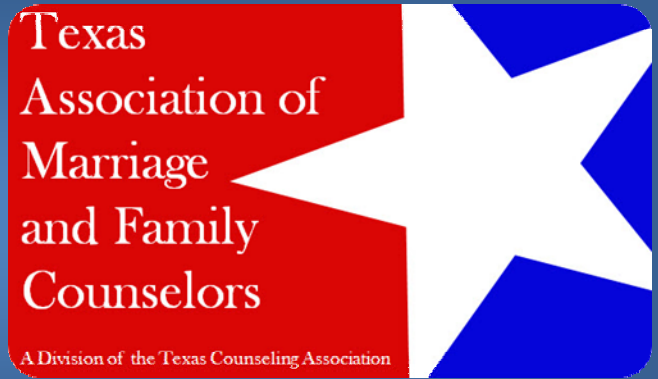


# Marriage & Family TODAY!

The Official Newsletter Publication of TAMFC



Volume 2, Issue 1, Spring 2009

## Quarterly Newsletter

It is with a great pleasure to report to the membership that Texas Association for Marriage and Family Counselors is doing well. The TAMFC board has made a number of changes in how we communicate with our members. Thanks to your feedback, we have been able to use modern technology to stay in touch with you closer than ever before.



You probably have noticed our new website ([www.TAMFC.org](http://www.TAMFC.org)). If you have not had a chance to visit it yet, please do so as we need feedback from you on the kind of links and information that is of importance to you. Please email your feedback to our secretary and webmaster Dean Aslinia at [Dean.Aslinia@tamuc-commerce.edu](mailto:Dean.Aslinia@tamuc-commerce.edu)

I am pleased to inform you that our membership has doubled in the past couple of years and we are one of the largest divisions within TCA. We are in the process of printing new certificates of membership and they should be in the mail by the first week of May. As you can see in this issue of Marriage and Family Today, the certificates are printed in color and will be a good addition to your office wall.

Congratulations to TAMFC President-Elect Mrs. Jodie Elder for the new addition to Elder's family. Jodie became a mom for the first time. Jodie is in the process of arranging for a meeting location for TAMFC and IAMFC to do a one day workshop in September. We are also looking at possibly having a gathering for TAMFC members in the upcoming TCA conference in Dallas. We are open to your ideas and suggestions for this gathering. Please email me with your ideas at [Amir.Abbassi@tamuc-commerce.edu](mailto:Amir.Abbassi@tamuc-commerce.edu). I hope that everyone will plan to attend the conference so that we get a chance to see and meet our members in person.

One of the challenges that we face in TAMFC is to find a way to get more people involved with the board from different areas of the state. Historically this association has been recruiting board members from the north east Texas. It would be ideal if we can get folks from other part of the state to join the board. Please communicate with me at the above address, if you have any idea on how we can diversify our board members without accruing too much travel expense for board meeting.

2009-2010

Executive Board

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Dr. Amir Abbassi

Secretary

Shahab Dean Aslinia

Division Director

Dr. Linda Ball

Senator

Dr. Angela Corrigan

President-Elect

Jodie Elder

Legislative Liaison

Dr. Karen Linstrum

Treasurer

Steve Lyman

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Want to be more  
involved with  
TAMFC?

Contact us and let  
us know how we can  
help

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Thanks again for being part of the TAMFC family. Without your membership, it would not have been possible to grow so much.

Amir Abbassi, Ph.D., LPC, LMFT  
President - TAMFC  
Amir\_Abbassi@tamu-commerce.edu

## Legislative Report

By

**Karen Linstrum, Ph.D., LPC, CRC**

Texas Senate Bill 1291

### SB 1291

(Van de Putte) amends the Insurance Code to remove language that allows insurance companies



to require a physician referral for services provided by a Licensed Professional Counselor or Licensed Marriage and Family Therapist. The bill will be placed on the Senate Local and Consent Calendar and move quickly over to the House Public Health Committee where its companion bill HB 4401 (Martinez Fischer) has been referred. Please let Senator Van de Putte (512-463-0126) know how much you appreciate her support.

