

Newsletter

DECEMBER 2009

Letter From the President

Dear Colleagues,

What a treat to have Karen Magee to help us think more ethically! It was an ethics presentation with a twist – instead of going over each ethical principle in detail – we looked at our own internal “ethicalness” and how our own frames of thinking could get in the way, unconsciously as well, of helping a client make progress in therapy. I don’t criticize the typical ethics presentation – I’ve even been in a musically based workshop which was very entertaining– we all need to know the basics of ethics in therapy, but taking a new look at how to be ethical – was a refreshing experience. Minutely critiquing the movie, “*Ordinary People*”, with Donald Sutherland, Mary Tyler Moore, and Timothy Hutton, we saw the raw experiences of what a family goes through after the death of a son/brother. The emotions expressed in the movie felt so real I felt as if the actors were in the room, not just on a screen. It forced the question to be posed – is the course of therapy I, as the therapist, feel we should go, in congruence with what the client wants from treatment? The clips jolted me into a reality of family therapy – the small, often times unconscious things we do and say that have a profound impact on the ones you do not intend to hurt. This workshop cut deep to the point of ethical thinking and doing. It required the audience to rethink and analyze – the exact purpose of an Ethics presentation.

I’m proud of HAMFT and its accomplishments this year. We brought our members and guests, 10 months worth of workshops – only pausing in July and December. It was a great year where we explored more with topics than family therapy theory, though we did have presentations rooted from theory. We also revised our Bylaws after 16 years! We discovered that Associate members of HAMFT and AAMFT can hold executive office and vote in HAMFT– a great achievement to HAMFT and the MFT field in general (a very recent discovery)! We maintained accountability, we regulated the membership process, and we tried very hard for HAMFT to be something to be a part of. We saw so many different area MFT affects, and lastly, we brought hope – hope that HAMFT is worth being a part of and hope that another group of talented leaders will continue with what HAMFT has come to be to so many – a place where professionals come to learn, nourish, gain insight, and have fun!

As for HAMFT’s fu-

ture into 2010, there are still technicalities to work out with our first volunteer for president. Since then, another volunteer has stepped forward, and would welcome a co-president with her. Please email info@hamft.org if you are interested in being co-president or president-elect for 2011. We still need chairs for our Programs too! So, it looks good that HAMFT won’t go dormant! HAMFT may look different next year, but we as I stated in a previous letter, we were all trained in being flexible –a foundation of our field!

I end with feeling good about what we’ve accomplished, the dynamic, very talented and energetic board of 2009, and that we have some great new board members excited to come on to move us into 2010! I’ll see you all soon at future HAMFT presentations!

All My Best,

Dagny Lodowski, MA, LMFT

2009 President, HAMFT





Consultation Office for Mental Health Professional (Houston)

Single consultation office (15 x 13 with windows) available for lease in attractive house converted for professional use. Prime location in West U. / Rice Village area. Furnished waiting rooms. Common kitchen with refrigerator, microwave. Access to fax and copier.

Private closet for filing cabinet/storage. On-site parking. Available for full-time lease beginning on November 1, 2009.

Contact Victor Loos, Ph.D. at (713) 526-4751 or vloos@cffc-online.com

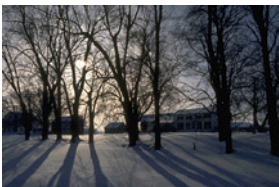
*“We can do no great things, only small things
with great love.”*

- Mother Theresa



HAMFT Memberships

All memberships expire on December 31, 2009 **except** for those who paid the biennial dues (the \$75 fee) and the \$30 student fees (who paid for the entirety of grad school).



Holiday Party



*“Unless someone
like you cares a
whole awful lot,
nothing is going to
get better.
It’s not.”*

-Dr. Seuss

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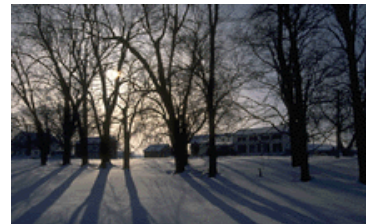
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HAMFT members may place announcements of up to 60 words or 5 lines free. Members receive 25% discount on 1/4, 1/2 or full page ads. Complete written information with camera ready graphics and fee payment (checks payable to HAMFT) must be received by publication deadline - the 5th of every month.

Items received after that time will be published in a subsequent newsletter. E-mail ad text to info@hamft.org or mail to PO Box 22520, Houston, TX 77227