



## **IFTA World Family Therapy Congress in Holland**

**Two Miles From the North Sea, in the Tulip Fields, March 29-April 2, 2011**

Family therapists from around the globe will gather for the International Family Therapy Association's XIXth World Family Therapy Congress in a highly anticipated return to Europe March 29-April 2, 2011. "The Netherlands, with its rich legacy of family and systemic therapy and abundant contributions to the field is a magnificent place for such a gathering and congress," said IFTA President William Nichols. "We are pleased that we shall have a significant number of presenters on the program from the Netherlands, along with professionals from many other countries."

The outstanding lineup of plenary presenters includes Monica McGoldrick (USA), John Shoter (UK), and Thomas Sexton (USA and The Netherlands). Each of them will expand on and elucidate their plenary presentations with separate sub-plenary sessions, which offer opportunities for questions and interactive participation. The program also offers more than 200 other sessions selected from a review of 300-plus abstracts submitted from around the world. Those selected include workshops, lectures with discussions, various lengths of presentations, and poster presentations, dealing with topics ranging from clinical practice to teaching, supervision, and thought-provoking research and theoretical issues.

"Family Therapy: Coming Together for Peace, Justice, and Healing" is the 2011

congress theme. The focus will be on the continued sharing of findings, approaches to problems and ways of coping with them, and helping to heal hurting and conflicted families, couples, and children in various cultures that have marked IFTA congresses, as well as an emphasis on fostering mental health and growth in challenging times.

Hundreds of participants from scores of nations will be involved in learning about old, familiar needs and problems and novel, unfamiliar challenges they have not faced previously, as well as how these are being dealt with by others. Therapy, education, training, supervision, personal growth and development will be offered for the enrichment of clinicians, academicians, administrators, and students in mental health fields. Communicating and networking among therapists, teachers, researchers, and mental health both during the days in The Netherlands and after they have returned home will be a significant part of the congress process.

Unlike the situation that prevailed prior to the founding of IFTA following the historical East-West Bridging Conference in 1987, when the direction of sharing family therapy findings tended to be from West to East, the more recent



tendency has been for the exchange of wisdom in the field to be multidirectional. The 2011 congress is expected to enhance participants' awareness of how the development of family and systemic therapy is rapidly becoming a process in which new ways are being developed and can be shared from all parts of the world.

The congress will have a variety of activities available at the location where it is being held—at the NH Leeuwenhorst Conference Centre, near Amsterdam—and in the nearby region.

"What a great opportunity to renew contacts with colleagues, make new acquaintances, and stretch my thinking and knowledge!" exclaimed one veteran clinician. "And what an excellent setting and invigorating program and experience!"

**19th World Family Therapy Congress**  
**March 30- April 2, 2011**  
[www.ifta-congress.org](http://www.ifta-congress.org)

**International Family Therapy Association**

# Attending The IFTA World Family Therapy Congress? Meet the Keynoters!

Get updated on some of the issues facing us today with lively, provocative, and thoughtful contributions from highly respected clinicians and theoreticians, authors and teachers. The keynote speakers for the 2011 IFTA World Family Therapy Congress provide a great combination of clinical guidance and stimulus to our thinking. Each will offer an hour-and-a-half sub-plenary with the opportunity for interaction on the topic of the keynote address.

## The Genogram Connection: Context and Transforming Narrative

"The use of genograms to facilitate clients' transforming their life narratives by exploring family history in ways that foster seeing the connections between our lives, our history, and the potential of our future" is

how one of the world's outstanding and highly productive clinicians, author, and teachers and mentor to a generation



**Monica McGoldrick**

of family therapists, describes the focus of her keynote address at the XIXth World Family Therapy Congress of the International Family Therapy Association in Leeuwenhorst, The Netherlands. Monica McGoldrick, MSW, PhD (h.c.), Director of the Multicultural Family Institute and a professor of clinical psychiatry at the Robert Wood Johnson Medical School in New Jersey, also noted that her presentation will "focus on understanding problems and lives in context and facilitate clients' connectedness to family, friends, and community." A fourth generation Irish-American, married to a Greek immigrant, she was reared in a family in which her closest connection was to her African-American caretaker, Margaret Bush, she grew up knowing very little about her roots but through her family therapy work came to believe deeply in the importance of connections to family and cultural history. Her pioneering perspectives have continued to expand, with one of her recent books, *Revisioning Family Therapy: Race, Culture, and Gender in Clinical Practice*, being the first in the field to comprehensively deal with the possibilities of revisioning the culturally diverse world of the 21st century. Starting in the plenary with the belief

