

Edited by Rene Garcia  
July/August 2011

# HAMFT Newsletter

## *I Am Only One Thread: A letter from the President*



***We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.***

***-- Maya Angelou***

I am only one thread in the vast tapestry of HAMFT's past, present and future. This tapestry is made up of me, and you, new students and graduates, those of us who graduated and those who were grandfathered; those who exist in our memory and those who we've yet to meet. What a colorful, creative, passionate, energetic bunch we are! The tapestry comes alive because of each and every one of us. And, for me, that includes those who attend the programs and those who I miss seeing at the programs.

There was a time when I was less involved in HAMFT. My lack of involvement did not mean that I did not hold the group important but more due to time, geography or some other thing that got in the way.

My re-involvement has been the gift, the joy of connection that I did not realize that I missed for those years. I hold my involvement with HAMFT in high esteem and realize the importance of remaining involved in such a good, diverse group of amazing people.



***Diversity is the one true thing we all have in common. Celebrate it every day. -- Anonymous***

HAMFT is rich in its diversity and that appears to be a theme for our two summer programs: Polyamorous Relationships and the upcoming "GLBT Couples: An Up Close & Personal Experience".

Although each of us carry (or hope to carry) the title of Family Therapist, that is where our similarities might end. We are different races, different genders, different sexual orientations, different ages & experiences and different faiths or spirituality, to name only a few. Not to be forgotten, as marriage and family therapists, is also the awareness that diversity impacts the ability for some to marry or not. And that is the point that we all have in common – we each bring something unique to the table.

***Insight, I believe, refers to the depth of understanding that comes by setting experiences, yours and mine, familiar and exotic, new and old, side by side, learning by letting them speak to one another. -- Mary Catherine Bateson***

### In this issue:

- GLBT Event in August
- Conclusion of TH Water's interview
- Why I think Reparative Therapy is unethical
- HAMFT salutes Victoria Harrison
- Warm Hearth scholarship thank you
- Announcements!

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## I Am Only One Thread (cont'd)



### ATTENTION STUDENTS!

Join HAMFT as we welcome all new students to our profession!

We will be having a celebration on August 24th from 4:30pm-6:30pm at Pesce off Kirby. The evening will be a chance to network with other students and professionals. Not to mention, you can win some great prizes!

Join us, please, in the coming months to continue to weave this tapestry that is HAMFT. If you've been away for a while, I personally invite you to join us again. If you've been coming, invite someone to join you at a meeting. It's not always about what you might be missing from being there, but what we are missing from not being with you!

*Delee D'Arcy, MA, LPC, LMFT*

*HAMFT President - 2011*

## Your 2011 HAMFT Executive Board

Delee D'Arcy, President	delee@deleedarcytherapy.com
Anjali Pinjala, Past President	apinjala@hotmail.com
Sally Eisen Miller, President-elect	sallyeisenmiller@yahoo.com
Joan Harwood, Treasurer	jcharwood@aol.com
Sarah McConnell, Secretary	sarahmconn@gmail.com

## Look what's coming up on our calendar!

August 12th	Board Meeting, GLBT COUPLES: UP CLOSE & PERSONAL *see page 7*
August 24th	New Student Reception 4:30pm-6:30pm, Pesce, 3029 Kirby Dr., 77098
September 16th	HORSES HELPING PEOPLE: EQUINE THERAPY AND ALL IT CAN OFFER, 10:00am-11:30am, Bo's Place, 10050 Buffalo Speedway, 77054, Board meeting to follow
October 21st	Ethics Workshop: Lunch/Networking, Noon to 1pm, Workshop from 1pm to 4pm, @ Bo's Place, 10050 Buffalo Speedway, 77054
November 18th	Board meeting, Noon to 2pm, at Bo's Place, 10050 Buffalo Speedway, 70054
December 9th	Holiday Party & Workshop, at Anjali Pinjala's House, time TBD
January 27th	Awards Banquet at Kim Son

**Please check page 7 for more information on our GLBT event!**

## Membership Update

Beginning September 1, 2011, HAMFT membership rates will increase for the first time in at least five years. The Board voted in April of this year to raise rates in response to the rising cost of running the organization today and in anticipation of the future.

