



# HAMFT Newsletter

Edited by Rene Garcia

November/December  
2011

## From the President



*Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~ William Arthur Ward*

How in the world are the holidays already upon us? If you are like me, you are probably asking yourself where another year has gone. As you are reading this, we've already enjoyed the Thanksgiving dinner, the left-overs that follow (maybe even better than the first serving, in my book!) and some of you adventurous souls may have even headed out for some midnight shopping

on Black Friday! Since I'm writing this in anticipation of the feast day, I'd like to take a moment to express some of my gratitude's.

I'm grateful to, and for, the HAMFT Board for their support and encouragement throughout this past year. Their hard work, energy and focus have been nothing short of wonderful!

I'm grateful for YOU, a part of the HAMFT membership! What an amazingly diverse group of individuals we have in our Houston-Galveston com-

munity. Reconnecting with you all at meetings and programs has been tremendous and seeing the membership remain strong is testimony to the strength of the organization.

*Give thanks for unknown blessings already on their way. ~Native American Saying*

I'm grateful for the opportunity to have been in this role of HAMFT President for 2011. While not yet over, we're getting closer daily to the 2012 board and all that it will offer!

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## Reparative Therapy: Is it Malpractice?

In the previous two newsletters, I explained why I consider reparative therapy to be unethical. Even if the client asks for it, we should say "no." We shouldn't try to change a client's sexual orientation any more than we would try to change their

skin color. Our license instructs us to practice a method of healing based on science, and the science clearly indicates that sexual orientation is not a choice. I also have personal reasons for thinking this way: many of my friends have tried

various forms of reparative therapy and all ultimately failed.

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## *From the President (cont.d)*

Good things are in store and for that, I am also grateful!

I'm grateful that I get to be a Marriage and Family Therapist. How fortunate I am to get to do the work for which I hold great passion! I am truly honored to be a member of this profession and this organization. I am always and forever grateful for the clients who trust me to help them along this path we know as life.

**“December’s gifts – custom, ceremony, celebration, consecration – come to us wrapped up, not in tissue and ribbons, but in cherished memories. This is the month of miracles. The oil that burns for eight days, the royal son born in a stable, the inexplicable return of light on the**

**longest, darkest night of the year. Where there is love, there are always miracles.”**

~ Sarah Ban Breathnach, *Simple Abundance*

And now, I'm grateful that we're in the midst of our various winter celebrations. I encourage you to use this month to practice quiet, peaceful self-care. In winter, the world slows, the days shorten and Nature accommodates this. And yet, all too often we therapists do not. We too get caught up in the whirlwind of the hustle and bustle of the holiday season, tired and overwhelmed and all the while encouraging our clients to take a deep breath and sloooooowwwww it downnnnn.

Will you?

Will you join me in stepping back and allowing the quiet and the peace to support and nurture you; renew and recharge you as we face the new year that lies ahead? It's not an easy task, I well know! And yet, I am grateful for the opportunity to embrace the change, the difference this holiday season.

I wish each and every one of you a “Merry Christmas” for that is my faith and tradition. However you celebrate the winter holidays, may you and your families know peace, harmony and goodwill; this month and every month. Have a safe, happy and prosperous 2012!

**Delee D’Arcy, MA, LPC, LMFT  
HAMFT President - 2011**

**“I encourage you to use this month to practice quiet, peaceful self-care.”**

**- Delee D’Arcy**



## *Your 2011 Executive Board*

Delee D’Arcy, President

Anjali Pinjala, Past President

Sally Eisen Miller, President-elect

Joan Harwood, Treasurer

Sarah McConnell, Secretary

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## Elections

Most of the HAMFT Executive Board for 2012 has been elected!!!

Introducing: Sally Eisen Miller – President

Joan Harwood – President Elect

Brandon Wheeler – Treasurer

These names were unanimously voted on in our 10/21 general meeting by all present. Congratulations to each of them!

Our elected Secretary unfortunately had to drop out. A replacement is pending and will be decided at the December Executive Board Meeting.

We are going to have another wonderful year in HAMFT!

**Kay Kamas, MA, LPC, LMFT**

**Annette Propp, MA, LPC, LMFT**

**(HAMFT Elections Committee)**

## Awards Banquet

The annual HAMFT Awards Banquet is just around the corner! The Awards Committee has been hard at work putting together another memorable evening to acknowledge several of our colleagues. Come and join us as we hear about the good works they have been doing.

It will take place Friday, January 27th, 2012 from 7 pm to 10 pm. The banquet will be held again at Kim Son's restaurant in downtown (2001 Jefferson Street, Houston, TX 77003). Food and drinks will be served (vegetarian options available). There will also be a cash bar. Additionally, you won't want to miss the entertainment planned for this evening as it will be provided by some of our very own.