that our clinical work must address clients in context, McGoldrick will deal with conflicts and cutoffs in family relationships, siblings, friendships, unmourned losses, family secrets, and traumatic legacies in the opening plenary address of the congress. The presentation is part of a continuing expansion of her authoritative work, which includes three editions of *Genograms: Assessment and Intervention* and a new book, *The Genogram Journey: Reconnecting With Your Family*. She will provide strong clinical illustration of the use of genograms (family patterns) in a separate sub-plenary presentation. Emphasizing that "The genogram is not just a graphic illustration of a family's cast of characters, but also the repository of an extraordinary amount of vital clinical information and, if used well, an invaluable tool for guiding treatment," she will explore with participants in the sub-plenary workshop innovative ways to use the genogram as a tool in therapy, cultural, racial, and spiritual legacies through the use of family play genograms.

*Keynote speakers continued on page 3*

The International Connection is an e-newsletter of the International Family Therapy Association (IFTA) and is published twice yearly. The IFTA office is at IFTA, 1800 3rd Avenue, STE 512, Rock Island, IL 61201-8000 USA. Telephone: +309-786-4491; Fax +309-786-0205. William J. Hiebert, Editor and General Secretary, [wjhiebert@aol.com](mailto:wjhiebert@aol.com) Web site: [www.ifta-familytherapy.org](http://www.ifta-familytherapy.org)

### IFTA BOARD OF DIRECTORS JULY 1, 2010 – JUNE 30, 2011

#### OFFICERS

**President and Chair of Congress**, William Nichols, EdD, USA (2009-11); **President -Elect**, Fatma Torun Reid, MS, Turkey (2011-13); **Past-President**, Judith Landau, MD, USA (2009-11); **Recording Secretary**, David W. McGill, PhD, USA (2008-11); **Treasurer**, Barbara Warner, CQSW, UK (2009-12)

#### DIRECTORS AT LARGE

##### 2008-2011, TERM ENDS JUNE 30, 2011

Adela Garcia, MSW, (Argentina); Patricia DaCosta, MS, (USA); and Jaakko Seikkula, PhD, (Finland). 2009-2012, Term ends June 30, 2012: Khwala Abu-Baker, PhD, (Israel); Lee Bowen, PhD, (USA); Lia Fernandez, MD, (Portugal); and Roxana Zevallos, Lic. (Peru). 2010-2013, Term ends June 30, 2013: Charlotte Engelbrecht, MCur, (South Africa); John Lawless, PhD, MPH, (USA); Martine Nisse, MS, (France); Maire Stedman, MSC, (UK).

**GENERAL SECRETARY:** William Hiebert, DMin

**EXECUTIVE ASSISTANT FOR MEMBERSHIP AND CONGRESSES:** Fred Jefferson [fredlhjefferson@yahoo.com](mailto:fredlhjefferson@yahoo.com), +651-340-6166

## Buenos Aires World Congress Proceedings Available

The Proceedings of the XVIII World International Family Therapy Association (IFTA) Congress (Buenos Aires, Argentina, March 17-20, 2010) have been published. They contain a selection of articles of the Invited Lectures and Oral Communications and Posters of the congress. The Proceedings are available in electronic format on CD Rom. To see the table of contents and contributing authors please visit Medimond Publisher website at

<http://www.medimond.com/proceedings/moreinfo/20100317.htm>

## IFTA & Social Networking

The use of social networking sites, LinkedIn, Facebook, and Twitter are sweeping the world and IFTA is becoming a part of the worldwide phenomenon. For IFTA members on Facebook there is an IFTA Group. To join do a search on "International Family Therapy Association." Once to the IFTA group page then click on the link to join. The list is moderated so once you make a request then you will need to be approved by the group moderator.

IFTA also has a LinkedIn (LinkedIn) group. Similarly, search for the "International Family Therapy Association" group and request to become a member. As a member of the IFTA groups you can send messages to other IFTA members and network with people from around the world.