Beginning September 1st, membership rates will be as follows:

MEMBERSHIP CATEGORY	ONE YEAR	MULTI-YEAR
Clinical	\$60	\$100 (two-year membership)
Associate Member	not available	\$45 (two-year membership only)
Subscription (non-AAMFT members)	\$60	\$100 (two-year membership)
Student Member	\$15	\$35 (three year membership)

If your membership expires after September 1, 2011 and you are a Clinical or Subscription member, you can still renew at this year's rates by renewing prior to September 1, 2011. HAMFT will extend the term of your membership accordingly. In order to renew at last year's rates, you must renew using the PAPER form, which is available online at [www.HAMFT.org](http://www.HAMFT.org).

If you have questions or concerns about the approaching changes in membership, please contact Biz Cobb ([elizabeth@bosplace.org](mailto:elizabeth@bosplace.org)). Also, please don't forget to contact HAMFT if your contact information has changed.

***Elizabeth Cobb and Michelle Cote***  
***Membership Co-Chairs***

## HAMFT salutes Victoria Harrison

**“The human family is a system which follows the laws of natural systems. The overall goal is to help family members become system experts.” -- Murray Bowen in Family Therapy in Clinical Practice (p 151, 157)**

This quote is on the website of the Center for the Study of Natural Systems & the Family (CSNSF). Victoria Harrison, being recognized by HAMFT for her creative use of theory in the profession, is founder & current director of the Center. The Center holds educational activities & programs based on Bowen Family Systems theory. As Victoria said, "natural systems theory, developed by Murray Bowen, provides a comprehensive framework for understanding & addressing human problems." She added that "basic theoretical concepts can guide work in medicine, mental health, research, social services, education, politics, religious vocation & business." Further, "the theory is neither a fixed body of knowledge nor a set of techniques that can be appended to conventional thinking" (linear vs systemic).

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September marks this year's Human Trafficking Awareness Month. Did you know 1.2 million children are trafficked every year? Please go to [www.houstonrr.org](http://www.houstonrr.org) to see how you can help and be a part of ending this!

## Ethics Corner: Why I think Reparative Therapy is Unethical

*The controversy over reparative therapy has surfaced once again. Marcus Bachmann, husband of presidential candidate Michelle Bachmann, is being criticized by some and praised by others for counseling gay people to go straight.*

*The concept and techniques of reparative therapy have developed and are delivered mostly in evangelical Christian churches, so to evaluate reparative therapy we need to talk about its religious background. I know that both religion and homosexuality are polarizing subjects, but I hope you'll appreciate the need to talk openly about these issues.*

*I'd like to share with you some personal experiences that lead me to believe that reparative therapy is unethical. For those who don't agree with me, feel free to share your perspective. Or, just wait for my follow-up to this essay, "Why I Think Reparative Therapy Is Ethical."*

When I was in college, I joined an evangelical Christian student movement. We were a large and successful organization with a charismatic leader and highly committed members. It was exciting to be a part of such a dynamic movement. Before long, I found myself becoming involved in the leadership as well.

This was the early 1970s, when "homosexual" and "Christian" were mutually exclusive terms. If you were GLBT, you kept that part of you in the closet. This was New England, where people protected their privacy, so keeping quiet about your sexuality wasn't that difficult.

And yet, as I became involved in the ministry of this organization, one young man after another came to me to confide their struggles with "homosexual temptations" or to lament that the church would not accept them the way God made them. Looking back, I am amazed at the intimacy of these conversations. I am also struck by the fact that I, another college student with no professional training, was the best counseling option available to help these young men work through these complex issues. I hope better options are available today.

Looking back, I'd say that these young men fell into two groups.

The first group gave up on church. Actually, it would be more accurate to say that the church gave up on them. Some were angry at God, but most were just frustrated, confused, depressed and profoundly disappointed.

The second group gave up on being homosexual—or at least tried to. They underwent various forms of what is known today as "reparative therapy." One friend tried a secular version of reparative therapy: he became a clinical psychologist so that he could understand the psychological basis of his "homosexual problem" and cure it. Most tried religious forms, receiving counseling from church pastors and Christian counselors. They took wives, had children, bought houses in the suburbs, and stayed active in their churches, hoping to pray away their "problem."