Event tickets are \$30/person for HAMFT members and \$25/per student. RSVP's and pre-payments are encouraged as the numbers we receive will determine the type of room reservation. Currently, we are fast at work arranging for online payments. Be on the lookout the first of December for a "payment button" on the HAMFT website [www.hamft.org](http://www.hamft.org)

**Kay Kamas, MA, LPC, LMFT**

**Annette Propp, MA, LPC, LMFT**

**(HAMFT Awards Committee)**



**Kim Son, located at  
2001 Jefferson St.,  
Houston, TX 77003.**

**We hope to see you on  
January 27th at our  
Annual Awards  
Banquet!**

## Reflections and Thoughts with Leslye Mize

We are fortunate enough to have Lisa Salazar contribute once again to the HAMFT newsletter. The following is an interview of Dr. Leslye Mize. Please enjoy!

### ***As a child, who was the person people most gravitated to for counsel and guidance?***

I grew up in a privileged white, upper middle class family that prospered in the oil and gas industry during the turn of the century in Oklahoma and Texas. Although family members were financially privileged during times others were not (Great Depression, WWI and II), they still had lots of problems and overall were not happy people.



I interacted often with minority, loving caregivers (African-Americans and Latinas) who worked for my family and I had a tremendous curiosity about knowing more about them and their wisdom. They seemed happier, wiser, and were in more contact with me often than my family and I was always curious about them.



My parents were in lots of trauma and grief (mother due to losing her only brother in the WWII and my father due to losses in the oil industry at the time). This grief and trauma showed up in the form of severe alcoholism in both parents and I grew up with this process. My parents did not have the skills to handle this loss and grief and were not that resourceful so being the oldest daughter, I had to learn to survive on my own. My younger sister was also a part of this experience and it affected her very differently.

My father's youngest sister, Dorothy, was my favorite relative. She seemed to be the most resourceful and open person and I loved her dearly. She never married and I believe that was because she was homosexual. During her lifetime, being homosexual meant you were crazy or worse so it was not uncommon for people to stay in the closet. I spent summers with her and my grandmother who was also just wonderful. Those two women were probably my greatest supporters and who I looked up to the most. They seemed very real to me and honest and seemed always to be fair to all.



When I finished my bachelor's degree in studio art in 1972, I went into the Peace Corps and my aunt and grandmother were very supportive of me doing what was best for me at a time when my parents were very upset. My mother and dad could not understand my curiosity to see and experience different cultures, people, and places and it was very hard on them especially my mother. She came to appreciate the process many years later and was able to laugh at sending me a ball gown hoping I might run into an ambassador's son in Colombia. I never received it thank goodness.



Continued on page 8.

## *Reparative Therapy: Is it Malpractice? (cont.d)*

My conclusion from all this: therapists who try to change a person's sexual orientation are committing malpractice. I know this is strong language, but this is what I believe. I use such strong language not because I think reparative therapists are bad people, but because I think reparative therapy is so bad for people—the very people we have a fiduciary responsibility to help. Reparative therapy causes identity confusion, profound unhappiness, depression and suicide. This is serious stuff.

Let me give you an example. I have a gay friend who pretended to be straight the first 50 years of his life. With the help of God, his church, and reparative therapy strategies he thought he could change his sexual orientation. He tried for 50 years! But it didn't work, and a few years ago he came out. Let's call him Matt. Matt recently described to me his experiences and those of other men in his support group. "I see this in myself as well as the other men—how much permanent damage has probably been done to our personalities by our growing up hiding stuff." Notice that Matt doesn't talk about damage on the periphery but damage at the core: their personalities. And notice that this damage is not temporary—it's permanent. Permanent damage at the core—that's what living a lie does to people, especially when it pertains to something as fundamental as sexual orientation. Permanent damage at the core—that's what reparative therapy does to people.

Matt goes on to talk about reparative therapy. "A lot of guys come through the group whose life story mirrors mine—many for religious reasons. The ones who have gone through ex-gay therapy are in especially bad shape. Some have been suicidal, most have a lot of baggage to get past now that they've figured out that fighting how God made them is pointless." Notice that Matt's story is not unique, but rather typical. And note that these men were not casual about trying to change their sexual orientation: they were "fighting" to change it.

But, most of all, note that reparative therapy did not help these men nor have a merely neutral effect on them; it made them worse. The men who went through reparative therapy, Matt says, "are in especially bad shape." In some cases, to the point of being suicidal—that certainly qualifies as "bad shape." Because they are gay? No! Rather, it was because they tried to stop being gay, and they tried to be stop being themselves. What kind of therapist would try to get a client to stop being himself? No thinking therapist would do a thing like that—this isn't therapy, it's anti-therapy.

