



INTERNATIONAL FAMILY
THERAPY ASSOCIATION

IFTA
WORLD THERAPY
CONGRESS



SAN JUAN,
PUERTO RICO

APRIL 7-9
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CO-SPONSOR:

Family Trauma Institute
TRAINING PROFESSIONALS TO
BECOME FAMILY TRAUMA EXPERTS

DISCOVER
Puerto Rico

WELCOME TO THE IFTA CONGRESS

Dear Colleagues,

Welcome to San Juan, Puerto Rico! This is the International Family Therapy Association's 2022 World Family Therapy Congress.

This is another of those rare and wonderful opportunities in which we can renew ourselves and enrich our practice skills in family therapy. The goal for the congress, in a larger sense, is the same as it has been since IFTA was founded in 1987: Advancing family therapy worldwide by promoting research, education, sound practice, and promoting international cooperation. We hope that this Congress facilitates an exchange of knowledge and ideas that support the health and well-being of families and other human systems. The Congress provides magnificent opportunities for face-to-face sharing of ideas and networking with colleagues from various parts of the globe.

The 2022 Congress Committee invites family therapists to explore both new and familiar ways to assist families.

We live simultaneously in "one world" and many worlds. Thus, family therapy is a mutual, interactive process in which we learn new ways from colleagues from many lands. Communicating and networking among over 300 therapists from over 40 countries during this congress will provide professional contacts and information to support the exchange of knowledge and the growth of family therapy in many countries.

We hope you will share and learn about dealing with old, familiar problems and new, unfamiliar challenges we may not have faced previously.

Joyce Ma

Joyce Ma, Ph.D.
President

WHAT IS IFTA?

The International Family Therapy Association was an outgrowth of the East-West Bridging Congress conducted in Prague in 1987 with Virginia Satir and Donald Bloch as the Honorary Vice Presidents. After two years of organizational work including creating a Founding Board of Directors, with Virginia Satir on the Founding Board, IFTA launched its first World Family Therapy Congress in Dublin, Ireland, 1989.

Since then, IFTA has become the professional association for those interested in the field of marriage and family therapy throughout the world. As such, it is the only organization that provides unity for therapists from east to west, respecting traditional approaches and embracing the tradition of tomorrow.

CONFERENCE CODE OF ETHICS

World Family Therapy Congresses are a unique meeting place for the world-wide family of family therapists. The Congress Board desires that the experience of this congress be one of the highlights of your year.

As we look forward to another exciting congress, we want to remind everyone that the World Family Therapy Congress is dedicated to providing a harassment-free experience for everyone regardless of factors such as sex, gender identity, and expression, sexual orientation, ability, physical appearance, body size, race, ethnicity, nationality, culture, or religion.

Harassment may take a variety of forms and in a variety of environments, including in-person or online. Attendees asked to stop any harassing behavior are expected to comply immediately. If a participant engages in harassing behavior, the congress organizers may take any action they deem appropriate, from warning the offender to expulsion from the congress. If you are being harassed or notice that someone else is being harassed, please contact a member of conference staff immediately. Their names and pictures are listed in the Congress Program.

Congress staff will be happy to help participants contact hotel/venue security or local law enforcement, provide escorts, or otherwise assist those experiencing harassment to feel safe for the duration of the conference. We value you, your safety and your attendance.

We expect all conference participants to be professional, considerate, respectful and collaborative. Please silence mobile devices during presentations, do not interrupt others who are speaking, and avoid using shared wifi/bandwidth to download large files. DO NOT RECORD ANY LIVE DEMONSTRATION THERAPY WORKSHOPS.

We appreciate your help in making the World Family Therapy Congress among very best it can be.

MISSION STATEMENT

Adopted December 2005

The cornerstone of every society is the family. With the support of its members, the International Family Therapy Association (IFTA) provides international conferences to promote, strengthen and improve the quality of family therapy, the quality of relationships within families and to promote well being and peace within our world.

IFTA, working in a collaborative spirit with other professionals and organizations around the world who share its mission, also promotes continuing education for family therapy professionals in the development of international quality standards for marriage and family therapists in order that they may better assist families in the communities in which they serve.

IFTA: CELEBRATING 30+ YEARS

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PLENARY SPEAKERS



Ruben Para-Cardona

Keynote Topic: Implementing community-based prevention with Latinx populations by integrating family therapy core theories, rigorous science, and social Justice.

Dr. Parra-Cardona received his Ph.D. degree in Family Therapy from Texas Tech University. He is an Associate Professor in the Steve Hicks School of Social Work (SHSSW) at the University of Texas at Austin. At the SHSSW, he serves as the Coordinator for Initiatives in Mexico and Latin America, as well as Area Director for Research at the UT Austin Latino Research Institute. His primary research focus is on the cultural adaptation of prevention parenting interventions for underserved low-income immigrant Latino/a communities. His cultural adaptation studies have been funded by the National Institute of Mental Health (NIMH) and most recently, by the National Institute on Drug Abuse (NIDA). Dr. Parra-Cardona has used the experience gained in these US-based studies to collaborate with Mexican institutions and state governments in the implementation of prevention programs of research in northern and Central Mexico. He is currently leading large-scale parenting prevention initiatives in Chile.

This plenary is sponsored by the Family Process Institute.

Playing in Family Therapy: Exclusively for Children?

Anita Mehta-Canada

Short Description: Playing in family therapy is often limited to working with children or families with young children. This workshop will use case studies to highlight the advantages of using play with different family types. Differing strategies of play will be discussed focusing on the different developmental stages of children and families.

Abstract: "You can discover more about a person in an hour of play than in a year of conversation." (Plato)

Play therapy has been described in the literature as a form of treatment that helps children and families to express their emotions, improve their communication, and solve problems. Much of the literature describe it as an appropriate intervention for young children of families with young children. Our clinical experience has highlighted the fact that play or games used in sessions with different family sub-systems, adult family members, or in couple therapy can help promote communication, cohesiveness, and provide insight into complex family dynamics. This suggests that playing in therapy should not be reserved and restricted to children. Family therapy often provides a context rich with opportunities to engage families to play in session. Playing together often provides for a means for assessment and can also serve as an important intervention.

This workshop will use case studies to provide specific examples of games and activities to illustrate how play can be introduced into sessions with different age groups and with different family structures.

Throughout the presentation, we will highlight how play in family therapy is an under utilized strategy that can prove beneficial in creating a space for humour, respect and fun.

Promoting Resilience in Families with a Child Diagnosed with a Low-incidence Disability

Richard W. VanVoorhis-USA

Susan M. Miller-USA

Kenneth L. Miller-USA

Short Description: Presenters report results of two workshop-based studies designed to assess the mental health/other professional service needs of parents and to promote resilience in families with a child diagnosed with a low-incidence disability. Presenters report pre-post workshop changes in parents' mental health and resilience scores.

Abstract: Families often experience significant stressors when a child is diagnosed with a low-incidence disability. These stressors may include health problems for one or more family members, increased family discord, financial strain, and increased divorce rates. In these circumstances, parents and primary care providers are often uncertain about how to best help their diagnosed child and limited in their abilities to address the new personal and family challenges created by the diagnosis.

With this understanding, authors designed two workshop-based, research studies with parents/primary caregivers of children diagnosed with a low-incidence disability designed to: (a) determine their needs for assistance upon learning of their child's diagnosis; (b) assess their mental health and other professional service needs; (c) provide strategies for enhancing parental and family resilience; (d) teach advocacy skills for working with school and community professionals; (e) provide information about local, state, and national resources related to low-incidence disabilities; and (f) evaluate the short-term impact of the workshop intervention using pre-post measures of parental depression, anxiety, stress, self-efficacy, resilience, and psychological well-being.

Authors will report the research methods employed in these studies, including information about participant sampling and recruitment, research instruments, and procedures for data collection and analysis. They will discuss results of a qualitative analysis of parents'/primary caregivers' responses to a series of structured questions posed during small group interviews. Themes regarding parents' needs for assistance, problems encountered in obtaining such assistance, and limitations in working with service providers will be highlighted. Authors will also report results of a quantitative analysis of pre-post scores on the variables identified above with the goal of evaluating the short-term impact of the workshop.

Authors will conclude by briefly discussing limitations of these studies and by focusing on implications for professional practice with parents and families in which a child has been diagnosed with a low-incidence disability. Strategies for meeting the unique and often overwhelming needs of parents and families in these circumstances will be presented with recommendations for enhancing the training of family therapists and other mental health professionals.

First Do No Harm: Supporting Physicians Escaping Abusive Relationships

Barbara Hernandez- USA

Short Description: The social and financial advantages many physicians enjoy does not remove the potential for intimate partner violence. Close to a quarter of practicing physicians have experienced coercive or abusive partner behaviors. Successful therapeutic intervention requires an understanding of common findings, prevalence, unique expectations, professional socialization, resources, and barriers to treatment.

Abstract: Intimate partner violence (IPV) is reported over five million times annually in the United States and accounts for over 18 million therapy visits. However, medicine is largely silent about the issue of IPV in the lives of physicians. Limited studies have addressed female physicians IPV, but little is known about male physician victims, or about physician perpetrators of violence and coercive behaviors. However, in an online site for 72,000 women physicians, IPV is a frequent topic. Many family therapists are unaware of the unique challenges, stigma, professional socialization, prevalence, or resource scarcity for this population, limiting treatment effectiveness. This presentation reflects the findings from four author directed studies, with therapy recommendations based on qualitative participant reports and clinical experience.

The hidden curriculum, or implicit education physicians learn in training includes not only professional decorum, but also expectations for emotion management, help-seeking behavior, and concealed mental health or personal life concerns. Traditional medical education depicts IPV victims as marginalized, uneducated and unstable individuals who suffer severe physical injuries. Across this backdrop, physicians who find themselves facing IPV experience shame, helplessness, and uncertainty about how to address it. Until recently, few colleagues or medical administrators knew how to help or what resources were available. Their top recommendation is women's shelter support; However, this is the least feasible and desirable resource for physicians. Society assumes that affluent individuals can use their resources to their advantage in IPV without realizing that their financial access may be restricted, and that they still need many of the same interventions and resources as less affluent victims. Financial and family resources often become the fulcrum for more lengthy child custody proceedings and divorce negotiations. When the abuser is another physician and respected in his/her field, community, legal, and law enforcement support for the abused partner is often significantly diminished, promoting helplessness.

Successful and unsuccessful interventions, the dynamics of the abuse with which many physician victims still live, and the negotiation of professional identity with IPV experience are offered. Implications are given for family and couple therapists for addressing this population's needs.

Lesbian, Bi, Queer Women and Attachment Theory

Robert Allan- USA
Caitlin Edwards- USA

Short Description: This research explored the attachment-related research for lesbian couples. We conducted a scoping study and qualitative content analysis was used to identify emergent themes related to attachment theory and lesbian relationships. The results are summarized, areas for further research are identified, and practice implications are suggested.

Abstract: This scoping review focused on attachment theory and lesbian women. When we use the term “lesbian” that includes other ways of that people are such as bisexual or queer. The evolution of the research about adult attachment has generated a number of attachment-based approaches to working with couples and families (e.g., Diamond, Diamond, & Levy, 2013; Hughes, 2011; Johnson, 2004). Interestingly, few of these therapeutic approaches have been researched with lesbian couples. Although the research about the attachment experiences of lesbian women is nascent (Mohr, 2008), it provides important understandings about what is the same and what is different when compared to the adult attachment research on heterosexual couples. A scoping review was chosen instead of a systematic review or meta-analysis because the nature of the existing research is more suitable to this type of review. A systematic review focuses on randomized controlled trials, the use of statistical techniques to integrate the results of included studies (metaanalysis), and tends to be more suitable for medical or more positivist-oriented research (Moher et al, 2008). The literature reviewed here was a mixture of qualitative and quantitative survey-based research. The results are summarized, areas for further research are identified, and practice implications are suggested.

Subjective Experience of Young Adults with Parental Depression

Mei Tan Shek- Hong Kong

Short Description: This qualitative research was to explore the subjective experience of young adults who had parents with depression. It focused on the impact of parental depression to young adults' development and protective factors that would have helped the adult children to cope with the depression of their parents.

Abstract: This qualitative research aimed to explore the subjective experience of young adults whose parents with depression. It focused on the impact of parental depression to young adults' development and protective factors that would have helped the adult children to cope with the depression of their parents while their needs and suggestions were also included. This research was conducted by convenience sampling method and there were total of 5 young adults aged from 25 to 33 interviewed. Among all respondents, they all expressed that they had a difficult time growing up with the depressed parents and there were negative effects varying from developmental, psychological and social done to them. Yet at the same time, they also grew strong from these experiences to make them become a more reflective and tougher person and create their own career and life path. There was rarely voice heard from young adults of their subjective experience and needs in which it could be drawn as a reference in implementing and developing social services for mental illness patients and their family members, especially for the neglected group, young adults. As this research study was first of its kind in Hong Kong, it was hoped that there would be more and more work on this age range target or in longitudinal basis to trace the changes among children with parental depression at different time points.

Keywords: parental depression, young adults, subjective experience, protective factors, coping, resilience, needs

Person of the Therapist (POTT): An Ethical Training Path

Anthony Pennant- USA
Zain Shamoon- USA

Short Description: We will be discussing the ethical components of person-of-the-therapist (POTT) training, in order to extend an essential training paradigm for the CFT field. Self-attunement will be discussed with regard to ethical responsiveness to clients. This is an important clinical resource for trainees and seasoned therapists alike.

Abstract: Person of The Therapist (POTT) training allows for therapists to confront their positionality when working with clients, in order to counteract potential projections and enhance meaningful moments in sessions. Beyond what is discussed in other self-of-the-therapist scholarship, this model also considers here and now learning, and not simply conceptual considerations of countertransference. This presentation is meant to summarize the main tenets of the POTT model, especially as it relates to maintain ethical standards in marriage and family therapy. Personal self-attunement is an ongoing practice that needs more attention in reinforcement in our graduate programs. All three presenters will utilize their own training experience with the model, and their experiences in teaching it to graduate students.

The Crisis of a Global Pandemic: Creating Local Support

Mudita Rastogi- USA

Short Description: India was devastated by COVID-19-related illnesses and deaths in early 2021. Systemic Family Therapists in the US and India joined hands to address the mass trauma. This presentation will utilize ambiguous loss theory to describe responses to the crisis, and the creation of support systems.

Abstract: The COVID-19 global pandemic led to unimaginable and irreversible shifts in lives of individuals and families and amplified the presence of inequity and inequality across countries and communities worldwide. While every country was affected deeply, this presentation focuses on the devastation, record infections, losses and trauma experienced in India in the first half of 2021. The differences in mass trauma of the COVID-19 global pandemic versus other adverse life events became magnified at that time due to medical shortages and lack of adequate mental health resources. The presenters will address ways in which some MFTs engaged with communities with MH needs in India, gathered information about the impact of the pandemic while being mindful of cultural, contextual, and political factors, and offered their resources to individuals, institutions, and systemic family therapy professionals. The presenters will share their process in creating tailored interventions focused on community-based needs to address the impact of mass trauma. The result was an ongoing partnership to develop a series of modules and workshops to support mental health professionals working with mass trauma at ground zero. This presentation will also include a review of the collaborative method of constructing the modules to address traumatic stress and its impact on the mind, body and relationships, ambiguous loss, trauma in children and the parent-child relationship, family relationships, self-care, and vicarious trauma tools for therapists, and supporting the larger community. A description of this process may be helpful to other professionals in creating rapid and supportive responses to other occurrences of mass trauma in diverse contexts.

Youth with Self-Injurious Behavior and Suicidal Ideation and Their Perceptions of Trusted Adults

Giuliana Valia- USA

Steven Jella- USA

Amy Budd- USA

Rebecca J. Kenyon- USA

Short Description: Suicidal Ideation and Self-Injurious Behaviors with youth are prevalent issues in many communities. The examination of 6 years of community-based data regarding youth perceptions of who are their trusted adults can provide greater perspective on youth factors of resiliency and distress related to SIB and SI.

Abstract: Suicidal Ideation (SI) and Self-injurious Behaviors (SIB) continue to be a prevalent issue among youth in many communities. Perception of disconnection, identification of trusted adults and viability of emotional coping skills acquired from social contexts have been cited as being underlying factors that contribute to health and issues including SIB and SI. The analysis includes an examination of archival information gathered from family systems specialists' non-clinical community work with youth who identified as having mental health concerns. The potential overlap of contextual dynamics that make up their mental health state, perceptions of trusted adults, and propensity for SIB and SI can contribute more robust understandings of youth factors of resiliency.

There is much to learn and many assumptions that need to be tested regarding the relationship between SIB and SI in youth and prosocial relationships, and therefore there is a gap in community mental health prevention and intervention treatments for these populations. A matrix was created to organize the accessed archived contextual data of female and male youth ages 12-18 who have been identified as needing contact with a family systems specialist regarding risk factors for SIB and SI. Content analyses of the matrix provide information regarding contributing factors, family dynamics, amount and type of trusted adult figures, frequency and duration of harm and harmful thoughts, indications of the social climate, and insight into what alternative prosocial strategies of coping this youth population is drawn to use. By identifying patterns between youth with SI/SIB and youth without SI or SIB and which adults each group of youth identifies as "trusted adult figures," clinicians can look to help youth identify people who may be most beneficial to helping the youth remain safe. Developing and enhancing community-based prevention and intervention programs from a family systems perspective could lead to more effective approaches for youth that use various forms of SIB to cope and may experience SI as well as attempt suicide as a result of being left untreated.

An Integrative Approach: Refiguring The Practice of Psychotherapy

Warwick Phipps- South America

Short Description: The wholes approach and its application as a metatheory (i.e., the lineal, nonlineal, intrapsychic, and interpsychic punctuations) enhances the description of phenomena and extends known approaches and the field of family therapy. Incorporating the person-centred development, yields an integrative approach that invites refiguring of the practice of psychotherapy.

Abstract: In exploring an integrative approach in psychotherapy, knowing wholes (i.e., wholes approach) and its application as a metatheory (i.e., including the lineal, nonlineal, intrapsychic, and interpsychic punctuations), yields much value in enhancing the observation or description of human phenomena and in extending known approaches and the field of family therapy, itself. In adding to this approach, a relationship between human behaviour and experience, that is, the interpsychic and intrapsychic perspectives, is considered. Finally, it is highlighted that the incorporation of the person-centred development, offers the possibility for an integrative psychotherapeutic approach, as human-, person-, and client-centred, that altogether invites refiguring of the established ways of knowing and practicing psychotherapy.

Foster-Biological Parent Relationships and Externalizing Symptoms of Youth in Foster Care

Lenore McWey- USA

Short Description: Family relationships are unique for youth in foster care because they involve both biological and foster parents. This brief presentation will discuss study results showing positive interactive associations between caregiver involvement and biological parent contact on youths' externalizing symptoms with nationally representative sample of youth in US foster care.

Abstract: Positive family relationships are important for child wellbeing. However, family relationships are unique for youth in foster care because they involve both biological and foster parents. Foster parent involvement is particularly relevant for youth in foster care because higher involvement is associated with a youth's responsiveness to their caregiver's influence and youth's self-regulation skills (Steinberg, 2001). Moreover, a lack of caregiver involvement can be problematic. For example, research demonstrated that parental involvement mediated the association between adolescent behavior problems and their later adult criminality (Walters, 2013).

Regarding biological parents, family reunification is the primary goal for most youth in U.S. foster care (DHHS, 2014). When in foster care, it is important for youth to have biological parent contact to help maintain the parent-child relationship. Emphasizing the importance of family connections, U.S. federal initiatives require continued contact between youth in foster care and their biological parents when safely possible. However, contact can be fraught with tensions between biological and foster parents (Haight et al., 2003; Nesmith et al., 2017). Moreover, some suggest that frequent biological parent contact may be difficult for youth (Leathers, 2003). Theory may aid in our understanding. Attachment theory, which has been widely applied to discussions of youth in out-of-home child welfare placements, suggests that youth who experience an attachment loss will exhibit distress even if that person is replaced with another capable caregiver (Bowlby, 1977).