Several of these young men were among my best friends, and we stayed in touch. So let me tell you what happened to them.

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— Warren Holleman

## Warm Hearth Scholarship Thank You

With sincere gratitude, I thank HAMFT for awarding me with a Warm Hearth Scholarship so that I could attend the 15<sup>th</sup> Annual National Alliance for Grieving Children Symposium. Without this wonderful gift, I could not have attended this three-day conference in Boston in mid-July. This conference is particularly meaningful to me not just because of the educational opportunities it presents but because of the opportunity it presents to network and befriend other therapists and professionals in the grief and bereavement field. For the bereft, grief is often an alienating experience. This experience is at times mirrored in the lives of the clinicians serving them, so the chance to spend three days in workshops sharing ideas, theories and research was inspiring and rejuvenating to say the least.

Exciting ideas I brought home with me that I look forward to incorporating in my work with children and families at Bo's Place include new gross motor activities to help children process the physical aspect of their grief. These new activities focus on processing anger, a very powerful and often encompassing emotion for late elementary-aged children and tweens, with the use of a parachute and different metaphors.

I am most excited about integrating pop culture media as well as the classics into our curriculum. I've been chewing on ways to include "Glee" and the Harry Potter series among other TV shows and movies into our work with teens, but now I have a clearer vision as to how to make that happen. Without the opportunity to flesh it out with my colleagues in other centers across the country who also do something similar, I'm not sure the curriculum I have in mind would be developed.



Having attended this conference, I gained an even greater appreciation for the role of research in our field. I think for many in the mental health field, whether you are a social worker, counselor, psychologist or marriage and family therapist, there are practitioners and then there are researchers, and the bridge between the two is often large and wide. How many clinicians read the research? How many of us integrate the research into our work? Richard G. Tedeschi, Ph.D. lectured on post-traumatic growth research and facilitated a conversation about how individuals experience and achieve growth following a loss. P.S. If someone is resilient, they won't experience growth. Interesting. Since that person is already coping and dealing, they won't grow in the same ways as someone who is struggling and working finding a way through grief. And to say that he "lectured" sounds so dry. He was funny!

All in all it was a wonderful conference. I attended some great workshops, some not-so-great workshops, but I have returned refreshed and excited again for the work I do with grieving children and families. Thank you, HAMFT, for this wonderful gift!

Sincerely,

Elizabeth "Biz" Cobb

"I think for many in the mental health field, whether you are a social worker, counselor, psychologist or marriage and family therapist, there are practitioners and then there are researchers, and the bridge between the two is often large and wide."

— Elizabeth "Biz" Cobb

## *HAMFT Salutes Victoria Harrison (cont'd)*

If you go to the website [csnsf.org](http://csnsf.org), besides what you would expect to find, you might also find a series on "Family Systems, Food Systems & Nutrition & Health," a conference with an expert genealogist, a writing workshop at a retreat center, or a series on your garden and the environment, all from a family systems framework.

Victoria graduated from Rice and received her masters in Baltimore from Antioch, a pioneering, progressive institution that was the first to appoint a woman to its faculty & Board of Trustees, & was among the first to offer African Americans equal educational opportunities. Before founding Family Health Services, Inc.(FHS) in 1977 with three colleagues, Victoria worked at Baltimore City Hospital in a research project with heroin addicts. She also saw those with other symptoms. It was in this time period that she met Murray Bowen. In a clinical session, videotaped for a Georgetown Family Center Conference in Washington, D.C. in 1984, Dr Bowen told her:

“There are those who say life ‘dealt you a hand of cards & you ain't gonna get no more.’” And, it all depends on how you play it. I've worked on a theory that would say...there is a way to beat the dealer...if you know enough about the system. You don't have to be a “pawn of the system.”