When prejudice and homophobia mask as science and psychotherapy, and when the stakes are so high in terms of harm, it is our duty to protect clients. Both for their sake and for ours. For theirs because a person's sexual orientation is at the very center of their spirit and their identity. Nothing is more sacred or intimate. If we start messing around with that, we harm them in the very depths of their being.

**"When prejudice and homophobia mask as science and psychotherapy, and when the stakes are so high in terms of harm, it is our duty to protect clients. Both for their sake and for ours. For theirs because a person's sexual orientation is at the very center of their spirit and their identity."**

**- Warren Hollerman**

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## *Reparative Therapy: Is it Malpractice? (cont.d)*

And for our sake, too. Imagine what people will think of family therapy a generation or two from now if we allow licensed practitioners to monkey around with people's personalities and sexual orientations: "How could you do that to the very people you were supposed to help?"

My mother used to tell me stories about performing lobotomies and involuntary sterilizations during the 1940s and 50s when, as a young nurse anesthetist, she worked in the state mental hospital. Within a few short years, it would all seem so medieval and so wrong. These lobotomies and sterilizations were not methods of healing based on science but methods of social control based on ignorance and prejudice and the abuse of power. I believe that reparative therapy is to our generation of mental health professionals what lobotomies and sterilizations were to my mother's. Both in terms of the profound effect on the client's personality and sexuality, and in terms of the role that ignorance, prejudice, and the abuse of power play in the motivation of the mental health professional. If this isn't malpractice, I don't know what is.

**Warren Hollerman, Ethics Chair**

## *Anxiety Buster*

Thanksgiving is over and the next holidays begin. Businesses beckon us to buy their products. The popular media fills our brains with all sorts of "important" information such as: Who is the new co-host going to be for a popular daytime TV program? Who has received the distinction of being labeled the sexiest (wo)man? What's the update on the latest scandal to hit the airwaves?

I often wonder how being in a 21<sup>st</sup> century, instant communication society affects our brain cells. How does this information improve our well-being, add to our knowledge of ourselves in an ever expanding universe, or challenge our critical thinking? I imagine not very much, if at all. Did you by any chance catch either "My Life as a Turkey" or "What We Can Learn From Bees?" They were on public TV and radio, respectively, and I found them fascinating. {I don't have cable.} I think my brain cells were stimulated!

I've decided to stop and think through how I want to live more fully in this hustle and bustle atmosphere. In a time of societal regression, with anxiety out the window, I've decided I don't have to be sucked into the morass. While many find blame the way not to take personal responsibility, others are thinking there are alternatives. I am one. I've made a list, in no particular order, of things I want to change or modify.

First, I'm going to enhance spending time and/or communicating with family and friends and colleagues. In Houston, that means my spouse, my younger sister and her family, and my 99 year old aunt.

**Continued on next page.**



**Remember that during these holidays, you prioritize giving as much as receiving.**

**We here at HAMFT wish you all a very happy holiday season and hope you have a safe and joyous New Year!**

## *Anxiety Buster (cont.d)*

Out of town, it includes my two children, my middle sister, my niece and nephew, my 90 year old aunt, my two cousins and their families and some newly discovered family members. Phone calls and/or notes to a diversity of colleagues and friends from around the world will be thought through, too. This is important to me as emotional and physical cut-offs are pronounced in my family.

Secondly is choosing how I will eat. From adolescence to young adulthood, I yoyo-ed between weight loss and weight gain. I remember taking Dexedrine, prescribed by my dad, and I remember starving myself, then, eating too much, especially sweets. I have gained fat in the last couple years and I am determined to take it off. I have a family wedding coming up in February. Good motivation! I'm committed to keeping a journal, writing down what and when I eat, and cutting way down on the desserts. Also, half portions will help me with the old adage: "Eat everything on your plate." Isn't it interesting how many billions of dollars are made in the weight loss industry when we know two things will help us lose weight: 1) portions, and 2) what we choose to put in our mouths.

Thirdly, along with eating better is exercise. I was doing so well when I had a trainer who said "show up" and I did. The fat needs to turn into muscle. So, I'm going to commit to either going to the gym or jogging/walking on the bayou five times a week. Strength training, spinning and Zumba dancing will be included. I enjoy it. I just need to show up. Again, I'm going to write it down. There's something about writing it down that makes it more of a commitment.

Fourth is humor. I believe everyone needs to laugh. What comes to mind is a program called "Wait Wait Don't Tell Me" on NPR {National Public Radio}. It makes fun of everything and everyone from the past week's news. It's good for an hour's worth of laughter. As Norman Cousins, former editor of the Saturday Review, said in his book, recounting an illness: Laughter is healing.