This brief presentation will discuss study results showing a significant interaction between current caregiver involvement and the amount of biological parent contact on youths' externalizing symptoms, such that there was a more pronounced buffering effect of high caregiver involvement on youth externalizing symptoms when there was more frequent youth contact with biological parents. This study filled an important empirical gap by simultaneously examining caregiver involvement and biological parent contact on the externalizing symptoms of youth in foster care. These results highlight the importance of promoting strong foster and biological parent partnerships to support youth in foster care. Results can be used to support systemic intervention and education initiatives aimed at promoting positive family relationships.

Familial Relationships for Addicts in Recovery

Joanni Sailor- USA
Bethany Davis- USA

Short Description: What is the Experience of Familial Relationships for Addicts in Recovery? This was answered through a qualitative case study. Two major themes emerged from the data: unconditional positive regard and consistent boundaries. Clinical implications suggest that helping families achieve these constructs enhances the recovery experience for addicted family members.

Abstract: Approximately 21 million Americans have at least one addiction. Drug overdose deaths have more than tripled since 1990. For each of these addicts, the family members and the relationships between them are significantly impacted by the addiction. In this study, the experience of familial relationships for addicts in recovery was studied. By using Stake's Case Study method, two major themes emerged from the data which provided a greater understanding of the role of the family in the recovery process. These themes included unconditional familial positive regard and consistent familial boundaries. Unconditional familial positive regard consisted of maintaining familial relationships, connections, or bonds and allowing the addict or recovering addict space to cultivate their own inner resources. Consistent familial boundaries included allowing consequences to occur and not enabling or rescuing the addict from natural consequences of their addictive behaviors; establishing and maintaining boundary limitations. An additional theme emerged from the within-case analysis that is worth mentioning. This theme identified the importance of addressing family addictions and mental health issues rather than avoiding them. The clinical implications of the findings of this study suggest that including and guiding families in the substance abuse treatment of an addicted family member may help mental health practitioners enhance the care and success of the recovery experience for addicts and their families. Therapeutic interventions may rely on Bowen's Systems Theory and Bronfenbrenner's social-ecological model as orientations for successful outcomes.

Understanding Biases When Working with Youth with Sexualized Behaviors

Jessica Taylor- USA

Short Description: All therapists all have biases, and in this workshop, we will illustrate how personal biases show up and challenge therapists working with youth with sexualized behaviors. The participants will identify how our biases frame the sexualized behaviors and receive practical ways to understand and utilize them in therapy.

Abstract: Each of us has biases, whether conscious or not, inevitably influence the private person of the therapist. The private person and the therapist come together in the clinical setting where they combine beliefs and worldviews. These beliefs and worldviews become challenged when we allow our personal biases to take over our professional perspective. Biases have been increasingly highlighted over the past few years in the way people in positions of power utilize them over others. In this workshop the participants will be educated on how biases, or snap judgements, can lead to bias assessments and erroneous conclusions of clients and alter the treatment process. While becoming aware of personal biases, we will highlight the biases related to working with youth who engage in sexually inappropriate behaviors. Typically, highlighted as a taboo topic, sexualized behaviors will be addressed and the discomfort and polarizing conversation around normalizing sexualized behavior will be explored. It is the hope that through having open and candid conversation about sexualized behaviors will allow therapist to welcome the conversation and enable them to create safe spaces for clients to share their experiences. The workshop will also reflect on social climates and illustrate how culture and diversity influence the self of the therapist and their bias. The presenters will educate on narrative and CBT interventions that have allowed clients to successfully process their past sexual behaviors and reduce and eliminate negative behaviors.

Multi-Racial Recruitment in the Field of Family Therapy

Laurie Kaplan- USA

Silvia Espinal- USA

Short Description: This workshop describes the creation of a training program designed to increase the number of family therapists of color in the field. Elements critical to the program's success are: partnerships with schools of social work and community agencies, recruitment strategies, mentorships, affiliation with outside organizations and cross-racial collaborations.

Abstract: Families of color and white families are being treated almost solely by white professionals. Our field's theoretical base is strongly influenced by its dominant White membership and lacks the knowledge, lived experience and expertise of professionals of color. This underrepresentation impedes the development of a community of multi-racial professionals tackling the problems that families face and does little to reduce racial bias in our society.

To address this, we created a training program for students of color that would significantly expand the number of systems trained therapists of color in leadership positions and practice.

Elements critical to the program's success are: mentorship, partnerships with outside organizations, a cross-racial teaching team and institutional change. Second year Masters level students of color from schools of social work commit to a one-year field placement of in-depth learning of systems thinking and practice. Live supervision, group process, a theory course, a community placement, and experiential exercises that deepen the students' awareness of their social identities are essential parts of this program. As a cross-racial teaching team we explore our different lived experiences with regard to race, power and other identities. This is not always easy-and learning how to articulate our struggles with one another helps us with the struggles of our students.

Upon completion students are invited to continue postgraduate training at the institute. They are also provided financial assistance and mentorship.

Twenty-nine years later we have created a community of professionals of color who sustain a collaborative and supportive network with one another. We have trained 174 students. Graduates of this program are working locally, nationally and internationally in community agencies, hospitals and academic institutions.

This program can be replicated in cities and communities around the world to increase the number of professionals of color in the field of family therapy.

Using Vocational Assessments to Promote Social Justice for Underserved Families

Richard W. VanVoorhis- USA

Kenneth L. Miller- USA

Susan M. Miller- USA

Short Description: Presenters report results of a statewide study of school psychology interns' vocational interests in and preferences for working with parents or in high needs areas (e.g., high poverty, rural) and present strategies for infusing social justice elements into psychology training programs.

Abstract: Presenters will report results of a statewide survey of school psychology interns' expectations and preferences for working with parents and families and in underserved areas. The presentation will address potential limitations in school psychology training programs and to provide recommendations for enhancing the education and training of school and family service professionals. A survey entitled Job Satisfaction Needs of Entry Level School Psychologists was distributed to all school psychology interns (N = 106) in a midwestern state. Ninety interns returned completed surveys for an 85% return rate. Eighty percent of respondents were female, and the vast majority of subjects (77.7%) were 24, 25, or 26 years of age. Respondents represented all nine, university-based, school psychology training programs in the state. One section of the survey asked respondents to rate the importance of twenty job facets (i.e., work-related concepts) drawn from the well-known and frequently used Minnesota Importance Questionnaire (MIQ) on 5-point Likert-type scales (1 = not at all important to 5 = extremely important). The highest endorsed facets (in descending order by means) were: moral values, job security, and working conditions. Facets rated as least important were: authority, social status, and recognition. Interns were also asked to respond to questions about practical aspects of accepting a first professional position such as salary expectations, hours per work week, willingness to relocate and the maximum distance they would be willing to relocate, geographical preferences (e.g., rural, suburban, urban), and both hypothetical and actual preferences for working with parents and families in high needs areas of the state. Interns were further asked about their expectations and preferences for working with three specific groups: students, parents and families, and school personnel. Interns' responses to select items revealed consistencies and inconsistencies, some of which call into question professional commitments for working with parents and families and in underserved areas. Presenters discuss these findings in the context of enhancing professional training for school psychologists and other family service providers. They offer recommendations for enriching cultural competence and for promoting trainee commitments to serve parents and families, particularly in underserved regions.

Making a Difference: Applying MRI Ideas to Dangerous Situations

Jennifer Popham- USA

Short Description: This clinical case study discusses how the foundational ideas of the Mental Research Institute (MRI) clarified the therapists work with a client in a potential domestic violence situation, which might have required reporting to child welfare authorities. Key MRI concepts and interventions are defined and discussed.

Abstract: This clinical case study discusses how the foundational ideas of the Mental Research Institute (MRI) clarified the therapists work with a client in a potential domestic violence situation, which might have required reporting to child welfare authorities. Key MRI concepts including the theory of groups; the theory of logical types; first and second order change, cybernetics and positive and negative feedback; context-maintaining behaviors; attempted solutions which become problematic; and therapist maneuverability are discussed. Basic MRI interventions are defined and discussed, including but not limited to the go-slow directive, the dangers of improvement, making a U-turn, and how to worsen the problem.

Rethinking Couple's Experiences and Meanings in Transitioning to Online Couple Therapy

Alon Aviram- Israel
Yochay Nadan- Israel

Short Description: This paper explores the transition from an in-person to a virtual clinical setting, from the perspective of couples who participated in couple therapy and transitioned to an online setting. A model grounded in the data for understanding the 'therapeutic presence' will be presented and demonstrated using interview excerpts.

Abstract: During the COVID-19 pandemic, many couple therapists have transitioned from an in-person to a virtual clinical setting. This paper explores this transition from the perspective of couples who transitioned to an online setting in the course of therapy. The paper reports findings of a qualitative study aimed to describe, analyze, and theorize the experiences of this transition based on the analysis of 36 in-depth, semi-structured interviews of 18 Hebrew-speaking couples living in Israel and abroad. The study's design was underpinned by Constructivist Grounded Theory methodology (Charmaz, 2014), with the aim of developing a model grounded in the data. The 'therapeutic presence' was a central construct that emerged from the analysis of the interviews. From the interviewees' perspective, it refers to the feeling of the way in which a therapist holds and effectively manages the virtual session using interpretations, body language, or otherwise.

The article outlines a model grounded in the data depicting the couple's experience of 'therapeutic presence' and, using interview excerpts. The intersection of the model's two axes – space (physical – virtual) and communication (literal – interpretive) – creates four quadrants that serve to capture the experiences of the 'therapeutic presence'. Such a conceptualization can assist therapists in better understanding their clients' experiences and making the necessary adjustments when transitioning from in-person to online couple therapy.

Why is it So Hard to Report Sexual Assault? A Study of Cultural barriers for Survivors

Jason Whiting- USA

Short Description: Recent social trends regarding sexual violence and gender have included elements of “hashtag activism,” where social media can facilitate cultural change. We analyzed the Twitter hashtag: #WhyIDidntReport to understand the social and personal barriers to reporting sexual violence. These findings can help therapists more sensitively help survivors.

Abstract: Sexual violence is widespread but often hidden. Between 70 percent and 90 percent of assaults are never reported to the police, making sexual assault one of the most underreported crimes. Why is this? Social media tweets provide some answers. In the past decade, social media has become a force in generating awareness of social problems, particularly after highly publicized cases of sexual harassment and assault. These situations have led to what has been called “hashtag activism, where digital media is used for social change.

One surge in the discussion about sexual assault happened in response to a political clash in the U.S. when in 2018 Judge Brett Kavanaugh was nominated for the U.S. Supreme Court. Sexual assault allegations against him arose, but then President Trump came to his defense, where he claimed that the credibility of her report was tied to the timeliness of it, and this sparked an outcry. On Twitter, the hashtag #WhyIDidntReport went viral, as survivors shared their own stories of barriers to reporting.

Analysis of over 600 of these first-person accounts revealed multiple layers of barriers that make reporting not only difficult but sometimes retraumatizing. Roadblocks include denial, disbelief, and confusion at every level of society. For example, there are national and cultural norms around gender and power that intimidated survivors. Some tweeted: I was told boys will be boys, and, I thought admitting I was raped would make me less of a man. Many had strong internal reactions, of shame, shock, or confusion, which thwarted their ability to report. One survivor’s tweet was typical: I felt like it was my fault, and I was ashamed and didn’t want anybody to know what happened to me. I felt dirty, used, small, and alone.”

This presentation will discuss the different levels of barriers found in this research, along with the clinical challenges of working with sexual trauma and the question of whether to report. Specific interventions will be offered for professionals working with survivors, their partners and families, as well as implications for those studying the dynamics of abuse.

Assisting Youth with Sexualized Behaviors in Discovering & Articulating Their Emotions Through Music

Portiaatrice Morse- USA

Jessica Taylor- USA

Short Description: Music has a way of transforming your mood and giving a voice to emotions you might be experiencing. This workshop will illustrate how to use music and the creation of music playlist to assist youth with sexualized behaviors in identifying and articulating their emotions.

Abstract: Why is it so difficult for males to express themselves? Western society does not put much emphasis on males exploring or understanding their feelings. Instead, they focus on males being manly, strong, and fearless and they share very little on what males can do when they have feelings outside of the dominate manly feelings. However, this workshop will discuss how to educate teen males on secondary emotions and ways to engage them in articulating their emotions. The facilitators will use popular music and explore through the lyrics ways teens can identify and place a name with how the artist appears to be feeling and how it relates to their own personal feelings. The workshop will also reflect on the social climate and illustrate how culture and diversity influence teens and their ability to express their emotions. Throughout the workshop the facilitator will engage the audience in an activity utilizing CBT and music therapy techniques on how to have a conversation on creating playlists that allow clients to explore and identify their behaviors.

The Effects of Daily Positive Events on the Daily Relationship of Clinical Couples

Lauren Barnes- USA
Kayla Mennenga- USA

Short Description: This study explored the impact of reported daily positive events on relationship satisfaction on any given day. Results indicate that males and females who experience positive events on any given day report higher relationship satisfaction on those days compared to other days.

Abstract: This study explored the impact of reported daily positive events on relationship satisfaction on any given day. Positive events can be described on a spectrum from big life events, such as getting married or having a baby, to daily interactions (talking to a friend or getting a hug), to even smaller experiences, like receiving a letter in the mail. According to research, even with positive events varying in size, style, and type, positive events increase relationship satisfaction, regardless of how big the event. In the current study, showing support, communication, and time together were categorized as positive events experienced and reported. Results indicated that, as expected, both males and females report positive events and were highly correlated with the effect on the relationship. On any given day, most males don't report positive events occurring; however, the opposite was true for females; the majority of females report a positive event taking place. There were five most commonly reported positive events: did something with/for partner (most reported), showed support/affection, positive communication, external positive experiences, and personal change. In addition, the largest number of events occur between dinner and bedtime for both males and females. Largely, on any given day, individuals who report positive events show a significant positive impact on individuals daily relationship satisfaction. This study provides large implications. First, even couples who are seeking counseling report positive events that have an influence on their daily relationship. This indicates the importance of couples engaging in positive interactions on a daily basis and fostering adaptive processes that enable them to engage, empathize, and validate one another in order to positively influence relationship satisfaction on any given day. Second, women might be more inclined to identify positive events because they experience them with more emotion in comparison to men. It may be possible that women have a greater sensitivity to relationships and tend to attribute these positive events to the betterment of the relationship. Clinicians can be more cognizant of fostering interventions and homework related to noticing positive events.

Pre-Cohabitation Conversations for Relationships

Kristina S. Brown- USA

Short Description: Sharing a living space marks an important relationship transition. With consideration of intersecting identities such as race and culture, religion, and sexual and gender identity, this presentation will provide a list of pre-cohabitation conversations for review that are organized into three categories - relationship negotiations, household rules, and communication.

Abstract: This presentation will provide a list of specific questions across many important topics for consideration as relationships transition to living together. The questions were developed by a cohort of couple and family therapy students and faculty utilizing the literature, their collective professional clinical experiences, as well as their personal experiences with cohabitation.

These pre-cohabitation conversation questions were created with consideration of intersecting identities such as race and culture, religion, and sexual and gender identity. They were further organized into three categories - relationship negotiations, household rules, and communication. This workshop will review the development of these questions including the status of cohabitation across identities as well as understanding circumstances that can lead to living together without intention (i.e., Sliding Vs Deciding introduced by Stanley, Rhoades, and Markham in 2006). These questions are also an excellent tool to be used by romantic constellations already living together and at times of stress or transition. The goal of this activity is to support relationships in creating shared meaning around cohabitation as well as explore possible pitfalls and obstacles to strengthen their partnership as they navigate this transition.

Pre-cohabitation Conversation questions can be used by therapists with clients at all stages in their relationship “even after moving in together “ as well as provided to partners to move through them independently. The presenter is working with a research team for ongoing exploration of these developed questions and will present current findings within this workshop.

Brown, K.S., Schmidt, B., Morrow, C., & Rougeaux-Burnes, G. (2021). Pre-cohabitation conversations for Relationships: Recommended questions for discussion. Contemporary Family Therapy. <https://doi.org/10.1007/s10591-021-09594-6>

Stanley, S. M., Rhoades, G. K., & Markman, H. J. (2006). Sliding versus deciding: Inertia and the premarital cohabitation effect. Family Relations, 55(4), 499-509. <https://doi.org/10.1111/j.17413729.2006.00418.x>

Role of Social Work with Children Diagnosed with Attention Deficit Hyperactivity Disorder (ADHD)

Nasser Aloud- Saudi Arabia

Short Description: This paper describes the characteristics of children with ADHD, according to the diagnostic criteria of the DSM-IV. The lack of research on the effectiveness of social skills training for children with ADHD is addressed, and a program focusing on this type of intervention is outlined in detail. The important roles that school social workers, teachers, and parents play in the implementation of this program are emphasized.

Abstract: This paper describes the characteristics of children with ADHD, according to the diagnostic criteria of the DSM-IV. Behavioral, social, and academic problems that are common among this population are also discussed. Difficulty acquiring age-appropriate social skills is given special attention. Possible treatment interventions are identified with an emphasis on a multimodal treatment approach. The lack of research on the effectiveness of social skills training for children with ADHD is addressed, and a program focusing on this type of intervention is outlined in detail. The important roles that school social workers, teachers, and parents play in the implementation of this program are emphasized. Finally, potential barriers to implementation and ethical issues are considered.

Emotional Vulnerability, Minoritized Identities, and Reflecting Teams

Caitlin Edwards- USA

Robert Allan- USA

Short Description: This research explored how emotional vulnerability related to client sexual orientation and ethnic identity was evoked by a reflecting team. Thirteen interviews were conducted, and a theme of emotional vulnerability exacerbated by lack of therapist and client identity matching emerged. Participant experiences highlight the need for therapist multicultural competency.

Abstract: While the global population continues to diversify, the demographics of most couple and family therapists reflect dominant cultures (Beck et al., 2017). Minoritized clients working with a majority therapists often struggle with disclosing their own identities, citing fear of prejudice, discrimination, and vulnerability (Brown, 2017; Wallace et al., 2016). The ongoing exploration of the impact of client and therapist identities on the therapeutic process is particularly important in the current context of renewed calls for social justice and lack of empirical research on minoritized populations (Murry & Anderson, 2020; Tseng et al., 2021). In the process of analyzing interview data from a study exploring how a reflecting team, or RT, impacts the hope a couple has for their relationship, a gem, or an exceptionally significant excerpt (Smith, 2011) of vulnerability and vulnerability in relation to client identity emerged. Given the dearth of literature in this area, the current study was conducted.

Perlesz et al. (1994) assert a central concern for couples in therapy using an RT is whether the discomfort of being observed hinders growth. While the study participants received “helpful feedback” in the process, they call into question whether it is truly possible to fully internalize feedback given by an RT when the feelings of vulnerability and discomfort in relation to identity are high. The feelings of vulnerability highlighted by the participants underscore the need for RTs to properly prepare individuals for “somebody watching you,” in addition to the common practice of preparing therapists to provide good feedback. Participants experiences also further underscore the need for increased diversity and ongoing cultural responsiveness among couple and family therapists. The desire for an RT that accurately understands—and possibly reflects—their gender roles, race/ethnic origin, and sexual orientation continues to accentuate the importance of multicultural competence and benefits of therapist/client matching (Santisteban, Mena, & Abalo, 2012). Participants voiced longing for understanding regarding their sexual orientation and race/ethnic identities, which reflects the necessity of culturally competent and, therefore, effective therapists.

Coping with the Pandemic: Solution Talk with Parents Raising a Child of Autism

Kaitlin Smith- USA

Short Description: Parents raising children with Autism encounter more psychological distress, financial strain, worries for the child's future, and adaptation problems than those parents of children with typical developments. The qualitative research will present experiences of parents raising a child with Autism during the pandemic and provide clinical recommendations.