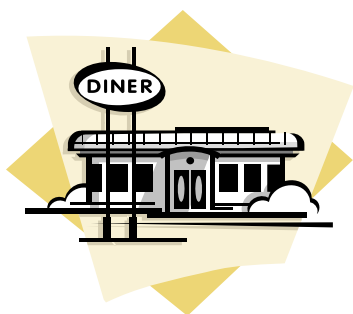
Victoria studied at the Georgetown Family Center, now known as the Bowen Center for the Study of the Family & was invited to join the faculty in 1992. Coached by Dr. Bowen, Victoria is continually doing her own family work & has several 8' - 10' family diagrams hanging from the ceiling of her office. Not only does she have poignant clinical vignettes to tell but family ones as well. She is a good example of practicing personally & professionally what she teaches. It's a life long process. Her teaching has taken her all over the United States and to Australia.

When Victoria came to Houston some 15 years ago, she established Family Health Services in Houston to provide psychotherapy with biofeedback & neurofeedback based on Bowen theory. Victoria is certified in both areas of specialization. She organized and held for several years "Facts of Life" conferences where she invited prominent scientists as guest speakers. In January, 2011 she held the first annual Houston Symposium in Bowen Family Systems theory with Dr. Michael Kerr, Director Emeritus of the Bowen Center, as guest. Others speakers were from Texas.

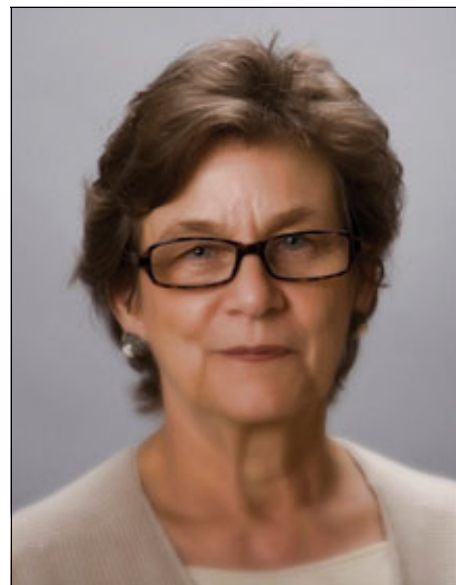
Professionally, when Victoria isn't involved in clinical or teaching tasks, she is writing for & serving as contributing editor of family systems forum, which she founded, or is working on a very impressive piece of research on health & reproduction. In her personal life, Victoria is a wife, mother, and grandmother. Along with her husband, she is a serious collector of folk art. Their home has been on the Heights Home tour.

Congratulations, Victoria! You are indeed an inspiration.

***Sally Miller & Michael Hiller, Co-Chairs, PR Committee***



August is Restaurant weeks for Houston. Go to [houstonrestaurantweeks.com](http://houstonrestaurantweeks.com) to get a full list of all participating restaurants. If you attend, any of the listed restaurants, they will make a donation to the Houston food bank. Eating for a good cause? Sign me up!



## HAMFT Annual Multicultural Panel Program and



present

## GLBT Couples: An Up Close & Personal Experience

August 12<sup>th</sup> 2011, 4:30pm-7:30PM

3CEU hours

Dinner will be provided during program

GLBT Cultural Center

1<sup>st</sup> Floor, Rm 106

401 Branard St.

Houston, TX 77006-5015

*We have all heard of the trite expression, "We are all so different, yet the same." This expression captures the essence of the multicultural committee. Our goal is to help enrich the exposure and experience of seasoned and new professionals, students embarking on a career in the mental health field, and the community, to the uniqueness and commonalities of the diverse human experience.*

*This year the multicultural committee will highlight professional and personal experiences of the GLBT community. So we would like to cordially invite you to join us in our HAMFT 4<sup>th</sup> Annual Multicultural Panel Program.*

**Panelists include: Daniel Garces, LPC, LMFT; Brit-tany Burch, LCSW, LCDC; Bob Hergenroeder MA, LCSW; & Michael Owens, MA, LMFT, LPC**

**Register via [www.HAMFT.org](http://www.HAMFT.org)**

Non Members: \$40/ \$50 (Week of Event)

Meal Only/No CEUs: \$12

Limited Seating, Pre-registration encouraged.