## Give an Hour™ Help Military Personnel and Their Families

Give an Hour™ is an organization currently focusing on the psychological needs of military personnel and their families because of the significant

human cost of the current conflicts. Over 1.8 million troops have been deployed in Afghanistan, Iraq, and the Persian Gulf since September 11, 2001. Nearly 550,000 of these troops have been deployed more than once. According to the U.S. Department of Defense, as of March 24, 2009, a total of 4,926 American troops have died in Iraq and Afghanistan. In addition, 33,856 U.S. troops have been injured during these conflicts.

A major barrier preventing military personnel from seeking appropriate treatment is the perception and stigma associated with treatment. Many fear that seeking mental health services will jeopardize their career or standing. Others are reluctant to expose their vulnerabilities to providers who are often military personnel themselves, given the military culture's emphasis on strength, confidence, and bravery. Servicemen and servicewomen might be more inclined to seek help if they know that the services provided are



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If you are interested in a topic and would like to inform your professional colleagues about what you know or have found out, submit an article for publication\* in

**Marriage & Family TODAY!**

Submit your articles to:

[Dean\\_Aslinia@tamu-commerce.edu](mailto:Dean_Aslinia@tamu-commerce.edu)

completely independent of the military. By providing services that are separate from the military establishment, we offer an essential option for men and women who might otherwise fail to seek or receive appropriate services.

The organization offers services to parents, siblings, and unmarried partners who are not eligible to receive mental health

benefits through the military.

Although these individuals may have access to mental health services through other means, they are less likely to seek the



help they need and deserve if that help is difficult to find or costly. Our goal is to provide easy access to skilled professionals for all of the people affected by the current wars. The participating mental health professionals offer a wide range of services including individual, marital, and family therapy; substance abuse counseling; treatment for post-traumatic stress disorder; and counseling for individuals with traumatic brain injuries. Whether it is a young military wife who is anxious because her four-year-old has had nightmares since her husband's deployment or a father who is struggling to cope with his son's loss of a leg as a result of an explosion in Iraq, both can receive the assistance they need to move through their experience. The healthier the support system for the returning troops, the lower the risk of severe or prolonged dysfunction within these military families.

Give an Hour™ recruits mental health professionals in several ways. We have been endorsed by six major mental health associations in the United States--the American Association of Pastoral Counselors, the American Psychiatric Association, the American Psychological Association, and the National Association of Social Workers, the American Association for Marriage and Family Therapy, and the Anxiety Disorders Association of America. Only licensed mental health professionals are included in the network. Licenses are verified. Non-licensed pastoral providers may be included in the network as long as they meet other criteria, including membership in professional organizations. In addition to coordinating with national organizations, we also recruit mental health professionals through professional publications and Web sites.

The primary focus will always be to attend to those in need by linking them to individuals in our society best equipped to respond effectively. In addition, we will develop research and educational programs to further promote the value and importance of a new kind of volunteerism. We hope to encourage an increase in shared responsibility for those citizens who are suffering. We need only look at



the outpouring of aid and support following both the terrorist attacks of September 11, 2001, and Hurricane Katrina in August 2005 to see the

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potential we have to become a truly compassionate and united nation. And we need only look at the significant costs of the war in Iraq and the relief efforts for Katrina's victims to see that federal and state governments are already strained beyond their means. We have not only the potential but the duty to help one another in times of need.

To find out more information or to join the Give an Hour network visit [www.giveanhour.org](http://www.giveanhour.org)

Source: [www.giveanour.org](http://www.giveanour.org)

## You are invited to join the party!

By Jodie Elder

"3D in Big D: Dreams – Direction – Dedication!" This is the theme for the 53<sup>rd</sup> annual TCA Professional Growth Conference, which will be held November 11-14, 2009, in Dallas, Texas. The theme represents the strength and power of Texas counselors, as we make a difference in the lives of our clients and as we work together to influence policies and advocate for our profession.



This conference will be a production you won't soon forget!

Each year, over 2000 counselors gather to learn new skills, reconnect with each other, develop new friendships, and have some fun at the state conference. This coming year's conference will be held in the beautiful and recently remodeled

Sheraton Hotel in downtown Dallas. The hotel is connected by skywalk to the Sheraton Convention Center, so you'll be able to walk directly from your cozy hotel room to informative and fun sessions in less than five minutes, without ever stepping a foot outside!