Abstract: Due to the severe nature of autism spectrum disorder (ASD) and its increasing prevalence in the United States, ASD can tremendously impact individuals, families, and society (Joshi et al., 2010; Karst & Hecke, 2012). According to the latest estimates provided by the Centers for Disease Control and Prevention in 2016, about one in 54 children is diagnosed with ASD (Baio, J., Wiggins, L., Christensen, D. J., et al., 2016).

Parents raising children with ASD reported more psychological distress (e.g., depression, anxiety, and pessimism), financial strain, worries for the child's future, and adaptation problems compared to those parents of children with typical development (Daniels et al., 2008; Davis & Carter, 2008; Hall & Graff, 2010). Especially during the current pandemic, the parents raising a child with ASD encounter more challenges, such as reconciling the demands of distance working at home and the needs of homeschooling kids (Espinosa et al, 2020), caring for the elderly, and ensuring their own and family's safety, feeling increased anxiety, stress and uncertainties with dwindling resources, and experiencing a collision of multiple roles as a parent, partner, employee, employer, caretaker. (Coyne, 2020).

The qualitative research was to understand the experiences of parents raising a child with ASD during the COVID-19, challenges they encountered, coping strategies they developed, and suggestions for using mental health services. The data included interviews with six parents and two therapists' reflections on leading a solution-focused group with the parents on telehealth. The consensual qualitative analyses concluded themes, such as COVID impacts, proactive advocacy, not enough and type of resources. Clinical implications included challenges of conducting telehealth, normalization, strengths-based approaches, emotional support and building a community.

Self-Regulation and Satisfaction in Married and Cohabiting Couples from Colombia and the United States

Tatiana Melendez-Rhodes- USA

Short Description: This research examines differences in satisfaction and relational self-regulation in two samples of US and Colombian heterosexual couples. Differences based on sex, country, relationship status, and prior living situation were evaluated using multiple regression. Implications for relationship education programs and couple therapy will be discussed.

Abstract: Previous research on differences between cohabitating and married couples has shown difficulties in commitment and stability in cohabitating partners. We adopted a more positive approach and chose to examine variations in satisfaction and relational self-regulation in two samples of US ($n = 44$) and Colombian ($n = 74$) heterosexual couples. Participants independently rated their own and their partner's efforts and strategies to improve their relationship (relational self-regulation) as well as their level of satisfaction. Differences based on sex, country, relationship status, and prior living situation were evaluated using mixed-model multiple regressions, which control for covariation in partners responses. Preliminary results indicated a significant positive effect of the person sex (being female) and relationship status (cohabitation) on efforts to improve the relationship. Also, relationship status (cohabitation) had a significant negative effect on relationship strategies. Lastly, there was a marginally significant negative effect of being Colombian on relationship satisfaction. Implications for relationship education programs and couple therapy will be discussed. More specifically, the benefits of developing self-regulation competencies that could improve both partners perceived control over the trajectory of their relationships and their abilities to achieve positive outcomes.

Systemic Therapy and Supervision in Pandemic Times: The Puerto Rican Experience

Antonio Bustillo Formoso- Puerto Rico
Edgardo Morales Arandes- Puerto Rico

Short Description: This lecture presentation will address the conceptual and pragmatics challenges of doing systemic supervision and family/couples online services as the only source of therapeutic and supervision practice. Strategies that include the flexible and imaginative use of humor, metaphor, and creativity are discussed as options to meet these challenges.

Abstract: Over a year and a half of doing online family therapy as well as systemic supervision, therapists and supervisors have faced significant challenges in an ever-changing landscape of therapeutic and supervisory practice. The conditions imposed using technology as the primary source of the therapeutic/supervisory encounter, have surfaced complex issues regarding the interface of person/machine, machine/person from both ends of the therapeutic and supervisory relationship. Socio-economic contexts such as Puerto Rico, where the access to dependable online connections is often limited, heightens the challenges faced by therapists and supervisors who need to be highly attuned to the degree to which technology impacts and informs therapeutic practice and performance.

Doing exclusive online services also involves the reduction of the perceptual field of the other. This, along with the lack of an embodied relational field, creates difficulties for maintaining a second order cybernetic stance, which in turn, can provoke a first order position, disrupt relational connections, and distance the therapist from his or her purpose and intuitive process. The supervision and the training of new systemic therapists is also affected since the relationship between therapists in training and their supervisors is subject to the same conditions. All this occurs, while trainees are also faced with the daunting task of learning systemic psychotherapy without a robust base of face-to-face interactions.

In this lecture, both presenters will use their experiences in Puerto Rico to address the new realities of online practice in therapy and supervision. They will describe the challenges they've faced, as well as options for meeting them. They will discuss how in supervision, as well as online couples and family therapy, the therapist-supervisor can counterbalance the distancing of online practice through the flexible and imaginative use of metaphor and creative interventions that build and strengthen relational connections and systems-interaction, while generating new possibilities for clients and student therapists. In this endeavor, humor becomes an essential strategic resource that helps facilitate an engaging atmosphere that feeds back generativity into the therapeutic relational field, even in the two-dimensional world of the cybernetic encounter.

The Relationship Between Therapist Mindfulness, Interoception, and Emotional Regulation

Angela Bradford- USA

Short Description: This presentation addresses the relationship between therapist mindfulness, interoception, and emotion regulation during couple therapy. It shares results from the first cases of an on-going research study wherein therapist trainees practiced mindfulness exercises, provided in-session physiological readings, and later reported on their experience. Practice implications will be discussed.

Abstract: Mindfulness is defined as a state of attention to and awareness of the present. Increased popularity around the subject of mindfulness has resulted in an abundance of research supporting the psychological and physical benefits of practicing mindful meditation. Dan Siegel suggests that an inherent connection exists between a therapist's mindful presence and their ability to help clients heal. While literature on the benefits of mindfulness practice for therapy clients is extensive, research on the effects of mindfulness for clinicians is only recently gaining traction. Previous studies have shown that clinicians practicing mindful meditation demonstrate increased empathy, compassion, and counseling skills. However, the mechanisms underlying any link between therapist mindfulness and in-session behaviors with clients (or client outcomes) are still unknown.

One such possible mechanism is via increased emotional regulation, which allows individuals to engage more skillfully and effectively with others. It is possible that mindful awareness increases the therapists ability to respond to interoceptive signals. When individuals are able to attend more mindfully to these signals, they can more efficiently mobilize resources for emotion regulation. Interoception is simply defined as the sensing of internal bodily changes that interact with both cognition and emotion. It has been posited that interoception is linked to emotional regulation, which may be necessary for therapists so that they can intervene non-reactively and effectively with their clients. Because Porges suggests that the regulation of emotion is functionally dependent on the state of the nervous system, an analysis of in-session vagal tone (a parasympathetic response) can illuminate the role of therapist emotion regulation.

This presentation addresses the relationship between therapist mindfulness, interoception, and emotion regulation (measured via the parasympathetic response) during the process of couple therapy by presenting results from the first few cases of an on-going research study wherein student therapists-in-training practiced mindfulness exercises, provided live physiological readings of in-session regulation, and later reported on their in-session experience with perception analyzers. Implications for practice will be discussed.

Developing the Person-of-the-Therapist to Enhance Therapeutic Effectiveness: A Model & Tools for Supervision

Senem Zeytinoglu Saydam- Turkey

Short Description: The Person-of-the-Therapist Training (POTT) will be presented as a model proposing a clear philosophical perspective and specific tools to help develop the person of the therapist. Two POTT instruments and how they fit the premises and goals of POTT will be discussed.

Abstract: The evidence for the importance of self-of-the-therapist factors for positive clinical outcomes have been well established (Blow, Sprenkle, & Davis, 2007). Nevertheless, therapists interested enhancing their therapeutic effectiveness by improving their use of self may lack the tools to use in this process. In this workshop, the Person-of-the-Therapist Training (POTT) will be presented as a model proposing a clear philosophical perspective and specific tools to help develop the person of the therapist. The workshop will begin with a general introduction to POTT, its philosophical underpinnings, its main concepts and aims. Subsequently, two POTT instruments (signature theme paper, case presentation), and how they fit the premises and goals of POTT will be discussed. With a case example, an illustration of the use of the two instruments will be made. Case example will be used to discuss the impact of these two instruments on developing the person of the therapist and enhancing therapeutic effectiveness.

Learning Objectives:

- 1) The participants will learn about the Person of the Therapist Model, its philosophical underpinnings, core concepts and aims.
- 2) The participants will learn about the two instruments frequently used in Person of the Therapist supervision.
- 3) The participants will have a preview of the application of these two instruments to enhance therapists clinical work.

Psychopathology in Nullity of Marriage Cases: Contributions of the Relational-Symbolic Model

Ricardo Peixoto - Portugal

Short Description: Classical Psychopathology and Psychiatry don't always identify causes for nullity of marriage, when one or both spouses may have individual and relationship development issues that may be deterrent in totally assuming their relationship. We intend to explore the contribution that the Relational-Symbolic Model may give in such cases.

Abstract: On any human reality, people experience differently the same event, which originates different narratives to describe them. The existence of a psychopathology on an individual reinforces these differences, since it is often the condition that takes the individual to a maladjusted interpretation of the reality. A couple's relationship is no different in that regard. A nullity of marriage case, because it includes several unknown individual decision making elements and maturational elements (except to oneself), doesn't allow, in most cases, direct, factual or conclusive evidence of its nullity, especially in cases where some form of psychopathology is pointed out. Although Psychopathology and Psychiatry offer a vast array of tools in order to detect these pathologies, we find situations where the nonexistent pathology could indicate a valid marriage, but the way the relationship was built and evolved before marriage, as well as the development of each spouse, may indicate other elements that may limit one's ability to decide. Therefore, we may have situations where traditional Psychopathology or Psychiatry may be insufficient for some nullity of marriage requests.

The Relational-Symbolic Model has on its core the study of family development including the families of origin, through the study of familial transmission of values and ways of life, the conscious/unconscious assumption of the transmitted family models and the way the new couple combines their families influences that each has received. This knowledge may help to determine individual inadequacies which may be deterrent to the matrimonial vows, even if an individual psychopathology doesn't exist. The study of these cases may also shed some light on relationship consistency elements.

With this study, we intend to analyze cases that have been evaluated using the Relational-Symbolic Model in order to discuss its possible contributions to this kind of evaluation. We also intend to understand if there are common elements of marriage consistency and inconsistency in those cases. As for methodology, we will use multiple case study, because it allows to find and analyze both similarities and differences between the cases and, therefore, to contribute for a deep analysis of the subject.

Utilizing Genogram from a Narrative Therapy Lens

Evelyn Pechous- USA

Short Description: This presentation will introduce participants to the use of narrative therapy when creating genograms with clients. It will include a completed narrative genogram for reference, a list of suggested narrative questions to create the genogram, and a document with suggested genogram symbols.

Abstract: Narrative therapy is a post-modern theory, based on the social constructivist belief that reality is always being constructed (Guise, 2015). The internalized narratives we hold can limit our ability to experience the world, and prevent us from becoming our truest and most authentic selves. This theory supports clients to identify and deconstruct dominant narratives, and then begin to co-author a new, more authentic narrative of themselves. Genograms are a powerful systemic intervention that can allow for clients to obtain a clearer understanding of their experiences, as well as aid clinicians in creating case conceptualizations (Browning & Hull, 2019). Adapting genograms into a narrative approach can provide another source for story telling and meaning making. This presentation will introduce participants to the use of narrative therapy when creating genograms with clients. It will include a completed narrative genogram for reference with a case conceptualization, a list of suggested narrative questions to create the genogram, and a document with suggested genogram symbols. Participants will have an opportunity to begin creating their own narrative based genogram. References Guise, R. (2015). Study guide for the marriage and family therapy national licensing examination. The Family Solutions Corporation. Browning, S. & Hull, R. (2019). Treating multidimensional presenting problems with a mutually integrative approach using the genogram.

The Role of Imagination in Co-Constructing Change Post COVID-19

Jon Winek- USA

Short Description: We demonstrate deconstructing with clients their experiences impacted by COVID-19 and generate a map of our client's reality. As clients are invited to access imagination a modified miracle question can move psychotherapy into a future that is full new of possibilities where second order change can be provoked.

Abstract: The sudden arrival and seemingly stalled recovery from COVID-19 and other social unrest radically changed the social and mental health landscape. For some, this is a paradigm shift and some are still in the process of shifting paradigms. This has propelled our clients into a new and often unhealthy social climate. These events seem so all encompassing that many around us are coming to terms with a second order change in their view of the world. In this workshop we will explore how client wellbeing is impacted by the social reality or maps our clients construct around their families response to this crisis. First, we will focus on how a postmodern interview can be utilized to deconstruct our client's maps of reality. Paying attention to how clients perceive their environment can help uncover resources that the client is then able to access. Noting how the deconstruction process gives rise to a co-constructed therapeutic contract where clients are invited to access imagination in order to generate a future map (Penn1985) which then gives rise to goals of therapy. Then by focusing on accessing our imagination as part of the interview we will see how second order change can be provoked. Modifying de Shazer's (1988) technique of the miracle question will allow our clients to reframe their situation possibly producing change. This approach to interviewing also allows us to move psychotherapy from our past to both our present and our future.

de Shazer, S. (1988). *Clues: Investigating Solutions in Brief Therapy*. New York: Norton.

Penn, P. (1985) Feed-Forward: Future Question, Future Maps. *Family Process* 24(1)1-8.

Teaching Social Justice and Spiritual Integration in CFT Clinical Practice

Ashley Hicks- USA

Short Description: This presentation presents findings from a year long teaching project focused on creating a framework to help students develop clinical skills, competencies, and increased self-awareness around issues of spirituality, religion, and social justice as related to their clinical work and professional identity as a marriage and family therapists.

Abstract: How do we effectively teach students to address issues of social justice in family therapy, particularly using a spiritual and theological lens? This presentation presents the findings from a teaching project conducted in the 2020-2021 academic year at a MAMFT program a Christian seminary in the southern United States. This project focused on creating a framework to help students develop clinical skills, competencies, and increased self-awareness around issues of spirituality, religion, and social justice as related to their clinical work and professional identity as a marriage and family therapists. The project consisted of conversations with three key leaders in the fields of religious studies, pastoral care, psychology, and social justice, a 2-part course focused on spiritual integration in social justice throughout the academic year, and longitudinal surveys of students participating in the project. Results from this project suggest that teaching spiritual integration in clinical practice is an art and a science. This reality parallels the art and science of therapy itself. Teaching the science of spiritual integration in clinical practice may seem straightforward; however, students often remained confused/uncertain even when provided with particular methods with which to enter the conversation. Offering students examples of the psychology utilized and understood by various world religions and spiritualities appeared to be an effective means to address this confusion. In addition, teaching the art of spiritual integration which relies heavily on self-knowledge and self-development also added in student development. This project demonstrates that engagement in peer learning, student-led dialogue, and engagement with key scholarly and religious sources helped foster increased perceived competency in engaging religious, spiritual and theological issues raised by clients and identification of how issues of spirituality, religion, and other societal forces maintain and resist injustice. Participants will walk away from these presentation with practical examples of how to assist students in building competency in addressing spiritual and religious material in clinical practice and a better understanding of the interconnect-edness of spirituality, religion, and social justice and the implications of this relationship for therapy, supervision, and training.

Exploring Therapeutic Impact of Subjective Masculine Identity within Cultural Ideology

Anthony Mielke- USA

Short Description: Grounded in the Ecosystemic Masculinity Paradigm, this workshop will explore the impact of a male's masculine with consideration given to cultural ideologies on the male's engagement in couple and family therapy from a systemic, existential perspective.

Abstract: Research in masculine psychology identified the negative effect of traditional masculine ideology on a male's individual and relational health. Despite these findings, little research considers the multi-systemic and existential factors that may contribute to the harmful impact of traditional masculine ideology on individual and relational wellness. The Ecosystemic Masculinity Paradigm (ESMP) addresses this gap by integrating these bodies of knowledge to inform clinical strategies with males.

ESMP assumes that a.) Males will adhere to traditional masculine ideology despite individual and relational consequences of these actions if traditional masculine ideology is part of his subjective masculine identity b.) Masculinity is an intrapersonal and interpersonal experience. Thus, it is constructed, experienced, and expressed as an internal construct and external community and c.) A male's sense masculine identity involves association with an internalized culture of masculinity and relational experiences either affirming or contradicting the male's sense of masculine identity.

Furthermore, ESMP proposes that a.) Traditional masculine ideology is experienced as a culture by individual males whose subjective masculine identity is grounded in tenets of this ideology b.) The dispositional and behavioral tenets of traditional masculine ideology mediate the male's sense of belonging or isolation in relation to this culture c.) Establishing and maintaining meaningful connection in relationships is an essential feature of reducing the negative aspects of masculine ideology adherence and d.) Increased congruence between a male's self-perception of masculine identity and relational wellness will reduce the negative consequences of traditional masculine ideology given that the male's subjective masculine identity evolves to include attitudes and behaviors previously rejected due to traditional masculine ideology, and he experiences acceptance and reciprocity in relationships following these changes.

Grounded in the presenter's extensive academic and clinical experience with males, this workshop will engage participants in discussion regarding the explicit inclusion of multi-systemic and existential considerations when conducting therapy involving males. After presenting results from a comprehensive review of masculine psychology and the tenets of ESMP, participants will be provided with to the harmful impact of traditional masculine ideology on individual and relational wellness within the therapy process.

Runway to Empowerment: A Therapist's Self Reflection Approach on Mood and Appearance

Melanie Hussain- USA

Short Description: Each day when we get dressed, we get to tell the world a little about who we are just by what we wear. What do our clothes say about us? How does our mood impact what we wear? The presenter practices from this point of view - focusing on the client to feel good both from the inside and out. The empowerment of self being the primary focus. This presentation will discuss the self reflection approach that was used to explore the connection between what one wears in relationship to how one feels.

Abstract: Clothing allows individuals to feel at home with themselves and also allows for expression of their own personal creativity and individuality. The way someone dresses is a reflection of their emotional state. While these two entities have been reviewed separately, this presentation will discuss the two systems as one. This presentation will highlight an approach created by the therapist that encapsulates a self-reflection process of clients. It will discuss how a self-reflection process influences the way in which the clients view themselves internally and can transform the way they present themselves through dress. The clothes we wear has always been known to be a way to self-express, being used as an aesthetic (Cash, 1990). Clothing has been looked at in terms of mediating the relationship between clothing satisfaction and self-perception (Cosbey, 2001). Clothing was used to express positive emotions and also as a coping strategy to overcome negative self-concepts (Worrell, 1977). Depression has been linked to a lack of concern of personal appearance (Beck, 1970; Fisher, 1973; Mendels, 1970). Studies have shown that a closer interest in clothing is correlated with an increase in depression, but in short periods after dressing, clothes can increase or change a lower mood state (Dubler & Gurel, 1984; Worrell, 1977). Clothes are a factor in daily functioning. Raunio (1982) found that we choose clothing on a daily basis to cope with our feelings and social situations. Therapists should also be mindful of the non-verbal language clients express to them, that is clothing and appearance. This is not a way to judge clients, but more so a way to be aware of the way they present themselves in session. In using a natural systems approach and conversation in the therapeutic process, there is a mirroring effect to the way they dress is in relation to their mood. During this interactive presentation, research will be presented on mood and appearance, which was conducted by the presenter. Connection and relationship of mood and appearance will be shared on how the approach was used to empower clients.

Isolation, Loneliness and Mental Well-being: Stories and Strategies Across the Lifespan

Michele Smith- USA
Beda Cordero Roberts- USA

Short Description: Even prior to global shutdowns due to COVID, people were struggling with isolation and loneliness. Strategies used to combat this included socialization, volunteerism, and community engagement. This presentation will share stories of people and the strategies they are using which changes how they approach this common issue.