If you have any questions about the site or the program contact William Northey ([northey@comcast.net](mailto:northey@comcast.net)) and he will be glad to answer any questions you may have.

## Therapeutic Realities and the Ontological: Body, Feeling, Language, and World

Clinicians throw around such phrases as "the therapeutic moment" rather freely and generally without specifying what they mean by such terms. The second plenary presenter will meet the challenge of specifying a meaning straight on.



**John Shotter**

A "therapeutic moment" occurs when a "uniquely new something opens up previously unnoticed new ways forward into the future," declares John Shotter, PhD, currently a consultant with the Kensington Consultation Center in the United Kingdom and an emeritus professor of communications. His approach to communication, for some of us, refreshingly goes well beyond the early emphasis in family therapy teaching and literature with its sometimes quasi-mechanical emphasis on words and meanings

The eminent theorist, teacher, and author holds that the creation of such uniquely new events is due to the way in which the spontaneous responsiveness of our body works, to give "expressive shape" to our feelings.

His intriguing description says, "What changes within us in such encounters is not our learning new facts or bits of information, but our learning new ways of relating ourselves to the others and othernesses in the world around us, ways more appropriate to our neediness and to our human flourishing."

"Making Sense of Moments of Feeling: 'Witness' Thinking and the Dialogical in Practice" is the title of his sub-plenary workshop session, which comes later in the program. As

part of that workshop he will explore the details of dealing with an initially bewildering situation.

Shotter notes that as we go into an initially bewildering situation and imaginatively move about within it, we need to go through a number of image guided explorations if we are to arrive at an 'intouchness' with the living situation itself. "Finally, we can arrive at a sense of our situation that allows us to make [sense of it, and make] countless new images and metaphors to express each new subtle aspect of what we notice; then...we can invent new metaphors as required."

His prolific writings and continuing teaching also have dealt with "seen or unheard" in our everyday talk with each other, that helps to guide us in organizing the intricate, practical details of our encounters with each other." In addition to producing several influential books produced between 1975 and 1993, he is a member of the Virtual Faculty, where a number of his more recent writings are posted online.

## Functional Family Therapy: Healing Families and Promoting Social Justice

Troubles and concern with youth are nothing new; in fact, some exclamations of ancient Greek writers about the behavior of the young sound remarkably contemporary.



Today, the third keynote, Thomas L. Sexton, PhD, an Indiana University psychology professor who has presented more than 300 workshops on Functional Family Therapy (FFT), as well as

directing a national research center for the study and dissemination of research based practices for the treatment of at-risk adolescents and their families, consulted with systems of care helping to implement evidence-based practices nationally and internationally, implemented FFT in the Netherlands and Ireland, and who has continued to write extensively on FFT, says, "Troubled adolescents and their families produce a challenge for even the most experienced clinicians." Adolescents and their families "present with a wide range of clinical problems (drug abuse, delinquency, acting out behavioral mental health problems) that often engage them in mental health and juvenile justice systems," and evidence-based treatments such as Functional Family Therapy are increasingly used" for such cases, he notes.

Sexton's plenary presentation will use FFT as an example to explore the "creativity within the system of many of the current evidence-based family treatment models." FFT, a "client centered yet empirically based, short-term yet highly intense, manualized yet clinically creative" approach, provides therapists with a relational map to follow and practical interventions and skills to guide them through the difficult powerful emotional and behavioral experiences of youth and families "in the room" and gives families a reason to hope and believe and a way to change that fits them, and provides mental health the juvenile justice systems with a "socially just" approach to redirecting youth a self-reliant future

**The sub-plenary workshop**

associated with this plenary presentation, which will spell out practical issues and approaches, including the effectiveness of focusing on engagement and motivation as primary early goals, will be titled "Working with Troubled Adolescents and Their Families: Functional Family Therapy." Professor Sexton and Astrid Van

Dam, who currently is a Clinical Director for FFT Associates, an organization that is linked to Indiana University and implements FFT in Ireland, the Netherlands, and in the United States, will



conduct it. She has a degree in advanced social work, worked in different fields within youth care in the Netherlands, is trained as a family therapist and had a private practice for several years, and worked for a decade as a family therapist in a center for forensic psychiatry in Amsterdam, and participated, as a FFT therapist, supervisor, and trainer in introducing FFT in the Netherlands.

