

## Research E - Forum

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## JUST ANNOUNCED!

2014 Congress  
Keynote Speakers  
Include:Stan Tatkin  
and  
Gonzalo BacigulapeEach will be featured in  
upcoming issues of the E-  
Forum!**Multidimensional Family Therapy (MDFT)  
Implemented in Five Western European Countries**

Multidimensional Family Therapy has been a part of evidence-based practice developments in treating adolescent substance abuse and delinquency for 25 years. MDFT is comprehensive, simultaneously addressing the individual adolescent, the parents, family relationships, and community factors in a coordinated way. An integrated and developmentally-oriented approach, MDFT is a treatment system rather than a one size fits all approach. MDFT has been adapted and tested with success in diverse settings, including substance abuse (outpatient and day treatment controlled trials), juvenile justice (juvenile drug court controlled trial), mental health (RCTs completed in community based clinics), and child welfare (NYC child welfare service settings), and with many adolescent client samples, including a range comorbidities, and diverse socioeconomic and ethnic minority teens and their families. Controlled trials have established the comparative effectiveness of MDFT when tested against residential treatment, state of the art cognitive behavioral therapy CBT), and

as an exemplary, science-based treatment for substance abuse, delinquency, mental health, and related youth problems in major evidence-based practice registries, including The European Monitoring Centre for Drugs and Drug Addiction. MDFT broke new ground in a recent study.



Dr. Howard Liddle,  
EdD, ABPP, developed  
Multidimensional  
Family Therapy.

In the first independent evaluation of the MDFT model, the approach was tested in a multinational, randomized controlled trial implemented in five Western European countries. Community therapists at clinics in The Hague, The Netherlands; Paris, France; Brussels, Belgium; Geneva, Switzerland; and Berlin, Germany were trained to implement MDFT first in a pilot study and then in a major controlled trial. Participants included 450 adolescents (ages 13 through 18) with a cannabis use disorder. 85% were boys; 40% were of foreign descent. One-third had a recent arrest record. Three primary outcomes were assessed: (1) treatment retention, (2) prevalence of cannabis use disorder, and (3) 90-day frequency of cannabis consumption.

(continued on page 2)

## MDFT (cont)...

Positive treatment effects were found for both MDFT and the comparison treatment, an expert-administered individual psychotherapy (IP). But MDFT outperformed IP on the measures of treatment retention ( $p < 0.001$ ) and prevalence of cannabis dependence ( $p = 0.015$ ). And MDFT reduced the number of cannabis consumption days more than IP in a subgroup of adolescents reporting more frequent cannabis use ( $p = 0.002$ ). In Europe, MDFT training is offered by the MDFT Academy, headed by Dr. Henk Rigter. MDFT International handles U.S.-based and other training.

For more information on the MDFT Europe Study, please contact Henk Rigter

## Howard Liddle on the web

Howard A. Liddle on engaging and changing troubled youth

[http://youtu.be/Wwjmx\\_FrIDE](http://youtu.be/Wwjmx_FrIDE)



Howard A. Liddle on MDFT

<http://www.youtube.com/watch?v=FiOiOERc82o>



## Evidence-based Therapy Approach Research Project

Robert Allan is a doctoral candidate from Dalhousie University. He is recruiting therapists to explore their experience of learning and using couple or family approaches that are evidence based. He is asking to interview therapists who have at least a masters degree in a mental health field (counseling, psychology, social work, or marriage and family therapy) and have, or in the midst of, learning and utilizing an evidence-based couple or family therapy approach that include the following elements: (1) the evidence-based practice has a treatment manual, (2) therapist received training specific to that practice, (3) therapist received supervision specific to that approach, (4) and the evidence-based practice has a theory of change that clinicians are required to relate to in their practice.

The interview will take 60- 90 minutes and can be scheduled at a time and location that is convenient to the participant. Interviews can also be conducted online using BlackBoard Collaborate, an online using secure web-based service, for those who are not within the Halifax, Canada area. Participation in this study is voluntary and may withdraw from the study at any time. Participants will not be identified in reports or publications but will benefit others by contributing to the knowledge of evidence-based practices and the experiences that therapists have in learning them.

If you are interested in participating in this study, please contact Robert Allan at [Robert.allan@dal.ca](mailto:Robert.allan@dal.ca)

## Clai's Corner

by Clai Joiner-Ransom, B.S.

Welcome back to Clai's Corner! This is the segment of the Research E-Form where we have the opportunity to highlight research that addresses international and /or multicultural perspectives within the field of family therapy. In the spotlight for this issue of E-Forum is a research article written by Stacey Reicherzer and Joseph Spillman of the College of Social and Behavioral Sciences, at Walden University in Minneapolis, Minnesota and published in the *International Journal of Transgenderism* entitled, "A Multiple Case Study Examination of Resiliency Factors for Mexican and Mexican- American Transsexual Women."