Abstract: Prior to 2020, the elderly and disabled had been identified as at-risk globally for loneliness and potential depression secondary to isolation. Since March 2020, the majority of the research indicates that this same group is managing isolation without related loneliness or depression, but that children and young adults are at significant risk of depression and anxiety due to isolation. Strategies previously used to combat isolation included socialization, volunteerism, and community engagement. Given the challenges of reduced access, shutdowns, and restrictions, these options were reduced or eliminated. The presenters will share clinical stories and strategies for increased mental wellbeing in this population.

Loving Witness: A Systemic Humanistic Approach to Counseling Through Use of Self

Anthony Mielke- USA

Short Description: This presentation proposes 7 clinical dispositions as resources for the effective use of self in therapy that support authentic connection, therapist wellness, and clinical skill. Dispositional barriers to the authentic use of self in therapy will also be presented. Theoretical work and clinical experiences inform this approach's clinical application.

Abstract: The purpose of this presentation is to provide students, clinicians, and supervisors theoretical and practical resources for the effective use of self in therapy through the loving witness. The concept of loving witness can be defined as a therapeutic orientation that facilitates a healing therapeutic relationship between client and therapist that benefits both the client and therapist, regardless of the therapeutic context. In practice, loving witness is intended to enable the therapist to hold space for and maintain presence with clients while also providing the therapist with resources to experience meaning in vitality in clinical work. This orientation is facilitated by the embodiment of therapeutic dispositions that are informed by humanistic, existential, and systemic assumptions regarding the human person. Three assumptions regarding the human person inform these dispositions. These assumptions are that individuals are oriented towards health and healing, individual persons are wholly unique and participate in the universality common humanity, and the use of a systemic approach for conceptualizing the human experience provides unique resources for therapist and client wellness.

The therapeutic dispositions of loving witness are curiosity, acceptance, non-judgement, I/Thou relationships, genuineness, attunement, and process awareness. Barriers to the utilization of these dispositions in therapy will also be presented. The dispositional barriers are rigidity, judgement, ideological adherence, incongruence, contempt, orientation of deficit, hopelessness, and isolation. Taken together, these assumptions and dispositions are intended to provide the therapist practical resources to engage in authentic, healing relationships with clients while also finding meaning and vitality in their work. This approach also examines the role a sense of belonging within meaning-making systems impacts the effective use of self in therapy.

The presentation of these therapeutic dispositions and barriers will be applied through the lens of the presenters personal experiences of burnout and growth as a young clinician as well as his experiences as a clinical supervisor for graduate students and pre-licensed clinicians.

Nature as Co-Therapist: Blending the Indoors and Outdoors in Post-Covid Clinical Practice

Marsha Vaughn- USA

Brendan Yukins- USA

Gabrielle Gebel- USA

Short Description: The COVID-19 pandemic prompted drastic shifts in therapy practice, shifting from offices to telehealth and, sometimes, outdoors. The inclusion of nature-based interventions in clinical work, regardless of therapy setting, may contribute to both therapist and client well-being. Both active and passive strategies will be discussed.

Abstract: Conducting family therapy in outdoor settings is not new, particularly for adolescents. Wilderness therapy and adventure therapy programs are based on the assumptions that (1) an unfamiliar, challenging environment will accelerate the process of change in families, and (2) the natural environment is something to be overcome or conquered. Other nature-based models, such as those connected with ecotherapy, see the natural environment as a source of nurturance and renewal. Nature is more than simply a resource, but a participant in the therapeutic relationship. The profession of horticultural therapy has also established a professional organization, a body of research, and training/credentialing process to advance the intentional inclusion of plants and plant-based activities as a method to accomplish therapeutic goals.

The onset of the global COVID-19 pandemic not only removed therapists and clients from their familiar meeting spaces, but orders to socially distance kept many from outdoor spaces as well. Vigilance around protecting physical health, restrictions from outdoor spaces, and concerns about the safety of indoor environments have led some therapists in private practice to give up their offices and focus on telehealth, or in some cases, find or create outdoor spaces to conduct therapy sessions. The benefits of active engagement in nature have been well documented for multiple populations and several health-related issues (both physical and mental; Greenleaf et al., 2013); in fact, even passive engagement with nature or looking at pictures of natural scenes can have a positive impact. So opportunities for intentional inclusion of nature in therapy work are myriad.

Even if therapists do not want to conduct sessions outdoors for logistical and ethical reasons, incorporating elements of the natural environment at varying levels may increase opportunities to

Family Experience and Impact on Transition-age Youths with Autism Spectrum Disorder- A Qualitative Study

Chin Keung Wong- Hong Kong

Short Description: This study sought to explore the experience of youths with ASD in Hong Kong who are in their transition stage, identifying the transition challenges that they have been faced, and how their parents influence their coping with these transition challenges.

Abstract: Transiting to tertiary institutes and workplace, youths with Autism Spectrum Disorder(ASD) tend to encounter with more transition challenges, which would affect their adaptation to new environment and outcome. However, not much researches in Hong Kong has studied the transition challenges of youths with ASD and their experience and voices. This study sought to explore the experience of youths with ASD in Hong Kong who are in their transition stage, identifying the transition challenges that they have been faced, and how their parents influence their coping with these transition challenges. Data are collected from qualitative interviews with 5 youths with ASD. The findings reveal their transition challenges in different aspects and parents' roles in supporting them to cope with transition challenges. It reflects the current policy and support in tertiary education institution and support services might not be able to fully address the needs of youths with ASD in transition stage. Also, the findings also sheds light on the direction of family level intervention and provides a ground for further studies.

Keywords

Autism Spectrum Disorder, Transition challenges, Qualitative research, family

Dimelo en Español: Strengthening Latinx Families Using a Socially Just Approach

Silvia Balta Espinal- USA

Short Description: The Latinx Youth & Family Immigration Project at Ackerman recognizes that despite the wish and efforts to maintain cultural diversity awareness in therapy, Latinx families are frequently faced with approaches that are incongruent to their cultural needs. Families often have to adjust to mainstream models unattuned to their experiences.

Abstract: Founded in 2014, the Latinx Youth and Family Immigration Project: Dimelo en Español at the Ackerman Institute in New York has been designed to strengthen relationships among Latinx families by emphasizing cultural sensitivity. In this workshop we will describe the creation of a family therapy framework that is attuned to the socio-cultural needs of Latinx families living in the United States.

We are at a time when human migration continues to rise. In this workshop we will discuss and amplify an approach that examines the immigration phenomenon of Latinx families and in intersection with experiences of social injustice that occurred either in the home country, in transit to the US and/or subsequent to their arrival. We recognize that despite the wish and efforts to maintain cultural diversity awareness in therapy, Latinx families are frequently faced with approaches that are incongruent to their cultural needs. Often, families are constrained by having to adjust to Euro-centric models that lack attunement to the family's social systems, culture, power and lived experience. Consequently, families have to adapt to pre-established models rather than the model adjusting to their unique situations. Despite the resiliency and strength of these families, they have been vulnerable to harmful health disparities and injustices throughout the years. These deep-rooted challenges, including family separations due to harsh immigration policies, impact their sense of self and security, their ability to parent their bilingual/bicultural children and their hopes and dreams for their future. The ongoing anti-immigrant sentiment perils the family's sense of belonging. In clinical practice, we believe that practitioners need to explore and understand these experiences and the dilemmas of parenting in between value systems and bridge connections among family members. A socio-culturally attuned position on the part of the practitioner is

A Tribute to William C. Nichols, PhD

Todd Edwards- USA
Mary Anne Pace-Nichols- USA
Ruth Casabianca- Argentina
John Lawless- USA

Short Description: Dr. Todd Edwards, Editor of the International Journal of Systemic Therapy, will moderate a panel discussion with Mary Anne Pace-Nichols, Ruth Casabianca, and John Lawless about the significant work of Bill Nichols, who passed away in 2021.

Abstract: Dr. Todd Edwards, Editor of the International Journal of Systemic Therapy, will moderate a panel discussion with Mary Anne Pace-Nichols, Ruth Casabianca, and John Lawless about the significant work of Bill Nichols, who passed away in 2021. Bill's intellectual contributions to family therapy include his role as historian of marriage and family therapy and advocacy for theory integration, including developmental perspectives. At a time when therapists pledged loyalty to specific ideas and individuals, Bill presented a synthesis of concepts that would allow therapists to tailor their treatment to the client and the complexity of their presenting concerns. Our panel discussion will celebrate Bill's life and scholarly work, particularly in the area of integrative family therapy.

Attachment-Based Family Therapy with Adolescents

Quintin Hunt- USA
Makaela Caldwell- USA

Short Description: ABFT is an empirically supported treatment successfully applied to depressed and suicidal adolescents and several other difficult-to-treat populations. This presentation will begin with a brief introduction to ABFT and is supplemented with video demonstrating the tasks.

Abstract: ABFT is an empirically supported treatment successfully applied to depressed and suicidal adolescents and several other difficult-to-treat populations. This presentation will begin with a brief introduction to ABFT and its five treatment tasks: reframing the problem relationally, building an alliance with the patient, building an alliance with the parents, resolving core conflicts, and supporting autonomy. Following this, the presenter will show video demonstrating the tasks and (time permitting) engage the participants in a discussion about barriers and specific challenges they may have.

Examination of a Substance Use Training Program for Couple and Family Therapists

Jessica Chou- USA

Rikki Patton- USA

Phyllis Swint- USA

Asif Zaarur- USA

Short Description: This presentation will examine the outcomes of a substance use training program for couple/marriage and family therapists(C/MFTs) including; attitudes about substance use, professional collaboration, and cross-cultural competency. The impact of substance use training and ways to incorporate training into educational practices will be discussed.

Abstract: In 2019, 35.8 million people in the U.S used illicit substances (SAMHSA, 2020) and, in the same year, a staggering 70,630 deaths were directly attributable to drug overdoses (NIDA, 2021c). Increasing the substance use workforce is vital in addressing the many complexities of opioid use among families. While training of behavioral healthcare providers is linked to positive treatment outcomes (Moyers et al., 2008), there remains a lack of formal education focusing on substance use in the healthcare field (Gotham et al., 2015). The Interdisciplinary Training Initiative for Children, Adolescents and Families Impacted by Opioid Use Disorder (ITI) was developed to train couple and family therapy and community mental health counseling students across two universities in prevention, treatment and recovery support for families impacted by opioid use disorder (OUD) and other substance use disorders (SUDs). Program elements include eleven online educational modules and four online webinars in evidence-based, trauma-informed, and culturally competent practices for at-risk youth and their families impacted OUD and other SUDs. Lastly, trainees participate in three mixed-reality simulations in which they applied therapeutic skills from the modules and webinars.

Facing a Cruel Reality: A Tool for Preparing Children and Families for Cancer Surgery

Senem Zeytinoglu Saydam- Turkey

Short Description: This presentation aims to describe a surgery preparation guide for children and families. The steps are designed for helping children and their families to process the initial feelings with regards to their diagnosis and treatment and help with the adaptation process after surgery.

Abstract: This presentation aims to describe a step-by-step surgery preparation guide for children and families that has been established by the presenter working for a pediatric neurosurgery unit in Istanbul, Turkey. The steps are designed for helping children and their families to process the initial feelings with regards to their diagnosis and treatment and help with the adaptation process after surgery. This program is comprised of 3 to 4 sessions involving; session with the parents alone before the surgery, a session with the parents and the child before the surgery and session with the parents and the child after the surgery. Grounded in systems theory, primarily The Resiliency Model of Family Stress, Adjustment, and Adaptation, it incorporates intervention strategies from different family therapy models and cognitive behavioral therapy.

Exhumed: Reckoning with The History of Eugenics in Marriage and Family Therapy

Leigh Charlot- USA

Short Description: The early history of Marriage and Family was linked to eugenics, in the United States and internationally. Present-day Marriage and Family Therapists need to be aware of this history, and orient themselves toward working from a code of ethics that prohibits the racism, misogyny, and homophobia of eugenics.

Abstract: Marriage and Family Therapists are unique in their training to work in these modalities. In the United States, the field arose around 1930, with the formation of marriage clinics around the country. The history of marriage counseling, and of the Marriage and Family therapy field, however, have in their origins a troubling history. In this poster session we will review the history of the field and offer some ways MFTs today can guard against impact of past practices by engaging in thoughtful consideration of and ensuring our practice is consistent with our code of ethics

During the late nineteenth and early twentieth centuries, there was a movement known as eugenics, a melding of quasi-scientific thinking about heredity and a desire to control human reproduction. The goal was to promote the reproduction of desirable people and limit the reproduction of less desirable people. Categories targeted included those described pejoratively as imbeciles, ner do wells, the mentally ill, poor people, sexually promiscuous women, men who could not support a family, prisoners, alcoholics, epileptics, sexual deviants or delinquents, criminals and anyone who was not white (Amy & Rowlands, 2018; Cohen, 2017; Ladd-Taylor, 2001; Novak et al., 2018;). Eugenacists believed that the population of healthy, white people was declining, and that undesirable people were reproducing at a higher rate. To combat this they espoused institutionalization and involuntary sterilization to prevent breeding by populations they deemed undesirable, and marriage counseling and encouragement for people who were healthy and white.

Project IMPACT: Play Therapy and Creative Arts Interventions with Latinx Children in a School- Based Setting

Brent Taylor- USA

Short Description: Project IMPACT provides play and creative arts therapy to improve behavioral and academic outcomes for elementary-aged Latinx children in a dense immigrant and refugee populated area in San Diego. Therapeutic interventions will be presented that are culturally relevant for diverse children and their families in a school setting.

Abstract: Project IMPACT is a grant funded program that provides play therapy, creative arts interventions, and support services by Marriage and Family Therapy trainees to improve behavioral and academic outcomes for elementary-aged children in four schools located in a densely populated area of refugees and immigrants in San Diego. Interventions are designed to support the work of administrators, teachers, general school staff and relevant community agencies. All therapeutic interventions are designed to be culturally relevant in order to ensure that culturally and linguistically diverse children and their families can take advantage of what is provided. This presentation focuses on clinical work provided to Latinx children and their families. Participants will learn various creative arts interventions and specific play therapy techniques that the program has found powerful in supporting Latinx children with their everyday stresses and academic difficulties. We provide mental health support to Latinx children in a variety of modalities including groups, families, sibling subsets, and individuals. The overarching goal of Project IMPACT is to stabilize students emotional and behavioral life in order to enhance academic progress. We measure students emotional/behavioral/social concerns using a scale of 1-10 on seven different domains that are filled out by teacher, parent, and by the trainee throughout the therapeutic process. Students are rated in the areas of attention, impulse control, social interaction, managing emotions, anxiety, communication, and opposition. In addition to the scales, trainees also conduct classroom and playground observations so they can see what difficulties the child is experiencing in person, as well as home visits. We will share the results of this project in improving children's lives in the school setting as well as at home. This comprehensive approach allows the elementary-aged children to gain trust in the trainee and results indicated that throughout the course of treatment, educational barriers were indeed removed and children improved in their academic performance.

Spirituality, Religion, and the Family System: A Training Model

Candace Hatten-Powell- USA

Amber Khan- USA

Julia Vileisis- USA

Short Description: Spirituality and religion are central to the lives of many families. The topic, however, is underexplored in the therapeutic space causing clinicians and families to lose the opportunity to discuss an important aspect of their identities. We propose a model for training clinicians to work with spirituality in treatment.

Abstract: This workshop is focused on training clinicians to include spirituality and religion in their assessment and ongoing work with families. It aims to facilitate discussion of the impact of religion and spirituality within the therapeutic space. Not only is religion and spirituality an important aspect of identity, but it often forms the foundation of the family system and impacts how families experience challenges and build resilience. Therefore, it is necessary that therapists feel equipped to discuss this powerful topic.

Discussions about religion and spirituality in the continental United States can be rife with bias, impact mental health treatment, reinforce stigma, or foster opportunities for growth. These challenges have been apparent in our training program that serves the international community of the Bronx, NY. Because of the richness of the immigrant cultures in the Bronx, we have an opportunity to expand our knowledge and improve communication to promote an environment of safety and open dialogue. What we learned from this experience can be applied in other training programs, in the spirit of inclusivity.

Our goal is to expand the discussion and provide a framework to work with religion and spirituality in training. During our workshop, members engage in a brief overview of the concepts of spirituality and religion and the reasons that they both may serve a central role in our lives. Attendees will also be given the opportunity to participate in a small group experiential exercise focused on allowing them to practice discussing the impact of religion and spirituality, explore the challenges brought by that discussion, and encourage curiosity. They will also join a larger group discussion.

In attending our workshop, we hope that the audience will discuss this training model that focuses on the interplay between religion, spirituality, family systems and the clinicians themselves. Using our model as a point of reference, we hope to engage the audience in a collaborative educational experience and inspire new ways to enhance our training programs.

LGBT Divorce: Unique Stressors and Challenges

Linda Hershman- USA

Short Description: Same-sex divorce rates are catching up to that of the heterosexual population. Divorce rates among lesbians are more than twice as high as that of gay men. Same-sex couples face unique stressors that impact relationships, and a divorce court system designed for and administered by cis-gendered heterosexuals.

Abstract: Currently, almost 30 countries and territories worldwide have legalized same-sex marriage, mostly in Western Europe and the Americas. Several South American countries, Australia, Taiwan and New Zealand in the Asia-Pacific region, and South Africa also allow gays and lesbians to marry.

Along with the right to marry comes the inevitability of divorce.

LGBT couples worldwide are divorcing at rates comparable to their heterosexual counterparts, where same-sex marriage is legal. After fighting for years for the right to marry, many experience a sense of failure for letting down their community.

Same-sex marriage is perceived as a civil rights issue, rather than as a system for financial protection. Yet, the court system is designed primarily to support a traditional model of marriage, in which finances generally are treated as a unit, reflecting the division of labor for the good of the family. The system is designed and administered primarily by cisgender, heteronormative attorneys and judges. LGBT marriage does not necessarily fit into this model.

This workshop will explore the differing marriage models of LGBT couples that render divorce laws inappropriate and often inequitable. We will look at the reasons why lesbians divorce at rates more than twice as high as those of gay men. Consideration is given to the unique challenges faced by LGBT individuals from marginalized communities when they divorce.

Family Intervention in Childhood from an Interdisciplinary Perspective

Milagros Fernández Ruiz- Uruguay

Short Description: An innovative and articulated family approach is proposed in families with a member who is overweight in children. The intervention will provide a space for professionalizing and interdisciplinary practice for different academic programs of degrees that will work together for the intervention with families in this problem.

Abstract: This paper proposes to present an innovative and articulated family approach project of childhood overweight and obesity in families with children from 0 to 12 years old at the University Clinic of the Catholic University of Uruguay. According to the World Health Organization, the prevalence of obesity in the pediatric population has increased worldwide and in all age ranges. Our country has the highest figures on the continent in childhood overweight. The growing increase in overweight and obesity has its origins in different factors, the main ones being changes in eating habits and family lifestyle. Food is a complex phenomenon that is based on the interaction of environmental, cognitive, physiological and family/sociocultural influences.

Since eating behavior is the set of actions that establish the relationship of the human being with food, it is acquired mainly through direct experience with food in the family and social environment, by the imitation of models, the availability of food, social status, affective symbolism and cultural traditions. The models of infant feeding applied by caregivers are based on the eating habits of adults, the availability of food at home, family traditions, access to media, interaction with children during food, parental beliefs linked to food. A high percentage of parents induce their children to eat beyond the innate signs of self-regulation, in an attempt to deliver good nutrition to their children. The intervention that will be presented offers a space of professionalizing and interdisciplinary practice in the University Clinic for different academic programs of degrees that will work together to address families with this problem. They will have specific actions of family intervention, but also family health promotion activities in the complex phenomenon will be shown.