It's not too late to gather with us in a beautiful Dutch setting to be stimulated and enriched by contact with great colleagues. See you in The Netherlands!

**PRE-CONGRESS RETURNS TO WORLD EVENT WITH LANDAU WORKSHOP**

"Mobilizing families to help addicted loved ones achieve recovery: The ARISE Model" will be the theme of the Pre-Congress workshop led by Judith Landau, M.D. (USA). The workshop will be on Wednesday, March 29, from 9 AM – 4.30 PM (09 – 1630) will precede the Congress Opening Sessions at 1700.

Judith Landau is no stranger to IFTA. Serving as its current past president, she is a child, family and community neuropsychiatrist and retired professor of psychiatry and family medicine, has specialized in addiction and other behavioral compulsions for more than 30 year exploring the origins of problems and how to facilitate long-term healing



for addicted individuals and their families. She has conducted several thousand interventions, is a co-developer of the ARISE Intervention and Continuum of Care and developer of Transitional Family Therapy and has taught in over 100 countries and trained over 1000 people as ARISE Interventionists.

**ABOUT THE WORKSHOP**

Fewer than 10% of substance abusers ever get the treatment they need, at great cost (physically, emotionally, and financially) to themselves, their support systems, and society at large. In Europe, alcoholism alone costs an estimated 125-889 billion annually, and this figure does not include the rising expense of drug abuse. A primary reason for such low levels of treatment engagement is the myth that a person has to "hit bottom" before getting help and that concerned family members are powerless to change that. The work of Dr. Judith Landau, a specialist in addiction and other behavioral compulsions for 30+ years, proves the exact opposite: in fact, families are the most instrumental factor in addiction recovery.

Join Dr. Landau during the IFTA 2011 Pre-Conference Workshop to explore the underlying philosophy and basic principles of ARISE, and learn how the ARISE Intervention can transform your family, practice, and community at-large!



have one bed for single occupancy or two beds for double occupancy. You can select which style you prefer on the hotel reservations page.

For more information, <http://www.ifta-congress.org/venue.html>

## CONGRESS BANQUET RETURNS

A former feature of IFTA Congresses was the Banquet or Gala dinner. Many people have requested IFTA return to congress banquet. The banquets were eliminated due to the high cost of holding them, especially outside of the congress hotel.

This year we have the fortune of an excellent banquet facility in the hotel and a venue that allows the Congress to hold the event at a more affordable price.

By purchasing the Meal Plan ahead of your arrival, the banquet is available at a reduced cost. Reserve now!

## Holland headquarters of world congress a unique setting: former convent now modern conference site

The conference will take place in Noordwijkerhout at the NH Leeuwenhorst Conference Centre in The Netherlands. The Conference Centre is located in the countryside at Noordwijkerhout near the North Sea and the seaside town of Noordwijk - the beach town of Amsterdam. The hotel is 30 – 45 minutes south of Amsterdam and north of The Hague. Tulip fields that should be green by March 30 surround the Conference Centre! If there is a mild winter, some tulips may even be blooming.



- Year-round swimming pool
- Fitness Center
- Bicycles for hire
- Tennis and Squash Courts
- Bowling lanes, table tennis and billiards

Accommodations feature: Buffet breakfast daily, private bath, cable TV, toiletry kit, a hairdryer, choice of pillows, wireless internet access (at an extra charge) and direct-dial telephone. In European style, many sleeping rooms



The conference centre features excellent meeting space and many bright open spaces and features:

- Restaurants
- Solarium
- Sauna



### 2011 World Congress Banquet Friday, April 1

Join your colleagues on Friday evening at the IFTA World Congress Banquet Price: €6 per person inclusive of service & VAT. <http://www.ifta-congress.org/meals.html>



## CONGRESS OFFERS SPECIAL MEAL PLAN

### Lunch Buffet at the Conference Centre:

The conference centre offers a buffet lunch for IFTA attendees.

Price: €9,75 per person; inclusive of service and VAT. The menu includes soup, salads, rolls, one hot dish, mineral water, fruit juice, coffee and tea.