I had the opportunity to contact Dr. Reicherzer and asked her about the inspiration behind her work. Dr. Reicherzer responded: "My inspiration for this research came from personal experience as a former drag queen who later transitioned from male to female and left the drag scene. I wanted to examine joy, strength, and community in the lives of individuals who leveraged the drag bar as a space where they could be identified as transgender women (a choice I also had made for my life). My choice to study with Mexican and Mexican-American women came from the desire to understand the influence of *familia* and other concepts that exist outside of what has been traditionally been presented as transsexual/transgender case study, given the under-representation of communities of color in literature about transgender mental health. I wanted

source of information is presented as transsexual/transgender case study, given the under-representation of communities of color in literature about transgender mental health. I wanted to see what could be represented outside the dominant body of mental health literature, given that its largest source of information has been through those who sought medical referrals for hormones and surgeries."

I also asked Dr. Reicherzer to express what she felt was most important for readers to take from the research article. Dr. Reicherzer responded:

- Research on transsexual and transgender issues/experiences has tended to focus primarily on the process of diagnosing gender identity disorder as a determining factor of readiness to begin hormones and transsexual surgeries. Of interest, though, are people who live as transgender, often beginning during childhood, adolescence, or early adulthood, but who may never seek formal medical interventions in becoming transsexual or transgender. The emphasis of this study was to explore resiliency in the lives of Mexican and Mexican-American transwomen who work in a well-utilized space of gender freedom that they could construct entirely, that of entertainment.
- Participants all lived as women, but chose to be recognized at least part of the time not as natal females, but as transgender
- The experience of racial identity created additional dimensions of development - whether as an immigrant from Mexico to the U.S. (Diana), or as Mexican-Americans who had lived in the Texas-Mexico border regions (Amanda and Valerie). Each of the participants demon-

In spite of each experiencing periods of rejection by her parents.

- Transgender women, as demonstrated in the lives of these participants, do not always hold beliefs that their only means of happiness is tied into having genital surgery. In fact, these participants had built lives in which surgery was not a serious consideration, or in which it held much relevance (if any). What was evident was that participants had made choices that allowed them to be fulfilled, both as women and as transgender individuals. This suggests that surgery is one of many options for a transgender woman, and that life fulfillment exists for those who choose to celebrate their experiences as transgender.

### **Clinical /Research Implications**

As a Marriage and Family Therapist student in training I found that this article highlights many things to be mindful of when working within the minority transgender and transsexual population. One that stood out the most was the importance of focusing on the strengths and resiliency within the transgendered community and I believe that this research can be used to inspire clinicians to help clients explore personal strengths and sources of support within the community. A piece of research that may be helpful would be research into the transgender resiliency of adolescents from diverse ethnic, cultural and religious groups.

Reicherzer, S., & Spellman, J. (2011). A Multiple Case Study Examination of Re-

## Journal of Family Psychotherapy

*Edited By:*  
Terry S. Trepper, Ph.D.

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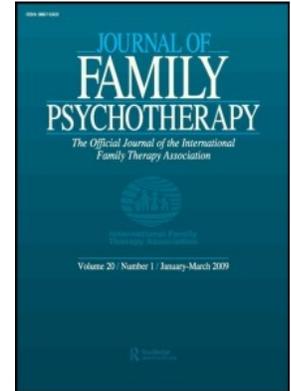
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The Journal of Family Psychotherapy is now available online to IFTA members. For access, visit: <http://www.tandf.co.uk/journals/WJFP>

## 2014 World Family Therapy Congress: CALL FOR PROPOSALS NOW OPEN!



The 2014 World Family Therapy Congress will be held in **Izmir, Turkey March 5-8, 2014.** CALL FOR PROPOSALS IS NOW OPEN! Check out the IFTA Congress website for information about submissions and registration: <http://www.ifta-congress.org/>

The Congress will take place at the Swissotel Grand Efes. The theme of the conference will be *Technology, Families and Effective Therapy*. Start preparing those submissions! The deadline for submitting a proposal is **AUGUST 30, 2013.**

## Nominate someone to be featured in a future issue!

This newsletter is designed to let you know what is going on with the IFTA and also to let you know what research is happening within the community. What research have you been working on? We want to know! Have you been involved in something noteworthy within the family therapy field? Tell us about it! If you want to be featured in one of our future newsletters, or if you know someone that should be featured in

one of our future newsletters, please send information to: [Katherine M. Hertlein, Ph.D.](mailto:katherine.hertlein@unlv.edu) Associate Professor and Program Director, Marriage and Family Therapy Program, University of Nevada, Las Vegas, 4505 Maryland Parkway, Box 453045, Las Vegas, NV 89154-3045 Phone: (702) 895-3210 Fax: (702) 895-1869 [katherine.hertlein@unlv.edu](mailto:katherine.hertlein@unlv.edu)

*We look forward to hearing from you!*



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