The Role of The Family in Dysregulative Disorders in Childhood

Lorena Estefanell- Uruguay

Short Description: The work shows the main lines of action in the intervention with the family of children with a diagnosis of emotional dysregulation, developing the main actions that must be carried out and the skills to be developed in the main caregivers to generate validating contexts.

Abstract: Mental disorders that are based on a process of emotional dysregulation in childhood, generate disruptive symptoms that have a noticeable impact on the systems to which children belong (school, family, club, etc.). These behaviors generate serious disturbances, often constituting the main agents of maintenance of emotional dysregulation.

The diathesis-stress model suggests that psychological disorders such as the articulation between the child's vulnerability factors (diathesis), where temperamental variables would be the main element, added to the context factors (stress) that trigger the dysregulated response.

In this model, the family would act as a stressor for the child to the extent that it does not have adequate emotional regulation strategies

Several authors point out the importance of the family as a validating context for the evolution in the intervention of these disorders. Working with the family is essential to provide strategies, especially to the child's main caregivers, on how to manage the symptoms in order to contribute to their evolution.

Spirituality, Religion, and the Family System: A Training Model (Continued)

Candace Hatten-Powell- USA

Amber Khan- USA

Julia Vileisis- USA

Short Description: Spirituality and religion are central to the lives of many families. The topic, however, is underexplored in the therapeutic space causing clinicians and families to lose the opportunity to discuss an important aspect of their identities. We propose a model for training clinicians to work with spirituality in treatment.

Abstract: This workshop is focused on training clinicians to include spirituality and religion in their assessment and ongoing work with families. It aims to facilitate discussion of the impact of religion and spirituality within the therapeutic space. Not only is religion and spirituality an important aspect of identity, but it often forms the foundation of the family system and impacts how families experience challenges and build resilience. Therefore, it is necessary that therapists feel equipped to discuss this powerful topic.

Discussions about religion and spirituality in the continental United States can be rife with bias, impact mental health treatment, reinforce stigma, or foster opportunities for growth. These challenges have been apparent in our training program that serves the international community of the Bronx, NY. Because of the richness of the immigrant cultures in the Bronx, we have an opportunity to expand our knowledge and improve communication to promote an environment of safety and open dialogue. What we learned from this experience can be applied in other training programs, in the spirit of inclusivity.

Our goal is to expand the discussion and provide a framework to work with religion and spirituality in training. During our workshop, members engage in a brief overview of the concepts of spirituality and religion and the reasons that they both may serve a central role in our lives. Attendees will also be given the opportunity to participate in a small group experiential exercise focused on allowing them to practice discussing the impact of religion and spirituality, explore the challenges brought by that discussion, and encourage curiosity. They will also join a larger group discussion.

In attending our workshop, we hope that the audience will discuss this training model that focuses on the interplay between religion, spirituality, family systems and the clinicians themselves. Using our model as a point of reference, we hope to engage the audience in a collaborative educational experience and inspire new ways to enhance our training programs.

Stronger Together: Helping Generation Z Students Support Each Other Through Relational-Cultural Therapy

Ramya Avadhanam- USA

Short Description: Numerous current events impacted the United States from COVID-19 to racial unrest. Many systems have been exposed; health care, education, race relations, and the virtues of government. Although the long-term effects of these issues are currently unknown, there is much that counselors can do to promote systemic recovery.

Abstract: Individuals born between 1996 and 2010, also known as Generation Z, present a myriad of differences in values, learning styles, and interpersonal needs that deviate from their elder generational cohorts (Joel, 2020; Eberhardt, 2017; Garriott et al., 2017; Shatto, 2017; Turner, 2015). Their intrapersonal and interpersonal characteristics have been shaped not only by exposure to global stress such as the 9/11 terrorist attacks, economic recession, and school shootings, but also a proximity to technology and heightened attention to equal rights for marginalized groups (e.g., legalization of gay marriage, racial justice initiatives) (Turner, 2015; Parker and Igielnik, 2020). Most recently, college students continue to navigate their place in the world while experiencing a global pandemic, social unrest, and preservation of democracy. A major consideration in the resilience and coping required of these students is the proximal distance between themselves and peers, faculty and staff, as many college universities closed their campuses and welcomed students to a virtual learning platform that challenges the resources and stamina of many (Marshall & Wolanskyj-Spinner, 2020; Copeland et al., 2021). When combined, these stressors can pose greater challenges to emotional connectivity. More than that, this begs the question of how students place themselves amidst social upheaval, whether it be their role or stake in social justice efforts, making decision on physical and mental safety related to COVID-19 threats, and their commitment to academic success, even at a distance.

Techniques from L.O.V.E.(TM), A Holistic Leadership, Coaching and Therapy Approach for Human EVOLution

Jacqueline Fonseca de Abreu- USA

Short Description: This interactive workshop will give you a brief overview of L.O.V.E.(TM), make you reflect on the meaning of life and death, and provide you with many creative tools you can use with yourself and different clients to help them heal holistically.

Abstract: During this interactive workshop, you will learn how the presenter's near-death experience, when she was a teenager, served as the foundation for the creation of a holistic leadership, coaching and counseling approach for human growth. She has used this method with clients from more than fifty different countries for many years successfully.

L.O.V.E.(TM) is a holistic method or approach, mostly based on yoga, philosophy, different theories of psychology, leadership, and neuroscience. The first seeds of L.O.V.E.(TM) were created when Jacqueline had a near-death experience when she was only eighteen years old. Later, she created the acronym (L= Leadership, O= Optimism, V=Vitality, E= Education), so herself and her clients could easily remember the steps they could choose to take to achieve their personal and/or professional goals and create a healthy physical, mental, spiritual, and energetic lifestyle. Her idea to use the word LOVE was because it is known globally and is directly linked to her life purpose and mission to share LOVE around the world. She also wanted to create an acronym that could be used in English, Portuguese, and Spanish, which are the main languages that she works with.

During this presentation you will receive a handout with the L.O.V.E.(TM) framework and learn creative techniques to help you:

- Rethink about your life purpose and mission
- Reflect on the meaning of life and death
- Connect with a higher power that you may call God, Mother Nature, The Source, etc.
- Understand key links between self-awareness, belonging and relationships
- Lead your thoughts and achieve your goals more effectively
- Gain tools to become more optimistic
- Create a plan to increase your vitality
- Expand your education
- Learn how to EVOLve and help others do the same.

Implementing Community-Based Prevention with Latinx Populations by Integrating Family Therapy Core Theories, Rigorous Science, and Social Justice

Ruben Para-Cardona- USA

Short Description: Dr. Para-Cardona will explore the disproportionate impact of COVID-19 by least privilege populations across the US and the world. He will provide reflections on the future of the family therapy field, particularly as it refers to the need to continuously revise clinical and prevention frameworks according to social justice considerations. He will then share lessons learned from a model of applied parenting prevention research with Latinx populations in the US and abroad. Finally, he will explore clinical and prevention services according to salient social justice considerations of particular relevance for underserved diverse populations.

Abstract: The COVID-19 pandemic has permanently impacted our lives. However, this impact has been experienced in profound ways by the least privileged populations across the US and the world. In this presentation, Dr. Parra-Cardona will reflect on the differential impact of COVID-19 by reflecting on the disproportionate impact of the pandemic. He will also provide reflections on the future of the family therapy field, particularly as it refers to the need to continuously revise clinical and prevention frameworks according to social justice considerations. As a case example, he will share lessons learned from a model of applied parenting prevention research, grounded in 15 years of delivery to Latinx populations in the US and abroad. Finally, he will suggest alternatives for the continuing refinement of clinical and prevention services according to salient social justice considerations of particular relevance for underserved diverse populations.

Juntas en la Lucha: The Lived Experiences of Trans Latina Immigrants in the Southern USA

Luis Alvarez-Hernandez- USA

J. Maria Bermudez- USA

Short Description: This study explored the meaning that trans Latinas make of their lived experiences as they generate change in the Southern U.S. By building community and caring for each other, the participants reported they overcame these challenges and become luchadoras sociales in their communities.

Abstract: Trans Latina immigrants experience violence and discrimination in their countries of origin and the United States. Their experiences with oppression are even more challenging when living in the Southern U.S. As a result, many trans Latina immigrants have utilized their individual and collective strengths to resist oppression and generate change in their communities. However, there is limited research on the lived experiences of these generators of change. The current study aimed to explore the meaning that trans Latinas make of their lived experiences as they generate change in the Southern U.S. by asking the research questions: (1) What are the lived experiences of trans Latinas generating change for their communities in the Southern U.S.?; (2) How do the multiple identities of trans Latinas influence their experiences of empowerment in the Southern U.S.?; and, (3) How do trans Latinas experience and overcome challenges? These questions were answered through an interpretive phenomenological qualitative study informed by Latina feminisms. Six trans Latina immigrants from Georgia, Louisiana, North Carolina, and Texas were part of the study. Their testimonios were gathered through multiple semi-structured interviews in Spanish, and data were triangulated using participants online posts and videos. Data were analyzed using an interpretative phenomenological analysis. Three thematic patterns were constructed: (1) Mi comunidad transgenero tiene muchas necesidades: Trans Latina immigrants struggles; (2) Me llamo luchadora social: Being and doing social change; and (3) Juntas todas: Strength in caring for each other. Overall, the participants lived experiences were linked to their experiences with intersectional violence, discrimination, and struggles at the micro, mezzo, and macro levels. However, by building community and caring for each other, the participants overcame these challenges. Additionally, becoming luchadoras sociales and doing social change was informed by their trans, Latina, and immigrant identities. The study's findings are discussed using a Latina feminisms framework. Researchers, practitioners, and educators ought to engage in trans-led and informed strengths-based research and practice, advocate for the human rights of this group, and support systemic change that addresses the needs and struggles of the community.

Community and Anxiety during the COVID-19 Pandemic: Mediating Role of World Assumptions

Alyssa Banford Witting- USA
Sariah Folau- USA

Short Description: This poster summarizes a study of influences on anxiety in couples during the first 6 months of COVID-19 shutdowns in the US. Higher sense of community associated with more benevolent world assumptions 3 months later. In turn, benevolent world assumptions associated with lower anxiety 3 months after that.

Abstract: The aim of this study was to examine longitudinal predictors of anxiety during the first 6 months of COVID-19 related shutdowns in the US. Manifold isolation during the pandemic has been a central issue in understanding mental health. As such, sense of community was examined as a predictor of anxiety, with world assumptions explored as a mediator. The study was conducted with 535 heterosexual, cisgender dyads in order to account for the relational nature of distress and anxiety connected with a major disaster or stressor like COVID-19. Results showed that within both men and women, a greater sense of community associated with more benevolent and orderly views of the world 3 months later. In turn, more benevolent and orderly views of the world associated with lower anxiety 3 months after that. Indirect effects were also found suggesting that a higher sense of community reported by men resulted in lower anxiety three months later for himself, and for his female partner. Implications regarding community as a mental health protective factor will be discussed.

Deportations in Georgia: Implications for Latina Immigrants, Their Families, and Communities

J. Maria Bermudez- USA

Yolanda Machado-Escudero- USA

Short Description: This research describes the lived experiences of Latina immigrant women in the aftermath of the deportation of a loved one. Despite the fear of their own deportation, they are uniting forces with their neighbors to help each other to survive amidst the trauma of family separation and destabilization.

Abstract: This poster presents the main findings of an investigation into the consequences of deportations in a rural area of Georgia. This study followed a qualitative heuristic methodology to analyze the essence of the phenomenon of deportation and its complex effects in the lives of Latina immigrant women, their families, and communities. To guide this heuristic process, the following conceptual frameworks were used: borderland feminism, conflict, and resilience. Eleven semi-structured interviews were conducted with immigrant women from Mexico (8), El Salvador(1), and Guatemala(2). The poster session will provide an interpretive analysis of research findings guided by the literature review and conceptual frameworks used in this study. The main contributions of the study and the important implications for education, research, and practice with undocumented families will also be presented.

Important findings were identified through demographic data collected in a qualitative interview, which deserves to be examined in depth. For example, more than half of the 11 participants have been living in the United States for 18 years or longer. Participants have also established long-term relationships with neighbors and have developed a wealth of knowledge about the resources available in the community for Latino immigrants.

Data collected shows that Latina women interpret their experiences with detentions and deportations as an ongoing source of violence and increased fear and trauma, especially in the event of their potential own deportation. Nonetheless, participants also identified the deportation crisis as a source of empowerment, resilience, and a source of knowledge about immigration detention policies. Women not only share this knowledge with other families threatened by deportation, but they are also becoming leaders and activists in their communities, helping other women to empower themselves by learning about community resources to address the ongoing crisis and fight their own potential deportation.

Behavioral Indicators of the Therapeutic Alliance in Relation to Dropout in Therapy

Celeste Esplin- USA

Short Description: The therapeutic alliance is one of the most consistent predictors of dropout in couple therapy. However, research has only studied self-reported alliance. This study deepens our understanding of the alliance-dropout relationship by examining whether in-session behavioral indicators of the alliance are associated with early termination.

Abstract: Around half of those who start therapy drop out early. Many characteristics such as the client's level of education and motivation to change as well as the profession and experience of the therapist influence dropout. The therapeutic alliance has been shown to be the single most powerful predictor of client outcome. When therapists work to improve the therapeutic alliance, clients are more likely to stay in therapy and their chances of recovery are improved. However, the existing research comes almost entirely from client self-reports of the alliance. Little research has examined what occurs during the session, and none has been done to determine what specific behaviors that indicate the strength of the therapeutic alliance are connected to early termination. The current naturalistic study sought to discover if specific behaviors that strengthen or diminish the therapeutic alliance were related to early termination in therapy. Video from thirty couples, fifteen matched pairs, who received therapy at the Brigham Young University Comprehensive Clinic (BYUCC) were coded using the System for Observing Family Therapy Alliances (SOFTA-o). Graduate students from Brigham Young University used SOFTA-o to code the final two sessions from cases that dropped out of therapy and the corresponding sessions from cases that successfully completed therapy. The SOFTA-o identifies behavioral indicators of the alliance displayed by each partner as well as by the therapist. These behavioral indicators are then used to provide a global assessment of the alliance. Four dimensions of the therapeutic alliance were examined: Engagement in the therapeutic process, emotional connection to the therapist, safety within the therapeutic system, and shared sense of purpose within the family. This presentation will examine whether there are differences between behavioral indicators of the alliance in these four dimensions for couples who dropout of therapy and those that successfully complete therapy. Understanding which behavioral indicators of the alliance are associated with dropout may help therapists identify couples who are at risk of dropout and intervene to prevent early termination.

Unhealthy and Healthy Relationships: A Qualitative Dive into Friendship and Repair

Jennifer Griffith- USA

Tiffany Lotulele- USA

Short Description: Intimate partner relationships include both healthy and unhealthy qualities. However, current research that explores these dimensions is scant. This qualitative study examines two key attributes in healthy marriages: friendship and repair. Better understanding these elements can inform clinicians and enable couples to overcome marital ruptures and combat relational apathy.

Abstract: Although every intimate relationship is unique, there are interactive attributes that are valued by nearly all partners, and conversely, there are interactions that are usually experienced as negative. For example, some conditions like kindness or respect seem to be prized almost universally in human love. Inversely, experiences of betrayal or aggression are almost always harmful. It would be helpful for both scholars and clinicians to identify and clarify what these core interactive practices are, how they function, and how they interact. The current qualitative study sought to better understand how individuals experience key healthy and unhealthy dimensions, of which, two (friendship and repair) were analyzed for this project. Twenty participants were interviewed one-time (for a total of 60-90 minutes) and asked about their experience with many marital dimensions, regardless of if they identified their relationship as primarily healthy or unhealthy. Participant responses were recorded, transcribed, and coded following an open, focused, and selective coding approach. Emergent themes from that process were identified, addressed, and elaborated on in publication. This presentation will share findings on how individuals experience the concept of friendship in their couple experience, including how it impacts closeness and what it looks like when friendship is working well, or largely absent, in intimate relationships. Findings will also be presented on relationship repair, including characteristics couples have identified that help deescalate conflict, and how to overcome and repair damage after it has occurred. Participant quotes that illustrate these categories and their unique qualities will be shared. Additionally, implications will be offered to help pre-arm therapists with specific interventions and questions to explore in-session. Suggestions for future research on healthy and unhealthy relationship dynamics will be provided.

Social Justice in the Therapy Room

Mialauni Griggs- USA

Short Description: Clinicians have a responsibility to their clients to bring the element of social justice into the therapy room. By facilitating a safe and empathic space and initiating conversations around the ways in which social issues are impacting them allows the opportunity to process their own lived experiences.

Abstract: Breaching the topic of social justice issues in the therapy room with clients can induce feelings of uncertainty and even stress for clinicians. Some opt to avoid such topics altogether. Do I bring it up? Do I wait for clients to bring it up? How do I have a therapeutic conversation about social issues that may be systemically impacting my client? How is this clinically relevant? As systems thinkers, we are constantly assessing and conceptualizing the ways in which external factors impact the lives of our clients. Creating space for open and honest conversations about social justice issues can be healing for clients as they have the safety of the clinician to process their lived experiences. As Couple and Family Therapists, we have a responsibility to our clients to provide this opportunity for them or else we risk perpetuating a deafening silence around complex social issues.

Structural Family Therapy and Consensual Nonmonogamy

Mialauni Griggs- USA

Gabrielle Gebel- USA

Short Description: Consensually non-monogamous persons are significantly under-represented in couple and family therapy research. Structural family therapy repeatedly shows aptitude and flexibility in the model to be adapted for more socially just application. Thus, structural therapy is the model we chose to analyze and rework to work with consensual nonmonogamy clients.

Abstract: There are no models of therapy formatted specifically to work with the unique relational configurations of consensually non-monogamous systems. Yet, the systemic underpinnings of the couple and family therapy field are most appropriately aligned with conceptualizing and treating issues within a multi-system configuration such as non-monogamous relationships and their families. Structural family therapy is a timeless classic theoretical orientation that repeatedly shows aptitude and flexibility in the model to be adapted and updated for more current, socially just application. Thus, structural therapy is the model we chose to analyze and rework to work with consensual nonmonogamy clients.

In this presentation, we analyze the strengths and weaknesses of the original structural model and its tenets. We critique those strengths and weaknesses through a social justice lens. We then propose adapted structural strategies and interventions to adopt for working with CNM clients. In this presentation, we propose to begin reworking theories for ease of use with an updated, socially just approach that is inclusive of alternative relationship and family configurations.

Get Outside Together: Reviewing the Effects of Outdoor Recreation on Families

Zakariah Hazlett- USA

Short Description: A literature review that takes a deeper look into the different types of outdoor recreation and how those experiences might impact a family's togetherness and overall well-being.

Abstract: The research surrounding outdoor recreation and the impact it has on families is very broad. There are a few different models and concepts that have been researched but the term "outdoor recreation" encompasses many different activities. In order to more clearly understand how families are impacted by being outside, one must first understand the myriad types of experiences and what researchers have done to measure them. This review of the literature aims at exploring the most commonly used measures, types of activities, as well as the results that have been found, to date.

Donde Están los Latinx? A Content-Analysis of Latinx Representation across Clinical Disciplines

Haley Hinkle- USA
Megan Wilson- USA

Short Description: Latinxs are the largest growing minority group in the United States. However, they experience poorer access to mental services and have disproportionately more mental health challenges than their non-minority counterparts. This study uses content-analysis methodology to examine Latinxs representation across clinical discipline literature published in the United States.

Abstract: Latinx, or Hispanic, minorities experience a broad spectrum of mental health challenges, disparities, and risks at a disproportionate rate compared to both their non-white counterparts and compared to other minority groups in the U.S. (SAMHSA, 2015). This, however, is not reflected in representativeness of samples across the social science literature as researchers fail to include Latinxs in their participant pools. Depression and increased risk for suicidality or suicide attempts are among the most distressing challenges associated with Latinx youth (Price et al, 2017), college students (Change et al, 2019), and families (Nolle et al, 2012). Yet few culturally responsive solutions to these and other flagrant issues can be found in the literature. Through qualitative content-analysis of key topics, methodology, funding sources, recruitment techniques, sample characteristics, participant type, geographic location and Latinx representation, this paper seeks to highlight both the strengths and weaknesses in the current literature with the hope to increase Latinx inclusion in research done in the United States and encourage evidence-based clinical practice that is culturally competent for this marginalized population.