### Dinner Buffet at the Conference Centre:

Enjoy a dinner buffet in the Hotel including 2 drinks (beer, wine or soft drinks) and coffee or tea. Special IFTA Congress Price: €26 per person; inclusive of service & VAT.

## SPECIAL MEAL PLAN FOR CONGRESS

3 buffet dinners "MEAL PLAN" includes Banquet  
Special Offer €75  
(If purchased separately, €88)

More information on where to eat at Noordwijkerhout and the meal plans can be found at: Meals and Meal Plan <http://www.ifta-congress.org/meals.html>

## AIRPORT SHUTTLES AVAILABLE

The Congress has arranged airport transfers to help make your journey even easier! Shuttle from Schiphol Airport to the NH Leeuwenhorst Conference Centre.

The arrival shuttles on Wednesday, March 30, 2011 will depart Schiphol every 30 minutes 0800h through 1600h (8am-4pm). After exiting the arrival customs hall, meet us at the CHECKED RED & WHITE "BLOCKED" MEETING POINT" in the arrival terminal.

Shuttles from NH Conference Hotel to Schiphol Airport on Sunday, April 3, 2011 will depart the NH Leeuwenhorst Conference Centre every 30 minutes from 0500h – 1300h.

Save money and purchase the special Shuttle Ticket

## TICKET PRICE

€15,50 each way + VAT.  
Purchase the tickets on the Congress registration form or add them if you have already registered on the "Add Items" form [click here](#)



## CONGRESS TOURS AND SITE SEEING

A variety of tours have been arranged for both prior to the Congress and during the Congress. The Congress Web Site lists a variety of special tours including:

### Keukenhof Garden Tour:

The NH Leeuwenhorst Conference Centre is located in the heart of some of Holland's bulb fields. This tour will take you to the world famous Keukenhof Flower Gardens and experience spectacular floral displays planted in endless varieties along with beautiful works of art.



### Evening in Amsterdam:

After a day in sessions, head to lively Amsterdam and spend Thursday evening exploring the city's vibrant centre filled with shops, markets & restaurants. Amsterdam city centre is compact and an easy walk.

### Pre-Congress Amsterdam Visit:

- One night accommodation - based on double occupancy
- Breakfast
- 2.5 hour guided city tour of Amsterdam
- One-hour canal cruise
- 1-day tram ticket for travel in the center of the city
- Direct transfer to the World Congress in Noordwijkerhout

More information on the various tours and arrangements is available at: <http://www.ifta-congress.org/tours.html>

# Report of the Office of the Secretariat

General Secretary: William Hiebert, DMin



## Membership

During October, 19 new members joined and 14 members renewed their memberships for a total of 33. During November, 23 new members joined and 14 members renewed their memberships for a total of 37. During December, 13 new members joined and 16 members renewed their membership for a total of 29.

Membership total as of December 31 was 470.

## World Congress Registration

Over 300 people had already registered for the World Congress in Holland by January 1. If you haven't registered yet, you may still register at: <http://www.ifta-congress.org/>

## World Congress Web Site

You can find the Holland World Congress website at: <http://www.ifta-congress.org/>. The website contains all of the information necessary for registration, abstract submission, and other details for Congress planning.

Our new Congress web site began on July 1, 2010. We have had tremendous traffic to date.

From July 1 to December 15, 2010:

- 105,508 visitors to the IFTA Congress site
- 97,897 new visitors to the site
- 28,923 page views
- 14,246 total visitors

## Online Renewal of Memberships Tips

When renewing online, some members have had their credit card declined because of mistakes in entering the information.

### Here are some tips:

- Be sure that the name on credit card that you place on the bottom of the application is exactly the same as the name that is actually on the credit card.
- Be sure that the Billing Address is exactly the same as the address where the bill arrives from the postal service.

- If you are using someone else's credit card, be sure you have the above information accurate, i.e., their complete name and billing address.
- Click the Submit button ONLY once. If your card is declined, wait 24 hours and try again.
- If you have difficulty with the application not moving correctly and being able to view if correctly, your browser probably needs to be upgraded.

If you wish to renew both your IFTA membership and your Training Division membership online (the fastest and easiest way to do it), simply go to [www.ifta-familytherapy.org](http://www.ifta-familytherapy.org) and click on Application/Renewal and follow the instructions.

