designing a larger, more complex site with links to each Specialty Board. It should be up and running in June. This should enable all enormously to stay current. Meanwhile, our current manuals for examiners and candidates are available on the website, if you are interested in being updated on what we now expect and require from candidates and examiners.

Last and perhaps most important, ABCFP had it site visit from ABPP in August 2008 to determine if we should be re-approved as a specialty. The CEO, David Cox and Past President, Al Finch were the site visitors. They attended our Board Meeting, sat in on an examination, read our revised manuals, etc. and we were fully approved for another five years at the December Board of Trustees meeting. On that happy note – bye for now!



Florence Kaslow, Ph.D., ABPP

A Message From The President

(continued from Page 1)

Psychology and by being a responsible member (e.g. paying your fees and doing your attestations, etc.). I also encourage you to consider areas of service – e.g. serving as a Board member or Academy Officer; mentoring applicants; serving on examination boards. There are many opportunities for service.

I believe it is an exciting time to be a family psychologist. I think a distinctive of our profession is the practicing of psychol-

ogy within the framework of the biopsychosocial model. We all know and take seriously that our patients have bodies, minds, and relationships. Assessment and/or treatment may be inadequate if we fail to address any one of these three critical areas. (I hope to write more about this later.)

Meanwhile, thank you again for your commitments to our profession and our organization, but especially to the people we each care for. Our patients deserve the best care. I think we all offer that.

General Interest

Taken from the American Board of Medical Psychotherapists Newsletter (Winter 2008)

People with serious mental illness die at age 51, on average, compared with age 76 for Americans overall. Their odds of dying from the following causes, compared with the general population are as follows:

Cause	Times more likely to die
Heart disease	3.4
Diabetes	3.4
Accidents	3.8
Respiratory ailments	5.0
Pneumonia, influenza	6.6

Data from the Justice Department suggests **crime runs in the family**. Nearly half of the two million inmates in state prisons across the USA – 48% - say they have relatives who also have been incarcerated, according to the 2004 report. The portion of those reporting the detention of fathers, mothers, brothers, sisters, spouses and children has kept pace with the national prison population as it has increased during the past decade. Both social scientists and law enforcement authorities say the influence of family members may be one of the most important and largely unaddressed factors in determining whether people adopt lives of crime.

According to the American College of Emergency Physicians, **psychiatric patients who need hospitalization wait for hours in emergency departments** for admission because hospitals are dropping mental health units and beds are scarce. Nearly 80% of hospitals said mentally ill patients sometimes wait four hours or more to be admitted.

According to the Crimes Against Children Research Center at the University of New Hampshire, **child sex abuse cases are actually declining**. Sensational cases in the media run counter to these findings. Sexual abuse cases declined 5% from 2005 to 2006 and 53% since 1992. These figures do not include crimes including child pornography. Neglect cases actually rose 2% for 2005 to 2006.

More than one-fifth of Americans over age 70 have some memory impairment that is not classified as dementia, according to a March 2008 study in the Annals of Internal Medicine. While an estimated 3.5 million Americans suffer from dementia, an additional 5.4 million over age 70 have some memory loss that affects their lifestyle but is not severe enough to limit their ability to function normally. About 22% of individuals over 70 have some type of cognitive impairment that does not reach the threshold of dementia.

According to the Family Research Laboratory at the University of New Hampshire – Durham, **children whose parents spanked them or otherwise inflicted physical punishment may be more likely to have sexual problems later**. Children whose parents spanked, slapped, hit or threw objects at them may have a greater chance of physically or verbally coercing a sexual partner, engaging in risky sexual behavior or engaging in masochistic sex, including sexual arousal by spanking. The percentage of persons likely to insist that their partner have unprotected sex is about 12.5% for those who never had been hit while it was 25% for those with the most corporal punishment.

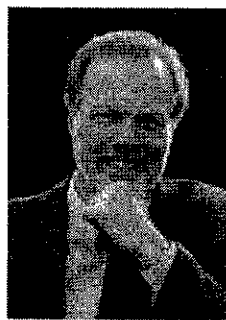
Meet Your Officers

Officers of the American Academy of Couple & Family Psychology 2009



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< LENGTH OF TERM ??? >



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Annual appointment at the discretion of the President of the Academy.

ADDITIONAL HYPERLINKS

<http://www.abpp.org>

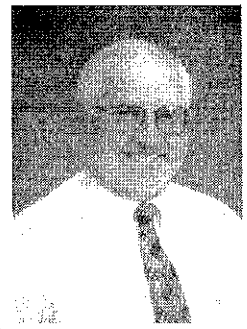
http://www.abpp.org/governance/abpp_governance_family.htm

Editor's Notebook: Our Lost History

Charles G. Guyer II, Ed.D., ABPP

My good friend Dr. Bill Wester, recently contacted me and suggested it might be a good idea to publish a history of our Board and Academy. Not long after that another good friend, Dr. Florrie Kaslow, asked what I thought of the idea of putting the Past-Presidents of our Academy and Board in the newsletter on a regular basis. I then noted that in the winter issue of the Specialist Dr. Robert Goldberg was appointed the first historian for ABPP. I feel these are all good ideas. I then began to research our Board and Academy histories in more depth. I discovered that a great deal of the history for both our Board and Academy can not be found. I could not even locate accurate information about our past leadership. This was surprising to me because I was around for much of our history. Our Academy dates its beginning to 1958 when a group of psychologists interested in marital and family psychology founded the Academy of Psychologists in Marital and Family Therapy. I became involved in 1978. Dr. Harold Greenwald was the president of the Academy, and Dr. Daniel Araoz was the President-Elect. I wrote Dr. Araoz a letter stating my interest in becoming more active in the group. He responded by putting me in contact with Dr. Benjamin Fabrikant. Dr. Fabrikant was the new editor of the group's soon to be newsletter/journal. He appointed me associate editor. We called that publication the Relationship. The members of the original Academy of Psychologists in Marital and Family Therapy worked hard to have a division of family psychology established within APA. The Original Academy then did become division 43 (family psychology). The Academy of Psychologists in Marital and Family Therapy also created the American Board of Family Therapy in 1981. That Board offered diplomats in marital and family therapy and in sex therapy. In 1990 the American Board of Family Psychology affiliated with the American Board of Professional Psychology. In 1991 the American Board of Professional Psychology established a separate

specialty in family psychology under the parent board (ABPP). Not long after that American Board of Professional Psychology created Academies that were paired with each specialty board under ABPP, and the Academy of Family Psychology was reborn. We have recently changed our name to the American Board of Couple and Family Psychology, and the American Academy of Couple and Family Psychology.



Charles G. Guyer II,
Ed.D., ABPP

This is a very brief overview of how we got where we are. I am in the process of writing a thorough history of the American Academy of Couple and Family Psychology and the American Board of Couple and Family Psychology. I want to be certain that all persons who deserve credit for their efforts are recognized. I am requesting that anyone who is aware of our early history please contact me and share their knowledge.

PLEASE CONTACT ME WITH ANY INFORMATION YOU MAY HAVE CONCERNING THE HISTORY OF THE AMERICAN BOARD OF COUPLE AND FAMILY PSYCHOLOGY OR THE AMERICAN ACADEMY OF COUPLE AND FAMILY PSYCHOLOGY

THANK YOU IN ADVANCE FOR YOUR COOPERATION

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