Interpersonal and Intrapersonal Predictors of Hope in Adolescents

Haley Hinkle- USA
Megan Wilson- USA

Short Description: Hope has been found to correlate with self-esteem, optimism, and life satisfaction. However, there is a lack of research on hope in adolescents, an age group that could arguably use it the most. This study highlights predictors of hope in adolescents, along with research and clinical implications.

Abstract: Hope is a variable that is defined in research as a positive outlook on one's future and a plan to achieve that future. Hope has been found to be positively correlated with self-esteem, optimism, and life satisfaction. Research also suggests that a lack of hope, or hopelessness, positively correlates with suicidality and suicide ideation. With suicide being the second-leading cause of death in adolescents, the variable of hope is incredibly relevant to adolescent's lives. Furthermore, adolescents compose the age group that could arguably use the goal-oriented and positive outlook that hope provides the most. Unfortunately, there is a paucity of research on hope in adolescents. This study will identify intrapersonal and interpersonal predictors of hope in adolescents to know how society, families, and clinicians can give adolescents the advantage of hope in their lives. Data was collected from the Flourishing Families Project, an eight-wave longitudinal study of adolescents.

A School-Centered Model for Promoting Family Development and Wellness in Impoverished Communities

Susan M. Miller- USA

Kenneth L. Miller- USA

Richard W. VanVoorhis- USA

Short Description: Presenters describe a model for promoting family and community development in impoverished inner cities. They present community schools as center-pieces for revitalization efforts and describe the roles of urban planners, government officials, school administrators, teachers, healthcare professionals, parents, and students in creating healthy schools, families, and communities.

Abstract: The quality of life for many impoverished, inner-city families is compromised by social and economic circumstances not of their making and beyond their control. Many families struggle to simply survive financially despite geographical proximity to unfathomable wealth often just blocks away. Public schools are often described as “equalizers” in creating personal and economic opportunities for U.S. citizens. However, funding schemes for public education have often placed impoverished, inner-city areas at a severe disadvantage for gaining access to the equalizing effects of a quality education. These funding dynamics have often resulted in lower quality schools that deprive poor students of opportunities to gain the knowledge and skills necessary for personal, academic, and financial success, thereby creating generational poverty and myriad risks for students and families.

Authors will briefly describe the social, political, and economic dynamics that gave rise to, and which perpetuate inner-city poverty. They will then describe a model for inner-city economic and family revitalization that places the public school at the forefront of these efforts. This model will address the theoretical and practical design of the community school as well as its physical placement at the center of the community with convenient access to critical resources and services. Authors argue that such placement will enhance opportunities for parental involvement in school activities, promote social interaction among community members, and create avenues for access to jobs. Presenters will also address the roles and functions of government officials, school leaders, school-based professionals, community healthcare professionals, parents, and students in creation of the model. Authors argue that the success of the proposed model lies in forming a cooperative alliance of these individuals and groups with the power to actively develop, implement, and monitor the model.

Presenters will provide recommendations to insure the professional and cultural competence of school-based staff to provide safe and equitable learning environments, identify professional practice implications for school-based staffs, and discuss the roles of community healthcare providers, especially family therapists, to foster student and family development.

A School-Based Assessment Model to Promote Cultural Competence and Student Well-Being

Susan M. Miller- USA

Kenneth L. Miller- USA

Richard W. VanVoorhis- USA

Short Description: Presenters report a methodology to assess cultural bias among students and teachers. They propose creation of a consortium of school and community healthcare providers, administrators, teachers, students, and parents to implement an assessment model designed to create equitable learning environments, ensure student well-being, and enhance cultural competence.

Abstract: The consequences of long-term exposure to cultural bias and discrimination are difficult to estimate. Research findings suggest that the impact of such exposure can be profound for individuals, families, institutions, and society. Despite this understanding, cultural bias and discrimination continue to permeate virtually every aspect of American life. Public schools, in particular, have been targeted as perpetrators of cultural bias and discrimination, which negatively affects students' academic performance, social development, and mental health.

With the goals of stemming the negative impacts of school-based cultural bias and discrimination and promoting cultural competence among school- and community-based professionals, presenters report results of a nine school (three urban, three suburban, three rural) study in a midwestern state designed to assess cultural bias and discrimination among students and teachers using the Survey of Cultural Attitudes and Behaviors (SCAB). The SCAB was designed to identify specific areas (i.e., race attitudes, sexual orientation behaviors) of bias and discrimination. Presenters describe methodological problems in obtaining informed consent from parents and school administrators to conduct the study as well as strategies employed to secure such consent. Authors report results that reveal relationships among student and teacher attitudes, behaviors, and perceptions of support for institutional policies and which suggest strategies for reducing the incidence of cultural bias and discrimination in school settings. Presenters recommend ongoing use of a school-wide assessment model to monitor bias and discrimination among students, teachers, and staff and describe a process for regular reviews of findings to remediate problematical areas.

Presenters propose that the assessment model be administered and monitored by a consortium of school administrators, school and community healthcare professionals, teachers, parents, and students within each school/community with the goals of creating safe and equitable learning environments, promoting optimal student development, and enhancing cultural competence. Presenters identify professional practice implications of the study for school- and community-based healthcare professionals to reduce bias and discrimination and to promote optimal outcomes for students, teachers, schools, and families.

Substance Use Training Program for Couple and Family Therapists: A Program Evaluation

Jessica Chou- USA

Asif Zaarur- USA

Rikki Patton- USA

Short Description: The poster presentation will examine methodological approaches used to conduct a process and content evaluation of a substance use training program for couple and family therapists. A mixed methods convergent design was used to explore the outcomes of the training program as well as the process of implementing the program.

Abstract: The Interdisciplinary Training Initiative for Children, Adolescents and Families Impacted by Opioid Use Disorder (ITI) was developed to train couple and family therapy and community mental health counseling students across two universities in prevention, treatment and recovery support for families impacted by opioid use disorder (OUD) and other substance use disorders (SUDs). Program elements include eleven online educational modules and four online webinars in evidence-based, trauma-informed, and culturally competent practices for at-risk youth and their families impacted OUD and other SUDs. Lastly, trainees participate in three mixed-reality simulations in which they applied therapeutic skills from the modules and webinars. The training highlights various considerations in working with the family systems when OUD is present. Topics include, medication for opioid use among adolescents, evidence-based practices for family systems, drug classifications, cycle of addiction among families, trauma-informed care, prevention models with youth, SBIRT model, motivational interviewing, and recovery support systems.

This presentation will examine methodological approaches used to conduct a process and content evaluation of a substance use training program for couple and family therapists. A mixed methods convergent design was used to explore the outcomes of the training program as well as the process implementing the program.

“His, Hers, Ours:” Constructing a Joint Social Network in the Transition to Matrimony Among Young Modern Orthodox Jewish Couples in Israel

Ofra Shalev- Israel

Short Description: This qualitative research explores the process of creating mutual social network among Modern Orthodox newlyweds in Israel. The findings reveal challenges in transition from an own-gender social network into a mutual couple-network. The research shed light on strategies used to cope with these challenges in a traditional society.

Abstract: Couple relationships do not develop in a vacuum. The man's and the woman's interaction with family and close friends makes a large contribution to the shaping, development, and institutionalisation of the relationship. Studies conducted over the years has revealed a positive association between the degree of overlap in the partners' social networks and the stability and quality of the relationship. As these studies examined the process using quantitative instruments, knowledge is lacking on the manner in which the joint social network is constructed. Furthermore, these studies examined both partners' perspectives, and they did not investigate each partner's personal experience. The aim of the present qualitative study was to shed light on the process of network overlap among 36 newlyweds Modern Orthodox Jewish in Israel. The participants of the present study belong to a traditional, religious society, of which one prominent characteristic is the clear separation between boys and girls from a relatively young age. The education system is separate and extra-curricular activity frameworks or youth organisations also generally maintain separation between the genders. Thus, through the years, men and women build social networks based solely on their own gender, up until marriage. The findings reveal that the process of integrating two separate social networks poses difficulties for both men and women. The couples are obliged to deal with two parallel processes: The first is an internal, interpersonal process, which demands that each of the partners cope with the question of belonging and identity regarding their premarital social networks. The second process obligates them to cope with the challenge involved in combining each partner's separate network to create a shared social network. The findings reveal not only the unique difficulties of a traditional society, but also shed light on the strategies used by the participants to cope with this difficulty.

Contextual Family Therapy in Substance Use Treatment: A Case Study

Gwenn Swift- USA

Phyllis Swint- USA

Short Description: This presentation will explore Contextual Therapy for families impacted by substance use disorders (SUDs). A case study will illustrate Contextual Therapy in practice with a couple of which one partner is in SUD treatment. This framework is used to reduce shame, stigma, and recognize sociocultural influence on substance use.

Abstract: In 2018, there were 67,367 overdose deaths in the United States due to drug use (CDC, 2021). In that same year, 2,061,086 entered treatment for substance use disorder (SUD) in the US (SAMHSA, 2020). Contextual Therapy centers around the concepts of justice, fairness, reciprocity, and relational ethics (Boszormenyi-Nagy, 1987). However, there is minimal literature that demonstrates how Contextual Therapy may contribute to the treatment of couples and families who are impacted by SUDs. This is an important consideration given the effect that SUDs have on families and communities (SAMHSA, 2017). Contextual theory offers an invaluable language that can be used to discuss how SUD shows up in a family system and subsequently how it is addressed in that system. The language around SUD is evolving as many in the field work to reduce stigma associated with this disorder. The application of this model could open up a space to treat families affected by this disorder and re-establish justice and fairness in the systems that seek treatment.

There is an opportunity to address systemic wounds by promoting connection through legacy and redistributing blame and responsibility from the individual to the larger societal context. For example, when applied to a client system when SUDs are present, to balance the ledger, we must work to promote multi-directed partiality. Likewise, a couple will work towards separating a current relational ledger, such as how two individuals have contributed to each other's hurt, from a larger systems ledger, and how an individual has been disenfranchised by a greater societal impact. Therapists facilitating Contextual Therapy in the field of substance use must be able to acknowledge historical and cultural implications on generations of families impacted by SUDs.

The presentation will use a case study to explore the application of Contextual Therapy among a couple with a SUD. The presenter will review the case study from a multicultural lens, apply a Contextual framework, and discuss clinical considerations and implications. The presenter will review the role of Self of the Therapist and provide practitioner points for therapists to consider in this work.

Roots: How to Make a “Living Genogram” Family Garden

Brendan Yukins- USA

Short Description: Healing gardens provide a safe, neutral place for family system processes. Using Patrick Geddes’ theory of Place-Work-Folk, this presentation will show you how to design a living genogram: an intergenerational garden that cultivates mindfulness and allows for communication between all members of the family constellation.

Abstract: Healing gardens provide a safe, neutral place for family system processes. Using Patrick Geddes theory of Place-Work-Folk (Cantor, 2005), this presentation will show you how to design a living genogram: an intergenerational garden that cultivates mindfulness and allows for communication between all members of the family constellation.

Nature-based therapy is a rapidly expanding field of research. Since Edward Wilson published *Biophilia* (1986), we have come to acknowledge that contact with Nature greatly improves our mental health. Healing gardens are used in a variety of community spaces for clinical intervention. To design a healing garden, a clinician must have familiarity with a population’s presenting symptoms as well as the evidence-based interventions currently used to treat them. When a garden fits the needs of the clients it was designed for, the held space it creates expedites and improves the healing process (Arvey, 2018).

Couple and Family Therapists can use healing gardens when working within family systems. Families can create a garden using a classic Family Therapy tool: genograms. Bowenian genograms map family history to show intergenerational patterns of behavior. Clients can trace how chronic anxiety has been transferred between generations, leading to insight and change (Bowen & Kerr, 1988).

Living genograms are gardens created by families that cultivate mindfulness and facilitate intergenerational communication. The garden is designed to engage multiple generations and provide a sense of purpose to each member of the family constellation. Family history and culture are centralized so that younger members can learn from older members about where their family originates, important events in the family’s history, and the traditions that create their family’s culture.

Arvey, C.G. (2018). *The Biophilia Effect: A Scientific and Spiritual Exploration of the Healing Bond Between Humans and Nature*. Book. Online Audiobook: Sounds True, Inc.

Cantor, D. (2005). Between Galen, Geddes, and the Gael: Arthur Brock, Modernity, and Medical Humanism in Early-Twentieth-Century Scotland. *Journal of the History of Medicine and Allied Sciences*, 60(1), 1-41.

Males, Masculinity, and the Therapy Room

Jonathan Rojas- USA

Short Description: This presentation explores ideas of how gendered norms might be experienced within the setting of psychotherapy, particularly for males. Ideas of traditional masculinity have the potential to influence the behavior of both male clients and male therapists and can affect the therapeutic process in measurable ways.

Abstract: Norms, or expectations of behavior, are a common component of culture and everyday life. Gendered norms inform our expectations of behavior from men and women and may influence the process and outcome of therapeutic treatment in both subtle and overt ways. Both male therapists and male clients may encounter certain expectations of behavior based on their sex. By nature of being male, men are introduced to ideas of masculinity as a system of values to adhere to. Traditional masculine values like strength and independence can become overemphasized, leading to constrained methods of problem-solving. Moreover, fear of vulnerability and aversity to emotions may pose a barrier to effective treatment. It is important to note that ideas of traditional masculinity are not inherently harmful to the therapeutic environment. However, if followed too rigidly, traditional masculine norms can promote an aversion to femininely coded aspects of the therapeutic process. If left unchallenged, traditional masculine norms may promote a hampering of a male therapist's or male client's ability to maneuver the therapeutic landscape. Only through analysis and discussion can we hope to better understand how gendered norms influence the practice of psychotherapy.

Part 1: EFT in 3 Parts (Video) with the Disorganized and Fearfully Attached Couple

Judith Kellner- USA

Short Description: EFT focuses on creating bonding experiences between couples in the session. Trauma history complicates it. 3 different video sessions with Disorganized Attachment Couple will be explored, and demonstrate how to stay with the fear of touching sadness or the shame, of losing control, and the partner's responses.

Abstract: Part 1: Many couples come to therapy carrying with them their past attachment trauma's. EFT (Emotionally Focused Therapy for Couples) has a beautiful researched method, and a clear map addressing it in the present adult relationship, healing and preventing it from continuing playing out in the couples relationship.

EFT model focuses on creating bonding experiences between couples in the session. Each partner needs to get in touch with their vulnerable emotions in order to be able to be intimate with each other in the present. Trauma history makes it more complicated. I will show 3 different video segments of therapy sessions that accomplishes this goal, illustrated in session videos.

In this workshop I will demonstrate how to stay with the fear of touching sadness or the shame, of losing control and feeling emotions fully. We will see the outcome of the partner's responses.

I will show video segments from sessions of how it plays out with the wife" (DBT patient) and the husband (an emotional withdrawer).

Using Principles of Solution-Focused Therapy in Deconstructing the Stand of a Therapist as an Expert of Clients Life

Soloman Udo- USA
Sophia Rose-Lyn- USA

Short Description: The principles of Solution-focused Therapy have been successfully used in working with many people in difficult contexts, including schools, addictions settings, and group coaching. This presentation uses SFBT to assist therapists to sharpen their therapeutic skills so that they can offer innovative counseling services to their clients.

Abstract: The principles of Solution-focused Therapy have been successfully used in working with many people in difficult contexts, including schools and people struggling with addictions, as well as in group coaching, among many others. This presentation is aimed at using SFBT to assist mental health professionals to sharpen their therapeutic skills so that they can offer cutting-edge counseling services to their clients with ease in this highly competitive environment. To ensure this, therapists would be exposed to acquiring new epistemologies that would enhance new ways of doing therapy, capable of empowering and strengthening the confidence of the present-day clients to assume more responsibility and direction of therapy, which would help to underscore their autonomy that can enhance good therapeutic outcomes. Autonomy, as we all know, is one of the core tenets of our professional ethics. The attempt to actualize this will entail questioning many of the premises that historically sustained therapeutic practices, such as the stand of a therapist as an expert in a client's life. The notion of the expert stand of the therapist is the product of the intellectual transplant from the medical model of a profession that believes that a professional can objectively predict and analyze the symptoms of his or her patient with precision, which can explain everything about the patient. This approach reinforces hierarchy and the notion that a professional knows what is best for his or her client. It is against this background that these presenters have sought to present an alternative way for conceptualizing and doing therapy that will promote a caring atmosphere for effective therapeutic engagement and a robust egalitarian approach, capable of supporting mutual respect, agreed-upon goals, and celebrations of good therapeutic outcomes. These variables along with good power balance in the therapeutic arena will promote the counseling work of any therapist who embraces them.

Implementing Community-Based Prevention with Latinx Populations

Ruben Para-Cardona- USA

Short Description: Please join Dr. Ruben Parra-Cardonna to further discuss his plenary session. This is an opportunity to ask more in-depth questions on his use of community based prevention research in Latinx communities and how this work is salient for underserved diverse populations. The format will be conversational rather than didactic.

Abstract: The COVID-19 pandemic has permanently impacted our lives. However, this impact has been experienced in profound ways by the least privileged populations across the US and the world. In this presentation, Dr. Parra-Cardona will reflect on the differential impact of COVID-19 by reflecting on the disproportionate impact of the pandemic. He will also provide reflections on the future of the family therapy field, particularly as it refers to the need to continuously revise clinical and prevention frameworks according to social justice considerations. As a case example, he will share lessons learned from a model of applied parenting prevention research, grounded in 15 years of delivery to Latinx populations in the US and abroad. Finally, he will suggest alternatives for the continuing refinement of clinical and prevention services according to salient social justice considerations of particular relevance for underserved diverse populations.

Conceptualizing the Drivers of Suicidal Ideation: Perceived Burdensomeness and Thwarted Belongingness

Natalia Kuzmina- USA

Short Description: This study focuses on better understanding suicidal ideation. Data were derived from 37 adults who presented with suicidal ideation. Perceived burdensomeness and thwarted belongingness from the Interpersonal Theory of Suicide were used as sensitizing concepts throughout the analysis. Findings of the study and its implications for therapy will be presented.

Abstract: Suicide continues to be one of the biggest concerns in modern society on a global level. According to World Health Organization, approximately 800,000 people die by suicide yearly with many more attempting suicide (World Health Organization [WHO], 2019). In the USA alone, there has been a 35% increase in suicides from 1999 to 2018 (Centers for Disease Control and Prevention [CDC], 2020). Despite decades of research focused on identifying conceptual frameworks, risk, and protective factors, most vulnerable populations, prediction, prevention, and treatment strategies, suicidality research is still considered to be in the pre-paradigmatic state. Research provides the rationale for identifying and treating suicidal drivers but despite efforts to identify and distinguish contributors to suicide, little is known about suicidal drivers.

Suicidal drivers are patient-defined problems that make suicide compelling (Jobes, 2016). In other words, suicidal drivers are stress factors that have been internalized and that lead to the development or elevation of suicidal ideation. To enhance understanding of suicidal drivers, we will present the results of qualitative analysis of secondary data from 37 adult participants who self-report as having suicidal ideation. This study aimed to develop a better understanding of the phenomenon of suicidal ideation, using the IPTS concepts to determine its potential utility in comprehending drivers of suicidal ideation. Because perceived burdensomeness and thwarted belongingness together contribute to suicidal ideation (Joiner, 2005), both these concepts were used as sensitizing concepts in the study.