HAMFT membership available: \$55



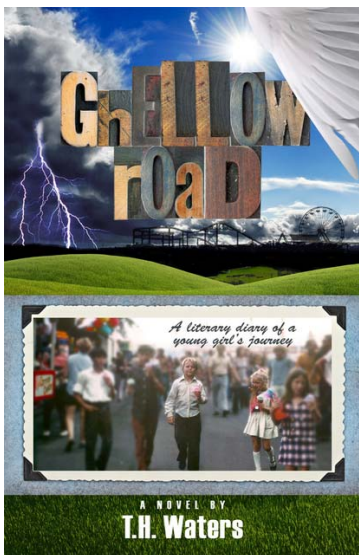
Save the date for our  
Annual Awards Banquet!

January 27, 2012



## An Interview with TH Waters by Lisa Salazar

And now, the conclusion of Lisa Salazar's interview of Ghellow Road's author T.H. Waters. If you need to catch up, check out our May/June newsletter on [www.hamft.org](http://www.hamft.org) for the first half.



**L: Was there ever a time in your childhood that you and/or your family received counseling to help the family cope with mom's illness and later, dad's tragedy?**

TH: Oh my goodness, you couldn't have asked a better question, Lisa. No, I never did receive any counseling, neither before my dad's tragedy, nor afterward. In my world, as I was living it, "things" just happened in life, whether good or bad, and one was expected to deal with it as best they could. As a child, I grew up thinking that counseling was for people with mental illness. Looking back, I truly feel that I would have personally benefited from professional counseling on many levels: 1) to deal with my own trauma on a healthier level, and 2) to better cope with my mother's mental illness, which would have decreased the distance between us as I grew up. I also feel that professional counseling for my mother could have provided her with better parenting skills and may have even offered a bridge to conquer the divide between myself and my brother. It could have been life changing for me, and I'm deeply sad that I never had that opportunity. My message to anyone who knows a troubled child: If you feel like they are in a vulnerable situation, please, please, please do what you can to assist them in getting professional counseling.

**L: What message would you like for your readers to learn?**

TH: For those who are fortunate enough to have never been confronted with the devastating consequences of mental illness, I would love for them to see their lives in a new light & never take their families for granted, not for one minute. Call the people you hold dear and tell them you love them as soon as you're finished reading my book. And remember... don't sweat the small stuff... literally.

For those who have been dealt a hand similar to mine, I'd like to give you a big hug, then say this: You are not alone. The following is a quote from within the first few pages of my book, and I mean it with all my heart. "My greatest hope is to be a voice for all those out there who are fumbling through their own tangled labyrinth." As a child, I often felt as though I were living in a foreign land while everyone else enjoyed life in small-town America. That's how different I felt from others in my community. I was ashamed, and that was wrong. Never be ashamed of your difficult circumstances, and always try to live your life out loud. Yes, some may shun you for doing so, but they aren't worth your time anyway. There will be plenty of compassionate people with kindness in their hearts who will help guide you along your journey.

**L: What kinds of support do you think a child needs, who is living with a parent affected by mental illness? What words of encouragement would you like to share?**

TH: That child needs at least one (hopefully more) stable person in their life who is willing to tuck them under a wing and fill the void that the mentally ill parent has created. Make them feel like they always have an adult to turn to, no matter what, someone who will never abandon them, someone who will help them achieve their hopes and dreams, someone to provide unconditional stability. Secondly, family counseling would be extremely beneficial. In my case, I grew up with a lot of anger towards my mother and feel that counseling would have helped us to better cope with each other instead of creating such a large chasm between us. I also wish with all my heart that someone could have provided an opportunity for my brother and myself to reach out to each other rather than grow so far apart. The resentment that increased between us through the years eventually consumed our relationship, and I find that to be such a tragedy.

Encouraging words for a child living with a mentally ill parent... First, I would give that child a big bear hug. Then I would say this, "I want you to know that I am so terribly sorry for what you have gone through in your young life. I care about you and want you to overcome your hardship. Always remember these three things: #1) You must be your own best friend.

Continued on page 10 & 11.

"For those of you who have been dealt a hand similar to mine, I'd like to give you a big hug, then say this: you are not alone!"