## Online Renewal of Training Division Membership

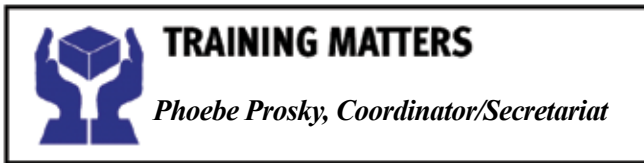
Training Division members may renew their Training Division memberships online at the same time as their IFTA membership is renewed. (See above)

## Journal of Family Psychotherapy Available Online to IFTA Members

Here is a great member benefit! The *Journal of Family Psychotherapy* is available online to IFTA members. That means you not only will receive a hard-copy issue of the Journal each quarter, but you can also get the Journal online!

Login information from Taylor and Francis is sent out at the beginning of each year. New members who join during the year will receive their notice within two months of joining IFTA. Since we do not always have accurate email information from all of our members, or we may have an error in the database, you may not have received that information.

If you have not received an email with instructions on how to log in to the Journal's online access, please contact Julie Ehlers at Taylor and Francis. Her email is: [julie.ehlers@taylorandfrancis.com](mailto:julie.ehlers@taylorandfrancis.com). Just give her your name and address, and tell her that you are an IFTA member who would like information on how to log in to the *Journal of Family Psychotherapy*.



The Training Division (TD) has been hard at work in several areas. The TD Board is in the process of drafting a document to use to seek funding for our Traveling Trainers Program. That Program has had a most successful past six months. We have actually 'planted' a family therapy training program in Kosova, working jointly with the Kosova Health Foundation. (KHF). A group of 15 professionals have committed themselves to complete the program, which is expected to be two or three years in length, depending on the funding available to the Health Foundation. The program is a combination of on-site and distance learning. Designed by Traveling Trainer Shlomo Ariel and the Directors of the KHF, it saw three of our trainers travel to Kosova in the past six months to do week-long trainings. The response of the trainees has been very positive. The KHF has paid the trainers' travel expenses and room and board, the trainers volunteered their time and talents, and the trainees are receiving training for free. This is a very satisfying example of what the Traveling Trainers Program was designed to offer. Shlomo Ariel's dedication and substantial time, effort and talent in curriculum design and implementation are a great gift to the Division. We will feature a more detailed description of the program in the next issue of The International Connection.

If you are in a part of the world in need of help with training resources - largely category II and III countries - please contact the Secretariat below for further information on the Traveling Trainers Program or go the IFTA website and click on Training Division.

The Training Division has a new public face: a striking new flier, to be unveiled at the Netherlands Congress. It was designed by Frances Steinberg, partner of Training Division Board Member Rick Whiteside, who facilitated its printing. The Division wants to thank both Frances and Rick for their valuable contribution. Thanks to Rick, also, for his donation of one of his and Frances' excellent set of interactive training CD's, "Family Therapy 1-2-3." to be distributed to the winner of our Division raffle at the Congress.

In the upcoming issues of The International Connection, the Division will profile members of our Traveling Faculty. The first is in this issue. Learn more about trainer Rick Whiteside in these pages.

The Training Division will hold its second annual training workshop at the Netherlands Congress, with presentations on training by several trainers. Please be sure to look for this in the Congress program if you have an interest in training. All are welcome - you do not need to be a Training Division member to take part.

As always the Division has a wealth of gently used training materials in our clearinghouse - mostly books and mostly in English. The Division Secretariat is in Maine in the USA, and it has become almost impossible to afford to send the books abroad to people who may want them. Some Division Board Members will carry some of these books with them to the Congress to make them available. But if you have ANY training materials that you feel you can part with and are coming to the Congress, please bring them along and present them at the Training Division or IFTA Membership tables. These materials are extremely popular and will surely find good homes around the globe. Thank you.

If you have any questions about the Division, please contact Phoebe Prosky at [pprosky1@comcast.net](mailto:pprosky1@comcast.net).

Phoebe Prosky, Secretariat for the Training Division, can be contacted at 143 Flying Point Road, Freeport, Maine 04032, USA. [pprosky1@comcast.net](mailto:pprosky1@comcast.net).