Our planning committees have already selected two fabulous keynote speakers. Ed Jacobs, Ph.D., is an associate professor in the counseling department at West Virginia University and is also director of Impact Therapy Associates. He has 30 years of experience in private practice and has spoken at the national ACA conference. His dynamic and informative style is guaranteed to entertain and inform you.

David Welsh, Ph.D., a psychologist from Fort Worth, previously presented at the Texas School Counselors Association Conference and was very well received. His ability to integrate his vast knowledge and experience with his animated personality makes his presentation well worth attending! Our planning committees have ensured that the slate of programs are well balanced and will appeal to counselors in a wide variety of settings, including private practitioners, agency counselors, school counselors, and college counselors. You are sure to find programs that will expand your knowledge and improve your practice as a marriage and family counselor.

Lastly, we are planning lots of fun for Texas counselors as they travel to Dallas for the conference. The Mighty Real Band, our band for the President's Reception, will get your feet tapping and your rump shaking! We also have a magician selected to

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perform who'll fascinate you and keep you guessing.

Please join us for the learning and laughter in Dallas in November 2009, as we celebrate the dreams, direction, and dedication of counselors from all across the great state of Texas! Early registration will begin on August 5, 2009, and more information can be found at [www.txca.org](http://www.txca.org).

## 2009-2010

### Executive Board Elections

Dear TAMFC member,

We are in the process of electing our new officers to serve on the board of Texas Association for Marriage and Family Counselors. Below you will find a short biography of each nominee. Please print and either Fax, email or mail the completed ballot below to (903) 886-5780, Amir\_Abbassi@tamu-commerce.edu or mail it to the following address:

**Please send your votes in by Friday May 15, 2009 and please indicate your TCA member number on ballot.**

Dr. Amir Abbassi,  
President Texas Association of Marriage and Family Counselors  
Texas A&M University-Commerce  
Department of Counseling  
P.O. Box 3011  
Commerce, Texas, 75429



#### *For TAMFC Director Position*

**Linda Ball, Ph.D., LPC, LMFT**

Dr. Linda Ball is currently a Counselor Educator at Texas A&M University-Commerce.

She has supervisor status for both LPC and LMFT licenses.

She also has the LSSP credential/license. Dr. Ball is an Assistant Professor of Counseling at Texas A&M University-Commerce. Her past and current service to TCA includes Director of Programs for TCA 2009, Director of TAMFC (currently serving on the TCA board), Senator, TAMFC (previously served 2 terms).

#### *For TAMFC Senator Position*

**Angela Corrigan, Ph.D., LPC, LMFT**

Dr. Angela Corrigan has been an active member of TAMFC since 1991 and has served the organization in many capacities and offices. She currently holds office as the TAMFC Senator. Residing in Paris, TX, she has maintained a private practice since 1996. As owner of the Christian Counseling Center, Dr. Corrigan provides mental health services to children, adolescents, couples, families, and individuals. She is a member of TCA, ACA, NETCA, IAMFC, and TAMFC, and holds licensure as both a Professional Counselor and Marriage and Family Therapist. In addition to a background in clinical work, Dr. Corrigan spent several years as an adjunct professor at Texas A&M University – Commerce where she taught such courses as Intro, Group, Theories, Substance Abuse, Multicultural, Marriage and Family, Family Crisis, Parent Child Relationship, Pre-practicum, Practicum, and Internship.

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Please **either** vote for the following candidates or write your candidates' name in

Director:

\_\_\_\_\_ Dr. Linda Ball

Write in candidate  
\_\_\_\_\_

Senator:

\_\_\_\_\_ Dr. Angela Corrigan

Write in candidate  
\_\_\_\_\_

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This newsletter was designed and edited by S. Dean Aslinia, TAMFC Secretary for comments, suggestions and feedback please write to [Dean\\_Aslinia@tamucommrecede.edu](mailto:Dean_Aslinia@tamucommrecede.edu)  
Texas Association of Marriage and Family Counselors  
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