— TH Waters

## Why I think Reparative Therapy is Unethical (cont'd)

*What happened to those who gave up on church?*

As for the first group—the group that gave up on church—they took their talent, energy and spirit to other places. They became active in the arts, theater, gay and lesbian support groups, and other community organizations. They gathered in gay bars and cloistered in gay neighborhoods. They found fellowship in places where they felt accepted rather than judged. They created virtual churches in unusual places.

Occasionally I was privileged to visit such “churches.” Let me tell you about an experience from nearly two decades ago.

My friend Grant invited me to go with him to his favorite place, the Briar Patch. I knew about The Briar Patch—it had the proud underground reputation of being Houston’s first gay bar. I had never been to a gay bar, so I didn’t know what to expect. (In fact, having been raised a Southern Baptist, I had hardly been to any bars at all, so I *really* didn’t know what to expect!)

The Briar Patch was a piano bar. Not one of those upscale jazz bars where couples sit at tiny tables listening to romantic melodies and whispering sweet nothings to each other, hoping to be noticed as among the “cool” crowd. The Briar Patch was loud and fun, dark and smoky, down and dirty, a cacophony of music and conversation and laughter.

For the first half-hour I was there, Grant introduced me to his friends, whom I could barely see or hear. I realized that the darkness was intentional. Some of the men who fellowshipped there came hoping NOT to be noticed. They parked far away and slipped in the door when no one was looking.

At a given moment, men stopped their conversations and gathered around the piano for what obviously was a regular ritual at the Briar Patch: an old-fashioned “sing along.” And what do you think we sang? Baptist hymns! “Just As I Am,” “Amazing Grace,” “Softly and Tenderly,” “It Is Well with My Soul,” and “Love Lifted Me.” I was impressed by two things: that they knew the words by heart and that they sang with such fervor and feeling. I had sung “Just As I Am” at many a revival, but never with a group of men who cherished it the way these men did. I thought about those early Christians who worshipped secretly in the catacombs of Rome and I realized I had stumbled into a 20<sup>th</sup> century version of the church in exile. I felt sad and wonderful all at once.

Then we turned to Broadway, singing one raucous show tune after another. The guys teased me by singing a juicy song about an older man and his younger lover. Grant enjoyed it, and I pretended to. After all the craziness and laughter, the mood turned sacred and somber once again as we sang “A Place for Us” from West Side Story. This turned out to be one of the most powerful religious experiences of my life.

Continued on page 10.



### Equestrian Assisted Therapy

Janet Nicholas, MA, LPC, LCDC, EAP and Erin Webb will be joining us on the morning of Friday, September 16th from 10 am to 11:30 am. They will be discussing equestrian assisted psychotherapy during their presentation at Bo's Place entitled, **Horses Helping People: A Little Horse Sense Can Go A Long Way**. Breakfast will also be provided. Please join us for this exciting and informative workshop!

## *Why I think Reparative Therapy is Unethical (cont'd)*

There's a place for us, somewhere a place for us. . .

There's a time for us, someday a time for us. . .

We'll find a new way of living, we'll find a way of forgiving. . .

There's a place for us, a time and a place for us . . .

Hold my hand and we're half-way there.

Hold my hand and I'll take you there.

Somehow, someday, somewhere.



Have you renewed your membership? Have you seen what benefits you have for becoming a member? Have you seen all the amazing events we have coming up?! Well, to answer all these questions come check us out on [www.hamft.org](http://www.hamft.org)!

When the song ended, I felt I was touching God. We were all touching God, because he was holding us. I still cry when I recall that moment.

From a religious perspective, I learned about resilience, community, and forgiveness. These were men we had thrown out of our churches, yet they still worshipped God, fellowshiped together, and supported and encouraged one another. They even had an outreach program—to curious outsiders such as myself. They stood ready to forgive if not forget.

From a psychological perspective, I learned that these men had the same basic needs as everyone else: acceptance, security, nurture, and love. They didn't need to be "repaired," they just needed acceptance, security, nurture, and love. The people who needed "reparative therapy" were those in the heterosexual community impaired by ignorance and insecurity, prejudice and hate.