### USED TRAINING MATERIALS NEEDED

Please bring any gently used training materials that you want to donate to the division to the Holland congress. They will be made available to division members at our table at the congress. Recycle and disseminate systemic thinking at the same time!

You may also send materials to me at the address above.

### SEE YOURSELVES AND YOUR FRIENDS IN ACTION AND AT PLAY AT IFTA CONFERENCES!

Photographs of IFTA International Congresses are available for viewing. There are two ways to access the photographs on the web.

Either go to the IFTA website at: [www.ifta-familytherapy.org](http://www.ifta-familytherapy.org) and then click on the link "Photo Gallery" on the left side of the page, or go directly to the conference photo site at: [ifta.smugmug.com](http://ifta.smugmug.com)

Enjoy seeing images from the past conferences in Buenos Aires, Argentina (2010), Slovenia (2009) Porto (2008), Iceland (2006), Washington, D.C. (2005), Istanbul, Turkey (2004); Bled, Slovenia (2003); and Porto Alegre, Brazil (2001). Copies of many of the images are available through our IFTA photographer, Pamela R. L. Lessing.



# Traveling Trainer Profile: Rick Whiteside

The full interview with Rick Whiteside is available at <http://www.ifta-familytherapy.org/docs/1-13-2011.pdf>.

## 1. Where did you get your family therapy training?

I received my training at the Family Therapy Institute in Washington, DC with Jay Haley and Cloe Madanes from 1980-82. Training was conducted using a one-way screen. Jay was much more relaxed as a supervisor and focused on the "big picture." Cloe always instilled drama and was a stickler for details that would benefit the client. It was an exciting place; visitors from all over the world would train there. Minuchin, Cecchin, Weakland, and others would come in to present one day workshops. I later joined the Institute's clinical staff doing supervision and training; I left the Institute in 1994 when I moved to New Zealand.

## 2. How has your own work developed?

When I moved to New Zealand, and was exposed to different ways of thinking about family therapy, I realized that I wanted to expand what I had learned and taught at the Institute. So, after poring through family therapy texts, reviewing videotapes of over 50 renowned family therapists, and stoking my insatiable curiosity for what was happening in the field currently, I developed an integrated approach to family therapy that combines traditional models with the newer collaborative styles. The concepts were forged into a cohesive system and condensed into an outline that my students use to assess families and their issues. I also became interested in the many ways family members cooperate during the therapy process and developed the ideas into a book, *The Art of Using and Losing Control*.

## 3. What place does strategic therapy hold today in the family therapy field?

There are still some purist strategic therapists out there, but the majority of strategic therapists have added other strings to their bow, borrowing techniques if they are appropriate for a particular family. It should be noted that many of the evidence-based models such as DBT and Maudsley incorporate strategic therapy, probably because they are rated on whether the issues resolve and strategic therapy focuses on addressing the presenting problem. I think another continuing value of strategic therapy is that it holds the family therapist accountable for the success or failure of the therapy.

## 4. How has family therapy evolved since you have been practicing?

In the 1980's, family therapy models were competing with one another to show which was best.

The 1990's saw the emergence of collaborative/politically-based therapies. It created a change from therapists

authoritatively telling the family what to do to assuming a more yielding stance and acceptance of the client's view. Some of the pioneers, like Sal Minuchin, chose to defend their positions, but many of the others became marginalized or demonized. Unfortunately, I think that in the process of embracing the positives from the new philosophies, a lot of value from the old systems was abandoned. I think it also created a real change in how family therapy was taught; with more focus on counseling 101 empathy skills and less on how to actually craft an effective intervention. The current century brought a focus on evidence into the forefront, with models now needing to prove themselves. That pressure often divided therapists into those who try to prove their model is valid and those who see the pressure to produce evidence as politically motivated and unfair.

## 5. Why did you develop the Family Therapy 1-2-3 CD-Rom?

Frances Steinberg and I came to the decision that we could offer a much more interesting work if we utilized an interactive format to teach family therapy. The medium allows for instantaneous links to web-based resources, the inclusion of video and audio, and enables the user to participate in their learning.

The first disc presents family therapy basics. The second disc focuses on understanding the cooperation styles of the family and how you can adjust your stance to match them. The third disc teaches how to actually do family therapy, including videos of me doing a case from go to whoa.