The study emphasizes the importance of distinguishing between passive and active suicidal ideation, and suicidal attempt as these terms should not be used interchangeably (Klonsky et al., 2016). This distinction is important as most individuals with suicidal ideation do not attempt suicide. The practical utility of the study is in providing an additional framework for clinicians to be used when assessing and treating clients with suicidal thoughts. The presenters will share the findings from the study and discuss the ways to incorporate this new framework in clinical practice.

The Marriage & Family Therapy Practice Research Network: Collaborating to Improve Outcomes

Shayne Anderson- USA

Short Description: The Marriage and Family Therapy Practice Research Network (MFT-PRN) is a collaborative network of clinicians, administrators, and clinical researchers who are interested in improving client outcomes. During this presentation, we will describe how the assessment portal can be used to facilitate routine outcome monitoring and improve client outcomes.

Abstract: The Marriage and Family Therapy Practice Research Network (MFT-PRN) is a collaborative network of clinicians, clinic administrators, and clinical researchers who are all interested in improving client outcomes. At the heart of the MFT-PRN is the MFT-PRN portal, a free online tool used to facilitate routine outcome monitoring of clients at participating clinics.

Routine outcome monitoring is an essential component of evidence-based practice. Clinicians receive instant feedback about how their clients are progressing throughout therapy. They can use this information to aid in assessment, diagnosis, and to help inform their treatment decisions. There is strong evidence that clients achieve better outcomes when therapists routinely monitor their clients' progress across the course of therapy. Furthermore, routinely monitoring client progress allows therapists to notice when clients begin deteriorating. Research in individual psychotherapy suggests that without routine outcome monitoring, therapists are unable to reliably notice when clients are deteriorating.

The MFT-PRN can also assist clinic administrators in improving practice at their clinic. For example, clinic directors can use data from the MFT-PRN to document the effectiveness of the services they provide to their stakeholders. Such data is also useful for securing community service grants.

Finally, clinical researchers can use data gathered at sites throughout the MFT-PRN network to better understand how couples and families change in therapy and share the results of their research with clinicians across the world. By collaborating, we can build a large and diverse database that will allow the field of family therapy to understand the change process among diverse clients.

The ultimate goal of the MFT-PRN is to bridge the research-practice divide by focusing on our common goal: improving outcomes for individuals, couples, and families who come to our offices. As clinicians, administrators, and researchers work together as part of this network, we will be better able to accomplish this goal.

Part 2: EFT in 3 Parts (Video) with the Disorganized and Fearfully Attached Couple

Judith Kellner- USA

Short Description: EFT focuses on creating bonding experiences between couples in the session. Trauma history complicates it. 3 different video sessions with Disorganized Attachment Couple will be explored and demonstrate how to stay with the fear of touching sadness or the shame, of losing control, and the partner's responses.

Abstract: Many couples come to therapy carrying with them their past attachment trauma's. EFT (Emotionally Focused Therapy for Couples) has a beautiful researched method, and a clear map addressing it in the present adult relationship, healing and preventing it from continuing playing out in the couples relationship.

EFT model focuses on creating bonding experiences between couples in the session. Each partner needs to get in touch with their vulnerable emotions in order to be able to be intimate with each other in the present. Trauma history makes it more complicated. I will show 3 different video segments of therapy sessions that accomplish this goal.

In this workshop I will demonstrate how to stay with the fear of touching sadness or the shame, of losing control and feeling emotions fully. We will see the outcome of the partner's responses.

I will show video segments from sessions of how it plays out with the wife" (DBT patient) and the husband (an emotional withdrawer).

The last Video will demonstrate the long term resolution.

Adult Children of Divorce (ACODS): Understanding the Collateral Damage and Ambiguous Losses

Linda Hershman- USA

Short Description: ACODS experience trauma and significant life changes that differ from their younger counterparts. Yet, they are expected to absorb their losses and move on. ACODS in the BIPOC community face additional burdens. This workshop uncovers the ambiguous losses of ACODs and offers clinicians tools for working with them.

Abstract: Parents of minors generally worry about the impact on their children when they are deciding whether to divorce. Once the children become adults, the tendency is to assume they are old enough to understand, and that the effects won't be that considerable. Adult children of divorce (ACODs) are expected to absorb the losses and move on.

Many therapists also hold the belief that it is only younger children who suffer. ACODs who enter therapy, especially years after the divorce, don't always realize how much they were affected, or how their parents' divorce may be connected to the presenting problem. The denial is exacerbated by cultural messages of toxic positivity; that is, focusing on the positives to a degree that creates denial, minimization, and invalidation of genuine emotions.

Therapists are trained in the art of the positive reframe. We need to ensure we are not inadvertently blind to the client's experience, nor inducted into assuming they are not suffering in some way, especially when they present as high-functioning.

This workshop addresses the ambiguous losses experienced by ACODs, as well as the imbalanced hierarchical and loyalty issues that can develop. We will explore how therapists inadvertently can become inducted into the family system when working with an ACOD or their parent(s).

You will gain an understanding of the common problems ACODs face when their parents divorce, including the emotional issues, as well as the potential financial and childcare impacts. You will be given tools for helping ACODs set boundaries. You will be offered questions you can ask parents who are considering divorce that will help them consider the interests of their adult children, and allow them to validate their ACODs' feelings without putting them in the position of choosing sides or taking on inappropriate roles.

ACODs in the BIPOC community may be faced with unique challenges with regard to assuming responsibilities when their parents split up. You will learn how to support both adult children and parents in gathering external supports in order to maintain healthy role boundaries.

Engaging Families in Substance use Treatment for Improved Outcomes in Medical Settings

Jessica Stephen Premo- USA

Short Description: Families and individuals worldwide are significantly impacted by addiction. Family involvement in treatment can improve treatment engagement, completion, and outcomes for individuals coping with addiction (Kourgiantakis & Ashcroft, 2018). In this session, attendees will learn strategies to engage family members in treatment, how to gather collateral information, and implement early interventions.

Abstract: In 2019, the US National Survey on Drug Use and Health estimated approximately 20 million people aged 12 or older had a substance use disorder (SUD). Of those people, only 1.5 percent (4.2 million people) received any type of substance use treatment. However, the Substance Abuse and Mental Health Services Administration (2019) reported that over 50 percent of individuals with SUD visited their primary care providers regarding substance use. These appointments provide a unique opportunity for intervention and a chance to engage families of individuals with a SUD in treatment.

This presentation will discuss how families can be utilized to improve treatment outcomes for individuals with SUD. Research shows family involvement in treatment can improve treatment entry rates, completion, and outcomes for individuals coping with addiction (Kourgiantakis & Ashcroft, 2018). Family involvement in treatment has been shown to increase sober time, decrease the number and severity of relapses, and decrease depressive symptoms (Shumway et al., 2011). Additionally, patients benefit from family involvement by experiencing positive outcomes such as decreased family stress and conflict and increased feelings of family cohesion. The benefits of family-based services have been well documented, however more often than not substance use treatment has an individual focus.

In this session, you will learn how to engage patients' families in care, gather collateral information, and implement early interventions. Evidence based-practices of providing psychoeducation, support, and coping skills will be reviewed. Possible difficulties and solutions for working with family members will be discussed and take-home resources will be provided.

This workshop will also discuss how MFTs are in a unique position to respond to the needs of individuals and families dealing with the effects of substance use. MFTs' systemic perspective and training in the biopsychosocial-spiritual make them well equipped to move into the role of engaging families in care. Furthermore, in settings where mental health integration is not possible, MFTs have an opportunity to expand their role to train other providers to more effectively respond to substance use and mental health concerns that are identified during medical visits.

Re-Thinking infidelity: Helping Couples from Stagnation Towards the Reconstruction of Emotional Intimacy

Nelson Jimenez Colon- Puerto Rico

Short Description: This is the new essence of the crisis of infidelity: friendships, work relationships and love affairs on the Internet that have begun to be the new threats of marriages or relationships. When the infidelity is revealed, it precipitates a crisis in the three people of the extramarital triangle.

Abstract: Good people in good marriages or relationships are having infidelity events. On multiple occasions, the senses of loss, anger, and remorse of the repercussions of infidelity are handled from the privacy of the offices of psychologists or couples' therapists. Surprisingly, infidelity these days has a new classification. It is not among people who usually intentionally seek this emotion as we have commonly believed. This new infidelity is between people who in a deep way create passionate connections before crossing that line from platonic friendship to romantic love. The renowned North American couple's therapist Shirley Glass (2003), indicates that 82% percent of 210 couples with infidelity in a study carried out, denoted a common factor that all commented that "they started only as friends". With good intention many of these couples did not plan to betray their partners or partners and even their own moral values and beliefs, this causing internal crisis in marriages.

This is the new essence of the crisis of infidelity: friendships, work relationships and love affairs on the Internet that have begun to be the new threats of marriages or relationships. When the infidelity is revealed, it precipitates a crisis in the three people of the extramarital triangle. Disclosure of infidelity is a traumatic event due to partner betrayal. The participants will learn to identify those elements that affect the betrayed partner and develop intervention skills to work on the symptoms they present. Some specific techniques will be shown to work on infidelity, such as managing partner anxiety, increasing affective bonds, creating emotional communication, and building new memories that reduce the triggers. Love alone will not protect you and your partner from temptation. It is always important that the couple can learn to recognize those red flags that could affect their relationship of an infidelity. It is important that the friendship in the marriage is reinforced as it will preserve your commitment to each other. The participants will learn to identify these signs and how to work them within the couple's recovery process.

Treating the Traumatized Family: 3 Essential Tools

Scott P. Sells- USA

Short Description: Step-by-step tools to treat the entire traumatized family have been limited. Implications of this dilemma are that your trauma cases can become chronically stuck with no clear solution. You will learn concrete tools necessary to quickly engage the parent and child.

Abstract: It's not easy when a therapist who meets with a traumatized family only possesses the tools to treat the individual child. Unfortunately, until now, step-by-step tools to treat the entire traumatized family have been limited. Implications of this dilemma are that your trauma cases can become chronically stuck with no clear solution. Imagine being able to leave this workshop with the three essential tools to more effectively treat not just the traumatized child, but their entire family and community. Join Dr. Scott Sells from the Family Trauma Institute, in this cutting-edge seminar as he teaches you the concrete tools necessary to quickly engage the parent and child through what are called "motivational phone calls", diagnoses and assessments through "stress charts", the use of "trauma playbooks" to heal both childhood and family trauma in the here and now.

Neurodiverse SBFT: A Conversation Analysis and Behavioral Observational Coding Approach

Chrystal McDowell-USA

Madeline Bryant- USA

Short Description: We completed a study to explore the use of problem and solution talk in neurodiverse couples using Conversation Analysis in a Solution Focused Brief Therapy (SBFT) case. We aimed to assess how language and observable behaviors can change over multiple SBFT sessions with one partner on the Autism spectrum.

Abstract: The prevalence of Autism Spectrum Disorder (ASD) is increasing annually with the most recent figures from the CDC indicating that 1 in every 54 children are diagnosed each year. Currently it is estimated that 14% of individuals with ASD are married or in a long-term committed relationship (Howlin & Moss, 2012). Conducting qualitative research that focuses on neurodiverse couples where one partner has a diagnosis of ASD is important because it can provide additional knowledge and insight into issues particular to ASD (Bolte, 2014). However, the relationship between romantic relationships in non-neurotypical couples is not well represented in the current literature. Utilizing both the qualitative methods of Conversational Analysis and Behavior Observational Coding, we explored the relationship between problem talk and solution talk in concurrent Solution Focused Brief Therapy sessions with a neurodiverse couple. Conversation Analysis is unique in that it is used to report what is implicitly and explicitly said versus relying on self-report measures (McCabe, 2006). Moreover, behavioral observational coding is helpful for analyzing observational studies of any variety due to its versatility of potential behaviors to analyze (Cordova, 2003). Our findings indicated a pattern of increased problem talk in the partner with Autism as compared to the neurotypical partner, as well as lower levels of both positive and negative social reinforcement in the partner with Autism compared to the neurotypical partner. These findings have several clinical implications for practicing therapists as well as spotlighting the benefits of conversation analysis and behaviour analysis coding when studying these couples.

Using a Solution Focused Orientation: Non-Death Loss and Autism

Rochelle Clarke- USA
Janessa Dominguez- USA

Short Description: This presentation shows the usefulness of Solution Focused Brief Therapy with families of children with autism. When a child is diagnosed with Autism, the perceived future of the child can be quickly diminished leaving feelings of grief and loss, a process known as non-death loss.

Abstract: Families experience numerous ups and downs throughout the family cycle and the varying stages of development, both individually and collectively. Loss is something experienced by all of us. That loss maybe socially accepted, but that loss may also be hidden and not validated by the larger society”the death of an elderly parent or the long-term diagnosis of a child, respectively. How does a family grieve in either instance? For the family that experiences a loss acknowledged by society, that grief or grieving process may be more supported. For the family that experiences a loss that is not acknowledged by society, there might not be the needed grieving period, specifically in instances of non-death loss. Culture can also play a significant role in whether or not the family is able to grieve publicly. This presentation will explore both types of losses, more specifically as loss relates to non-physical death and autism, and how to work with a family experiencing each one using a Solution Focused orientation. A diagnosis of Autism can change a family’s perception of their future child, impacting hopefulness, expectations, and realities. A Solution Focused orientation surrounding this non-death loss can work to build hope, elicit redefined expectations, and highlight strengths and abilities through the development of goals. Clinicians non-judgmental stance creates a space for families to address non-death loss by providing tools to help them identify, cope, and manage their new reality.

Resistencia y Activismo Among Diverse Latina Immigrants Living in the Southern Region of the United States

Luis Alvarez-Hernandez- USA

Judith Maria Bermudez- USA

Yolanda Machado-Escudero- USA

Short Description: This presentation centers the lives of immigrant Latinas with mixed-authorized status living in the Southern region of the United States. Our studies use qualitative, feminist informed, decolonizing methods to illuminate the narratives of risk, resilience, and resistance among these diverse women. Clinical implications will be explored.

Abstract: Latinos in the United States are a large and diverse ethnic group in the US, representing approximately 18% of the population. Although they are the largest minoritized ethnic group, they face unique challenges, especially when carefully examining structural and systemic factors that affect well-being for mixed-authorized status of immigrant Latinas and their families. Our presentation focuses on reviewing findings from three of our qualitative studies that center the lives of immigrant Latinas living in the Southern region of the United States. While the studies are different, they share the common thread of scholars focusing on qualitative, feminist-informed and decolonizing research methods that center on the narratives of risk, resilience, and resistance among diverse Latinas. In the first study, we discuss the work related to Lazos Hispanos; a community-based research project we developed to work women identified as leaders in our community to train and work as promotoras de salud y bien estar/ community health workers. These women demonstrated many strengths, even as they confronted their own challenges related to their documented status as immigrant women living in a racist, anti-immigrant community/country. The second study relates to describing and interpreting the lived experiences of Latina immigrants in the aftermath of the detention and deportation of a loved one. They interpreted their experiences as an ongoing source of violence and increased fear and trauma, yet they also identified sources of empowerment. And the third study examines experiences of Trans Latina immigrants as they navigated experiences of violence, discrimination, and rejection in their countries of origin and the United States. All three studies reflect the individual and collective strengths to resist oppression and generate change in their communities. In this presentation, we will do the following; 1) discuss sociopolitical, systemic, and structural barriers that create adversity for Latinos in the US; 2) discuss themes that run across all three studies; 3) review points of resilience and resistance in their lives and as agents of change, and lastly 4) discuss ways in which these findings can be applied in innovative ways, in and outside the therapy room.

Use of Multimedia Interventions with Children Engaging in Problematic Sexual Behaviors

Sarah Cooper- USA

Jarret Boykins- USA

Short Description: There are numerous benefits of using multimedia to recreate narratives, especially when related to sensitive content such as childhood sexual behaviors. Participants will identify ways media can be utilized to address sexual behavior-specific treatment concepts, including healthy boundaries, healthy communication, sexual education, gender expression, and healthy relationships.

Abstract: In this workshop, presenters will receive an overview of narrative and cognitive-behavioral therapies demonstrated to decrease problematic sexual behaviors in children and adolescents, with special emphasis upon use of media within those modalities. Although sexuality is a natural part of the human experience, it is often difficult to imagine children engaging in sexualized behaviors, much less those that could be problematic or even abusive toward others. The aforementioned can become even more difficult to discuss within family and group therapies wherein expressed beliefs and attitudes might not be shared with others. Not only can multimedia serve to diffuse tension related to discussing sensitive subject matter, such as masturbation and sexual fantasies, it can act as a model to demonstrate said discussions, in addition to showing examples of healthy physical and emotional boundaries, healthy gender expression, different relationship dynamics, and healthy sexuality, in general. Multimedia can also provide novel ways to present concepts related to sexual consent, cognitive distortions, and facilitate the development of emotional intelligence, empathy, and compassion in order to further reduce risk of recidivism.

Healing Stories and Stories that Heal

William "Wally" Scott- USA

Short Description: The collaborative therapist as an audience to clients stories, empowers them to become author-ities, and more involved in the construction of their own healing stories while also using storytelling principles to construct and share stories that heal. Key elements in the use of narrative practices will be covered.

Abstract: The collaborative therapist both shares potentially healing stories and as an audience to client stories participates in the co-construction and re-authoring of potentially healing stories. Key elements in the use of narrative practices will be covered. Guidelines for a narrative informed practice will be shared that assist in the healing and re-authoring of client stories. First, the counselor understands the client as a narrative or story, and as an audience to the client's unfolding story affirms and validates the existence of the client, and then through curiosity opens possibilities for new stories through solution-focused principles that look for and thicken exceptions to the clients problem story that build on client strengths, resources and resilience. Next, more structured narrative practices that outline the externalization, mutual influence, and remembering processes of White and Madigan; the tree of life, teamwork and life as a journey practices of Denborough; and the dignity therapy interviewing principles of Chochinov will be covered. Finally, storytelling principles for constructing healing stories will be discussed. The use of improv to improve stories and the Lankton's story construction using embedded metaphors (a story within a story within a story) will be shared with participants who will be invited to construct their own healing stories. Drawing on stories and experiences, utilizing slides which contain quotes from multiple sources (family therapists, poets, literary works), drawings, graphics etc., this workshop will present guidelines for a therapeutic stance, key elements for re-authored stories, while inviting participants to contribute and explore additional resiliencies. This presentation can be presented in back-to-back time slots and can be tailored to fit into a 45 minute session, although more time is preferred. The presenter has presented at international conferences in Poland, Finland, the Netherlands, Portugal, Orlando and Panama. He has presented at AAMFT national conferences in 1995, 1996, 1998, and 2005. He has worked with children and families for over 30 years and has been involved in clinical supervision, training and consultation for over 25 years. His presentations are usually compassionate, entertaining, academically vigorous and practically applicable.

Why Integrative and Collaborative Family Therapy is More Relevant Than Ever

Judith Landau- USA

Short Description: Pandemics, cultural change and globalization call for increased emphasis on collaboration and integration in order to relate effectively with families. Clinical examples of the application of Transitional Family Therapy (TFT) integrative family therapy will help clinicians understand current challenges, and increase their skills and competence in these fast-changing times.