**Make sure you check back for the September/October Newsletter for the conclusion of this article by Warren Holleman!**

## *An Interview with TH Waters by Lisa Salazar (cont'd)*

No matter what. Although the adults in your life are responsible for your journey, the sad truth is that they may not always be there for you. Do everything you can to make yourself strong. Seek refuge in good friends. Anger, bitterness and resentment will come to you. Do not run from it. Acknowledge it, work through it as best you can, then set it aside and move forward. Do not, under any circumstances, allow these negative roadblocks to consume you. If you need help, seek the advice of a school counselor, teacher or trusted adult. If they don't know how to help you, they'll find someone who can. #2) Knowledge is power. I cannot stress this enough. Find out what you are good at. Think about your hobbies, your dreams, things you love to do, then go do them. Leave your bad situation behind as much as you can. If you love music, join the school band. If you love acting, join a school drama group. If you love reading, cuddle in the corner of your nearest library with your favorite books. Maybe you could even start your own book blog! When you are old enough to get a job, work as much as you can while still saving time for your friends. Work will help you gain a valuable skill set, which will become one of your biggest assets. Always continue to be a student of life--never stop learning. #3) Remain a loyal and loving friend to those who have helped you through your difficult journey. They are the key to your success in life and deserve a place in your heart.

Continued on the next page.

**L: As an adult, what does your relationship with your mother look like? Did you ever reconnect with your father's mother, once you moved away? In what ways did your grandparents support you through your childhood?**

TH: Sadly, my mother died about 5 years ago. I loved my mother dearly. She was one of the most magical & beautiful spirits I've ever known. I was devastated when she died. My life was so woven around hers that I had absolutely no idea what life would be like without her. I know that my mom loved me immensely. She had this wonderful way of thinking that I could do no wrong, no matter what (as an adult), and she believed in me wholeheartedly. She never said a discouraging word or made me feel badly about myself, and always, always told me how much she loved me. Even still, we had a very rocky adult relationship. I yearned for a life away from mental illness and she had a difficult time giving me up. I believe counseling could have helped to heal us.

My father's mother was a godsend for me – she was truly my second mother, and I loved her dearly. We were very, very close until my dad died. After I moved away, I rarely heard from her, and we lost our beautiful connection. She passed away many years ago, so I'm unable to ask her why that happened. I guess I'm not really sure. She lived a very simple life and didn't drive or fly anywhere so she wasn't able to visit me, though I wish she would have kept in touch via phone or letters, but she never did.

Grandparents are like gold & have the ability to become a gift in any child's life. If there are any grandparents out there who are reading this, I want you to know one thing... never underestimate the power of your love and involvement in your grandchild's life – it is priceless.

**L: Looking back, do you feel that your father had an undiagnosed mental illness/disorder? What do you hope to teach other's through his feelings of hopelessness and desperation?**

TH: This is a really interesting question, yet one that I feel I'm unable to answer completely. I only knew my father through the eyes of a child. I rarely had contact with his side of the family after he died, and my mom refused to talk about him whenever I asked any questions. Sadly, I feel as though I have merely impressions of him in lieu of the type of relationship memories an adult child could reflect upon when remembering their father. I do know that he came from an abusive childhood, one in which his father often slapped him around, and that in and of itself is so horribly damaging to a child's psyche. Did he have mental illness? I hate to speculate without knowing.

What do I hope to teach others through my father's feeling of hopelessness and desperation? Perhaps the answer lies in what this world is lacking in general... more random acts of kindness & support, especially towards those who've had a more difficult journey.

**L: Your memoir ends with you leaving to start college. At college, were you able to build a network of support for yourself? If so, what did that look like for you?**

TH: When I was at college, I was still yearning to be accepted, so much so that I sacrificed a part of who I really was. I'd always been ashamed of my past and shared very little of it with my friends. I did have good friends in college, but being so young, we were all still trying to figure out who the heck we were and what we wanted out of life. I'm not sure people at that age are yet capable of providing the deep-rooted support that's required for someone who has lived such a troubled childhood. It would be difficult for most to understand what it was like to grow up the way I did, just as it is difficult for me to imagine what it would have been like to grow up with the support of two giving, healthy parents.