The other impetus for using the CD-ROM format was that we wanted to offer a comprehensive family therapy training package that was available without the need for travel and time off. The discs are being used in a number of university programs, by supervisors, and as CEU credits.

## 6. What other interesting projects or books have you generated?

We've written quite a few books, but one of my favorites is *Becoming Dragon*. It seemed to me that 10% of therapists are creative, 10% shouldn't be practicing, and 80% fell in the middle. I was interested in what that 10% did to achieve excellence but also in how the 80% could be goaded into striving for it. We formulated the book as a fable, so it's a fun read and the lessons are taught metaphorically rather than directly.

## 7. What's the state of family therapy in New Zealand?

We're working to develop a national association; my training courses are often oversubscribed. Many Pacific cultures, including Maori, take a "we" rather than "I" orientation, which makes the transition to family therapy comfortable from the local cultural perspective.



## In Memorium Anthony Peter "Tony" Jurich

July 9, 1947 – October 13, 2010

The shocking death of Kansas State University professor Tony Jurich at age 63 was a heavy loss to his family, friends, colleagues, students, the communities and populations that he served that he served, as well as to the family therapy field. While he and his wife, Olivia Collins, were walking on a beach near a resort at Cabo San Lucas, Baja California Sur, Mexico on October 13, 2010, they were both hit by a rogue ocean wave that took them out into the Pacific Ocean. Rescued from the water by resort workers and paramedics, Olivia was revived, but Tony could not be revived. He is survived also by the beloved members of his extended family.

A native of Mineola, New York, Tony earned his PhD degree from Pennsylvania State University, and moved to Manhattan, Kansas, and served on the faculty of Kansas State University for his entire 39-year career, the last 29 as a full professor, creating a notable record

as teacher, researcher, mentor. In addition to being honored at the university where he taught and nationally for his teaching and other contributions, and by the military for lengthy dedication to working with the military, he also was recognized by the American Association for Marriage and Family Therapy and the Kansas Association for Marriage and Family Therapy for his contributions to the profession. A founder and president of the KAMFT, he was secretary and later president of the AAMFT from 1997-1998.

Colleagues remember his dedicated support for and service to youth, including his committed support of the Cooperative Service 4-H Youth Development program, his therapeutic work with adolescents and their families, and perhaps his most prized contribution, the book *Family Therapy With Suicidal Adolescents*, which was published by Routledge in 2008. His proposal on *Bullying: Victims and Perpetrators* was scheduled for presentation at the 2011 IFTA World Family Therapy Congress in the Netherlands.

To many of us in the family therapy field, Tony will be remembered as much for his enthusiastic approach to life and his big smile and kind heart as for his academic and professional contributions and achievements. He literally "lit up the room" or sports field, or whatever venue, when he appeared. And he was without peer as a committed marriage and family therapist.

He is missed.



Satir Institute  
of the Pacific

### Satir Transformational Systemic Therapy Intensive 10 Day Training Programs – Summer 2011

Level 1 - August 12-21, 2011

Level 2 – July 2-11, 2011

**Place:**

Rosemary Heights Retreat Centre  
3690-152<sup>nd</sup> Street, Surrey, BC  
CANADA

**Fees:**

from \$1125 to \$1600  
(Commuter or Residential Rates)

Enrollment limited to a maximum of  
30 participants

For registration information contact:  
Cindi Mueller, Admin. Assistant  
Satir Institute of the Pacific  
13686-94A Avenue, Surrey, BC  
CANADA

1-604-634-0572

[admin@satirpacific.org](mailto:admin@satirpacific.org)



### HOLD THE DATE:

#### International Summit on Emotionally Focused Therapy (EFT)

The Power of Emotions: Loving  
Connections, Lasting Bonds  
July 12-14, 2012 Manhattan, NY  
Sponsored by The New York  
Center for Emotionally Focused  
Therapy and International Centre  
for Excellence in Emotionally  
Focused Therapy For more  
information visit: [www.nyceft.org](http://www.nyceft.org)  
<<http://www.nyceft.org/>> or  
[www.iceeft.com](http://www.iceeft.com) <<http://www.iceeft.com>>