Abstract: The family is our integral unit of resilience and survival during stress and the core stabilizer of our communities. Disruption of families by trauma and stress (e.g., COVID-19 pandemic, systemic racism with political, economic and health inequities, climate change, opiate epidemics, PTSD, and human trafficking) precipitates major problems including, e.g., addiction, PTSD, suicidality, serious physical and mental illness. Connectedness to family and culture of origin correlate with reduced risk-taking behaviors and violence that result from stress. Facilitating family, cultural and community ties are protective against effects of trauma, allowing individuals, families, and communities to access their inherent resilience. Concurrently, there is a marked increase in the need for therapy, both in-person and virtually. Given that the stressors impact not only the individual, but the family, family therapy is essential. The family therapy field is approaching 75 years and a variety of models have emerged with the new generations of family therapists, the field now recognizes our roots and commonalities. Current generations are trained in multiple orientations and shared theoretical ideas. This era is marked by the development of integrative models of family therapy, the first of which was Transitional Family Therapy (TFT). Over recent years, people have experienced major transition, often by forces beyond their control. Problems and clinical patterns have originated in exposure and adjustment to constantly changing situations across diverse populations. It is necessary to consider the specific stressors, along with resultant reactions and family patterns. The original models of family therapy are still practiced. In addition, much of current practice focuses on integrative models and models applicable to specific problems or populations. Evidence-Based protocols developed from TFT will illustrate the utility of a resilience-based family approach. These include TFT for Adolescents; LIFE (LINC Individual Family Empowerment) for groups; LINC Community Resilience for communities and ARISE Comprehensive Care with Invitational Intervention for individuals. Case examples will illustrate the benefits of building positive attachment. Focus will be on techniques, skills and sustainability of interventions that provide the process while family and community provide goals and content taking all credit for change.

From the Therapy Room to Academic Administration: Lessons Learned Throughout the Journey

Anibal Torres Bernal- USA

Short Description: This workshop will discuss the lessons the presenter learned throughout his professional journey, and how his family therapy skills led him to his current position at Penn State University. This workshop is intended for family therapists who aspire to work in academia and are interested in academic administration.

Abstract: The presenter will discuss the lessons he learned in his professional journey. The journey started at an inpatient psychiatric hospital providing family therapy services in the adolescent unit. The most recent stop of his journey finds him as the chief academic officer of one of Penn State University's commonwealth campuses. The goal of the workshop is to foment the growth of family therapists - who aspire to work in academia and be academic administrators - by discussing how family therapy skills are transferable to academic administration. The workshop is designed to discuss and address the particular issues faced by underrepresented and marginalized populations.

Using the Comadres and Motherwork Frameworks for the Wellbeing and Empowerment of Latinas

Luis Alvarez-Hernandez- USA

Judith Maria Bermudez- USA

Yolanda Machado-Escudero- USA

Short Description: The roles that Latina women play in each others lives and their communities is central to their wellbeing. This workshop will explore feminist concepts like the comadre (co-mothers) relationship and the motherwork framework as critical tools in the empowerment of Latina clients, practitioners, and researchers.

Abstract: The roles that Latina women play in each others lives and their communities is critical for their wellbeing and empowerment. These roles are reflected in the comadre relationship and the motherwork framework. Women consider themselves comadres when one becomes a Godmother for the others child. Hence, comadres are co-madres or co-mothers. However, a woman may consider another a comadre if they have a strong bond or shared goal. For feminist and Latina psychologist Comas-Díaz (2013), the comadre relationship has therapeutic properties as it generates healing, provides spaces for support, and affirms the gendered cultural identity of other Latinas (p. 69). A comadre therapist, for example, is a practitioner that engages in the processes of liberation, empowerment, and transformation of other Latinas (Comas-Díaz, 2013). Similarly, under a Chicana motherwork framework weaves together emerging scholarship and testimonios by and about self-identified Chicana and Women of Color mother-scholars, activists, and allies who center mothering as transformative labor through an intersectional lens. First coined by Patricia Hill Collins (1994), her theorization of motherwork centers race, class, gender, and other intersectional identities to challenge Western ideologies of mothers roles. The Chicana m(other) work collective (Cabellero et al., 2019) contend that it is positive and productive to use mothering as an inclusive term for any individual who provides motherwork for their community. They call on allies or comrades to join them and offer their time, services, and labor to help parents and call attention to the conditions of all mothers, particularly what mothers of color. These relationships of support among Latinas can be seen in academic mentor-mentee relationships, community organizing efforts among colleagues, neighbors, and in sisterhood-like informal gatherings. Our hope is that by centering this form of praxis called motherwork and the cultural relationships of comadres, space can be created for family therapists to see m(other)work in a light that disrupts problematic and constraining biases and celebrates and expands opportunities to empower and support women, and anyone doing motherwork, irrespective of their gender or parenting status.

Embodied Social Justice: A Mindfulness-Based Framework for Family Therapist Training

Laura Gambrel- USA

Short Description: By utilizing contemplative and embodied approaches to social justice training, facilitators can invite students into a deeper felt understanding of their own experiences of privilege and marginalization. This form of learning can be a foundation for therapists-in-training to increase their awareness, knowledge, and skill of culturally competent therapy.

Abstract: Social justice education for family therapists can be a challenging process, especially in our current political climate. Students may be triggered by the material leading to intense emotional responses, may not agree with the importance of learning how to work with diverse clients, or may have barriers arise related to their own experiences of trauma or pain. Because of the embedded nature of privilege and marginalization, often people lack an awareness of how their own identity and lived experiences influence their world view and how they respond to people who may come from a different background. Traditional approaches to teaching that focus on cognitive understanding may not allow students to encounter these implicit beliefs in deep ways, limiting the learning that can occur.

Embodied and contemplative approaches to teaching can bring in experiential and holistic learning, which has a greater chance of leading to transformation and healing. When students have a deep internal experience of systems of oppression, they can apply this learning more naturally to their work with clients, leading to great cultural competence from a being rather than doing place. Focusing on the transformation of the self of the therapist, instead of only intellectual understanding of people and systems can lead to better outcomes with the learning process. In addition, mindfulness techniques can assist students in remaining in their window of tolerance, a place of openness and curiosity, instead of shutting down, becoming defensive, or overly activated. In this presentation, we will discuss some specific ways to bring mindfulness and experiential teaching into the training process of family therapists related to social and cultural diversity. Students will share their own experiences in this process from their perspectives, and an instructor will share and demonstrate tools to incorporate into the classroom. Additionally, we will guide participants through activities so that they will have an experiential and embodied experience of what we are discussing in order for them to take that learning back into their own training contexts.

Reconstructing Family Development Theories for the Inclusion of Diverse Family Structures

Vanessa Perocier- USA

Leury Pena- USA

Short Description: Family Development Theory became a helpful way of assisting researchers, teachers, and educators in learning therapy with families. However, our understanding of family developments can be modified to include today's ideas and perceptions of family life changes, cycles, and how to better assist in and outside of therapy treatment.

Abstract: Family development theories expose the components of family evolution, including biological and social constraints, research, and methodology of the family's life cycle. A concern emphasized by research was developmental theories' ability to help understand family processes among various families with diverse backgrounds and circumstances. Research suggests restructuring family development theories to encompass a broader range of family dynamics.

Our understanding of family development derives from multiple theories (i.e., Systemic, Multidimensional) throughout the profession's history. Theoretically, families undergo stages of life that reorganize family relationships and lifestyles (Dupont, 2018). The family constantly relearns their ability to survive the life system, which is essential in other disciplines such as agriculture, economy, and ecology (Grau-Grau, 2019).

Crapo and Bradford (2021) highlighted reconceptualizing family development theories for greater use and flexibility for diverse families. Scholars and practitioners could benefit from more flexible concepts and propositions while retaining the original construct to include diverse family structures. Current models are not suitable for distinct families seen in and outside therapy (Laszloffy, 2002); however, it is impossible to foresee all crises and stressors experienced by families, especially given diverse demographics. Furthermore, practitioners can consider the issues at the core of family difficulties (Dupont, 2018). Measured goals established in therapy and successful outcomes determine the family's ability to adjust throughout various life cycles and stages (Dupont, 2018).

Awareness of historical and sociological data helps practitioners continuously research the family's functioning and wellbeing (Dupont, 2018). A practitioner could focus on normalizing the experience of life changes instead of pathologizing the family's transitions and prepare detailed summaries of its development through their individualized, diverse family structure (Martin, 2018). Additionally, theories could reconceptualize their concepts by updating their language and terms. For example, Martin (2018) suggests using terms like stages or development instead of categories and transitions. Importantly, Laszloffy (2002) emphasizes the need for our theories to evolve with the way we view family structures and whole systems; theories can reflect the original developmental components experienced by most families while also grasping the uniqueness and diversity of each family.

Utilizing Yoga Principles and Techniques in Experiential Family Therapy

Kayleigh Sabo- USA

Michael Reiter- USA

Short Description: This experiential workshop explores how family therapists can utilize yoga principles and techniques in their own practice.

Abstract: This workshop will dive into the fundamentals and practices of both yoga and experiential therapy, with an emphasis on bridging them together in a meaningful application to a therapeutic context. At their foundation, both yoga and experiential therapy heavily emphasize a person's true experience and connection with oneself and their context. Experiential therapy's focus on meaning, emotion, self-esteem, and personal growth mirror yoga's purpose of inviting individuals to get to know themselves on a much deeper level. The practical application of yoga used to get to this enhanced, personal understanding is through practices such as bodily movements, breathing techniques, meditation, and journaling. The intention of these practices is to have a genuine experience with the Self to create wholeness--integrating emotions, thoughts, physical sensations, and energy. Along with yogic practices potentially being used as experiential interventions to increase understanding and connectedness among self and others, such practices also have a biological calming effect that translates into coping techniques. Much of experiential therapy conceptualizes problems as being the way individuals have coped with the problem, and elements of yoga have a beneficial use as more adaptive coping skills.

Feminist Family Therapy Telesupervision

Candice Maier- USA

Anne Prouty- USA

Short Description: This study explored the experiences of a sample of feminist family therapy supervisors (from three countries and two continents) who have engaged in virtual supervision due to COVID-19. Themes described how supervisors pivoted to support therapists, attended to parallel process, and maintained their feminist focus in their work.

Abstract: In the wake of the COVID-19 pandemic, little is known about how supervisors and university training programs transitioned to online supervision. Supervision often focuses on teaching how to conduct therapy, monitors the development of the therapist, and is built upon a positive supervisor-therapist relationship. As telemental health rapidly became a necessary and accepted as a standard delivery modus, there has been little guidance about how to supervise clinicians who are engaged in online practice.

The Coronavirus global pandemic (COVID-19) and subsequent social distancing practices altered the way clinical supervisors trained to family therapists. Given the collaborative nature of feminist methods in supervision and its emphasis on obtaining multiple perspectives, feminist family therapy supervision is uniquely suited to work well with and engage supervisees during this period of heightened anxiety. Thus, the purpose of this study was to investigate ways that feminist family therapists have remained collaborative and built feminist-informed relationships with supervisees during this time of social distancing. Using thematic analysis, four themes emerged from analysis of eight supervisors ($n = 8$) answers to an online short answer survey. The themes described how supervisors pivoted to support therapists, attended to parallel process, and adjusted their own supervision techniques to maintain their feminist focus in their training work. For the conference presentation, the authors (from two continents) will discuss implications of these themes and offer suggestions and considerations for remote feminist supervision as well as recommendations for future research.

Emotion-Focused Therapy and Experiential Strategies to Create Psychotherapeutic Change

Aida Jimenez- USA

Eunice Malave de Leon- USA

Richard Camino-Gaztambide- USA

Short Description: This presentation will discuss the role of emotion to create psychotherapeutic change. Participants will gain knowledge on the meanings and contributions of emotion in psychotherapy and will learn strategies and techniques to promote awareness, acceptance, regulation, and transformation of emotion to heal and reprocess emotional responses underlying rigid interactional positions.

Abstract: This presentation will prioritize the role of emotion to create psychotherapeutic change. We will present the paradigmatic change in the field and the scientific evidence that support this shift in emotions. Participants will gain knowledge on the meanings and contributions of emotion to human experience and change in psychotherapy. We will demonstrate strategies on how to promote awareness, acceptance, expression, utilization, regulation, and transformation of emotion to heal and reprocess emotional responses underlying rigid interactional positions. In addition, we will engage in experiential techniques that will demonstrate to the participants how to unfold key emotions and to prime new responses from clients. In the end, we will share some challenges in providing treatment virtually using an emotion-focused model.

The Effects of Income Disparities on the Mental and Physical Health of Parents with Increased Childcare Duties During COVID-19

Ruth Fu- USA
Xinyi Zhou- USA

Short Description: This study aimed to expand on the scarce literature that discusses the impact of income disparities on the mental and physical health of parents during the COVID-19 pandemic. We collected national data and parents with childcare duties were recruited. The result showed that the income below \$25,000 parents and the income above \$25,000 parents

Abstract: This study aimed to expand on the scarce literature that discusses the impact of income disparities on the mental and physical health of parents during the COVID-19 pandemic. Data were collected through a national survey distributed through social media platforms and Amazon Mechanical Turk (Wave 1: June 2020; Wave 2: October 2020). Parents with childcare duties were recruited.

In wave 1, the income below \$25,000 parents ($M=21.9$, $SD=14.8$) experienced more depression and anxiety the income above \$25,000 parents ($M=15.9$, $SD=13.3$) $t(658)=3.85$, $p<.001$. Furthermore, the income below \$25,000 parents ($M=8.7$, $SD=5.3$) compared to the income above \$25,000 parents ($M=6.9$, $SD=5.1$) shared more physical complaints $t(652)=3.02$, $p=.003$. In wave 2, the income below \$25,000 parents ($M=16.1$, $SD=15.3$) showed more depression and anxiety symptoms the income above \$25,000 parents ($M=12.7$, $SD=12.5$) $t(777)=2.57$, $p<.001$. Meanwhile, the income below \$25,000 parents ($M=7.9$, $SD=5.1$) compared the income above \$25,000 parents ($M=6.4$, $SD=5.2$) indicated more physical complaints $t(414)=2.06$, $p=.04$.

The findings are consistent with previous literature and reveal that the additional childcare duties during crises such as COVID-19 had a more significant impact on low-income parents' mental and physical well-being compared to high-income parents.

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Engaging Taboo Conversations In Couples' Work: Relational Identity Questioning

Hugo Kamyra- USA

Short Description: This presentation will explore taboo subjects in couples' work. Facilitating alternative stories around taboo subjects, couple's work offers skills in challenging and honoring the effects of taboos in couple relationships while critically examining larger stories through use of relational identity questioning (Freedman & Combs, 2002) and deconstructive questioning (White, 2011).

Abstract: This presentation will explore ways to engage taboo subjects in couples' work. Taboos are prohibitions. These prohibitions, whether self-imposed or other-imposed, can pose challenges for couples and practitioners who work with them. For couples whose relationship narratives are filled with taboo stories, there are voices and counter voices and discourses that underlie the dominant plots to their self-expression. Facilitating alternative stories around taboo subjects, couple's work offers skills in challenging and honoring the effects of taboos in couple relationships while critically examining larger stories. Through use of relational identity questioning (Freedman & Combs, 2002) and deconstructive questioning (White, 2011), group discussion, exercise, video and role plays, we will experience ways of relating to taboo subjects in couples' work.

Arab-American-Muslims' Attitudes toward Seeking Mental Health Services: The Roles of Acculturation, Religion, and Cultural Beliefs.

Tharwah Alzoubi- USA

Short Description: Muslim Americans are a growing minority group and a distinctive subgroup of the United States population with inadequate studies of their wellbeing and health. Their utilization of mental health services continues to be empirically anonymous, significant gaps are identified when it comes to understanding subgroups within the Muslim American group.

Abstract: This survey research is to examine association between personal characteristics/demographic information, acculturation, religiosity, cultural beliefs, and attitudes toward seeking mental health services among Arab-American Muslims in USA. It is proposed that acculturation, religion, and cultural beliefs would have an effect on whether an individual exhibits positive or negative attitudes toward mental health. Specifically, Arab American Muslims who highly validate Western values are foreseen to have more positive attitudes toward mental health than Arab American Muslims who do not. Since Religiosity and cultural beliefs have been shown to influence help-seeking attitudes and play a major role in daily life among Arab American Muslims, it is projected that level of religiosity would predict whether a person would have positive or negative attitudes toward mental health.

This study highlights the importance of understanding the attitudes of Arab American Muslims towards seeking mental health services. Furthermore, this study examines how the acculturation process can affect attitudes towards mental health, and where policy and practice can intervene to improve outcomes. Mental health practitioners must be culturally sensitive to the distinct aspects of Arab culture and their acculturation process, thereby enhancing their skills in the delivery of services. Results will highlight the need for awareness in the struggles of immigrants and refugees, and how they can impact attitudes toward seeking mental health services in Arab American Muslim communities.

This quantitative research will use a non-experimental survey design since we will not be able to manipulate the independent variables in this study. The independent variables are pre-existing between the participants (i.e., acculturation, religiosity, and cultural beliefs). The survey design is appropriate for this study because the purpose will be to classify differences between variables in a large sample of participants (Creswell, 2018). T Acculturation, religiosity, and cultural beliefs are independent variables the null hypothesis will be tested with the F distribution at the .05 level of significance. The obtained data will be analyzed through multiple linear regression analysis. The present study will utilize confirmatory and exploratory analysis side by side and thus ensuring the fidelity of the obtained results (Tukey, 1977).

Socioculturally Attuned Supervision as Praxis

Judith Maria Bermudez- USA

Short Description: Critical consciousness is paramount to supporting equitable relationships in systems that are often unjust. Together, we will explore and define what it means to be socioculturally attuned supervisors who prepare supervisees/students to work independently in a diverse world in which they can be influential, compassionate, equity-based professionals.

Abstract: More than ever, therapists, supervisees, and supervisors are informed by critical theories and perspectives. Even with this heightened knowledge, as supervisors, we often struggle to keep up with the latest diversity-related terms, equity-based social movements, and the norms of younger generations. What supervisors can often stand firm on, however, is our areas of expertise in family therapy and our desire to supervise in ways that reflect our values and critical consciousness toward equity and social justice. Nevertheless, many of us have not updated our philosophies of supervision in such ways.

This presentation will offer an overview of third order thinking in family therapy and supervision based on our book, *Socioculturally Attuned Family Therapy: Guidelines for Equitable Practice* (2018, 2023). Socioculturally attuned family therapy integrates a transtheoretical framework to help practitioners attend to societal systems and power dynamics to promote transformational family and social change. Our social awareness is paramount to navigating the many practical and ethical considerations in supervision that support just and equitable relationships in systems that are almost always unjust. Together, we will explore how third order thinking and critical self-awareness help us expand our ability to work toward equity and justice as supervisors. Specifically, we define what it means to prepare students to work independently in a diverse world where they can be influential, compassionate, equity-based professionals. Participants will be invited to consider; 1) an intentional stance toward equity and social justice, 2) the elements of third order thinking and socioculturally attuned therapy and supervision, 3) the role of power dynamics in equity-based supervision, 4) supervision as a form of praxis, and 5) the dialectical tensions, including societal constraints, on personal agency. We hope that highlighting these contextual issues and ethical tensions will help all of us become more socioculturally attuned as we work as agents of third order change and ambassadors of our profession.

Impact of COVID-19 on Wellbeing and Family Relations of Members of Indian Academia

Sebastian Perumbilly- USA

Short Description: Personal wellbeing (PW) during a pandemic and its interactional relationship with the immediate family system is rarely discussed in clinical research across the globe. This descriptive study examines how the COVID-19 has affected the personal wellbeing of members of Indian higher education and their family systems.

Abstract: The COVID-19 pandemic has challenged lives globally in unprecedented ways. While numerous studies have discussed the impact of this pandemic on human lives, this descriptive study examines how it has affected personal wellbeing (PW) for members of Indian higher education and their family systems. Research participants (n=551) were faculty, graduate students, and non-teaching staff in Indian higher education. Using a mixed-methods research (MMR) based online survey instrument, this study focuses on how the pandemic has uniquely strengthened and challenged participants' relationships with their immediate families (during the lockdown and campus closures) and affected them individually in six domains of their PW: (1) Self-care; (2) Professional growth; (3) Quality of interrelationship within the family; (4) Relationships with significant others outside of the family; (5) Process of experiencing/facing and addressing challenges; and, (6) Relationship with spirituality/transcendental dimensions. The findings and discussion may explain the extraordinary impact of the pandemic on individuals in academia and their family systems, and may inform clinicians, educational institutions, social institutions, and policymakers worldwide.