**L: What positive lesson were you able to learn from your childhood experiences?**

TH: I enjoy every day. Every single day. I take absolutely none of the good things in my life for granted.

**L: How would you like your book to help other children and families who have been impacted by a mental illness?**

TH: I would like them to understand how our family was torn apart by mental illness and try to learn from my story. For instance, create as big of a support system as possible. This may not be easy, but you must try. Involve family members and the mental health community to assist whenever possible. Keep the person afflicted with mental illness engaged with their families, no matter how hard this is. Regarding the family members who aren't afflicted with the disease, bond together as much as possible – understand what you are dealing with and create a united front against this terrible disease and never let it divide you.

**Lisa Salazar is a licensed marriage and family therapist. She is currently enjoying being a SAHM and blogging about books.**

## Houston Licensed Professional Counselor Association

The Houston LPC Association typically holds meetings on the first Friday of each month and offers 1.5 CEUs per meeting for LPCs, LMFTs, LCDCs, and LCSWs. There is an annual 3.0 CEU ethics workshop in November, and a December Holiday Party in lieu of meetings. Non-first Friday meetings will be annotated on the “CEU Programs” page of our website.

Please visit **HoustonLPCAssociation.org** for more information on our programs and organization. Unless otherwise listed, meetings are held from 7:00pm-8:30pm at West Oaks Hospital at 6612 Hornwood Dr.

### August 5, 2011

Loosen the Grip: Using Mindfulness to Find Peace and Joy

*presented by Nova Beltran, MS, LPC*

[www.novabeltran.com](http://www.novabeltran.com)



### September 9, 2011 - (2nd Friday)

Mental Health Recovery: Moving Toward Peer Supported Treatment

[RecoveryNowSeminar.com](http://RecoveryNowSeminar.com)

*presented by William Devine, MA, LPC, CART & Ashley Montondon, MA, LMSW*

[CollaborateInTherapy.com](http://CollaborateInTherapy.com)

### October 7, 2011

To be announced

### November 12, 2011 - 3 hour ethics workshop

The Ethical Mandate for Self-Care for Professional Counselors

*presented by Rebecca Rucker, MA, LPC, LMFT*

sponsored by The Behavioral Hospital of Bellaire

location TBD

### December, 2011 Holiday Party

Date, time, location TBD

A big “Thank You” to your president, Delee D’Arcy, and HAMFT for inviting us to be in your newsletter! HLPCHA looks forward to a growing relationship.

## Announcements!

### Catherine A. Casey, LPC, LMFT

Announces her return to Houston and the opening of her practice in adult psychotherapy. New referrals are welcome for adult individual and relationship therapy.

16300 Katy Freeway, Suite 100

Houston, TX 77094

(281) 686-9569

[www.cacaseylpclfmlft.com](http://www.cacaseylpclfmlft.com)

**Largest Generational Study  
in the Nation!!!**

Do you belong to Generation Y, X, the Baby Boomers, or the Silent Generation? Ever wondered what the difference is beyond birth years? Represent your generation and be part of the largest generational study in the NATION to help us find out!

Simply take this survey at:  
[www.generations-project.com](http://www.generations-project.com)

**Thank You!**

Attention multi-cultural therapists!  
Researchers from the University of Houston - Clear Lake are currently seeking participation of Latino therapists in the Generations Project. This purpose of the study is to examine generational (Baby boomers, X,Y, etc.) and life stage trends nationally. You can complete this national survey by going to:

[www.generations-project.com](http://www.generations-project.com)

For further questions or concerns, contact  
Dr. Jared Dupree at [dupreew@uhcl.edu](mailto:dupreew@uhcl.edu)

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- Full page or 15 to 30 lines, \$75
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- Quarter page or 5 to 10 lines, \$25
- Eighth page or up to 5 lines, \$15
- Ask about our online package!

Contact Rene Garcia, newsletter editor at [r\\_garcia31@yahoo.com](mailto:r_garcia31@yahoo.com) and I'll be happy to assist you!