Fifth is taking time out. Since for me getting the creative juices flowing is doing five things at once and thinking how great this is, taking time out is crucially important. To meditate, read, write, listen to music or do absolutely nothing, is an area of challenge. A few days ago, I listened to a talented musician play the hung, an instrument made for individual owners by a couple in Bern, Switzerland. It looks something like a mini flying saucer, is played like a drum with ones hands on and has a mystical sound. What an incredible experience. I want more of these.

Well, these are five areas of my life I've begun to edit. This is me. What about you?

**Sally Eisen Miller**  
**President Elect, HAMFT**

**"Along with eating better is exercise. I was doing so well when I had a trainer who said "show up" and I did. The fat needs to turn into muscle. So, I'm going to commit to either going to the gym or jogging/walking on the bayou five times a week. Strength training, spinning and Zumba dancing will be included."**

**- Sally Miller**



## Reflections and Thoughts with Leslye Mize (cont.d)

### ***Did you choose family therapy or did family therapy choose you? How so?***



I think it probably went both ways. In 1974, my husband Mike and I both entered the second class of trainees for the Alcoholism Counselor's Training Program in the US due, in part, to our experiences growing up in alcohol abusing households as children and we completed the training in 1976. It was held on the UH campus.

We both decided if we were going to work in alcoholism treatment (which we were encouraged to do by the trainers in the program we attended), we would need masters' degrees so we found UHCL which was near our home.

Since I was working as a graphics designer and identified as an 'artist' at the time, I started off in Art Therapy but took a Family Art Therapy course taught by Linda Bell and Harriet Wadson in 1978 and was caught in the spell of family systems thinking.

I then took another 40 hours to finish the Family Therapy Program. I graduated with a 78 hour master's degree J! Family Systems thinking just made so much sense to me.

Certainly my relationships with those around me was affecting my mental health on a minute by minute basis and collaborations were profound to who I was.

When I had the opportunity to do doctoral studies, I had to find a systems based theoretical program so I was lucky that it all came to fruition.



### ***What is one of your earliest memories of teaching a family therapy class?***



I remember my first Advanced Family Therapy class in 1989 and I remember how impressed I was with the students in that class. They were truly remarkable people and I was amazed at the program's ability to draw such open and curious participants to the program every year after that as well.

When I was in the program as a student, I also admired the students so the program has always had this almost magical process of drawing in remarkable people. Many of the people were from different cultures, professions, ages, and walks of life but they all had something in common – their love for the idea that mental health processes happen between people in relationship with one another. AND, they were all impressed with that idea of the power of connection whether good or bad.



It was always a pleasure to teach about the power of connection and how we are created in those moments. I got to do that every day almost throughout my career and what a privilege to teach such profound truths for me. In my job, I always got to be myself and speak what was very real and relative to me and that was always such a privilege. It was a perfect fit almost always and I have been so blessed! Not many people can say that and I am so grateful for those opportunities.

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## HAMFTips

In an effort to better support the LMFT community, HAMFT is proud to present **HAMFTips!**

This section is dedicated to keeping therapists “in the know” to happenings regarding our license and ways HAMFT can help.

### **Moving? Changing Jobs? Upgraded License?**

While work continues on our Membership Roster to make it the best and most accessible that we can provide, it's important to us that we are able to keep connected to YOU, our members! With so many interesting programs and great newsletters jam-packed with good information, you'll want to stay 'in the know' with HAMFT. To make that easier for us, please be sure to contact our Membership Committee when you change email addresses, work/home address/phone numbers or even employment!

ALSO, unless you are reading the LMFT Rules and Regulations regularly, you might not remember that the State Board needs to know the following things too! In fact, they have a deadline of 30 days to inform them of changes such as these! If you're one of the lucky folks who doesn't move or change jobs often, this could easily slip your mind. And this is not just for the fully licensed among us! This goes for those of you who are post-grad Associates as well! In fact, just as a reminder, here are the rules as stated, courtesy of [http://www.dshs.state.tx.us/mft/mft\\_rules.shtm](http://www.dshs.state.tx.us/mft/mft_rules.shtm):

§801.49. Licensees and the Board.

- (a) Any person licensed by the board is bound by the provisions of the Act and this chapter.
- (b) A licensee shall report alleged misrepresentations or violations of this chapter to the board.
- (c) The licensee shall report name changes, any changes in home or business, address or phone number, employment setting, or other relevant changes to the board in writing and signed within 30 days of the change.
- (d) The board is not responsible for any lost or misdirected mail if sent to the address last reported by the licensee.
- (e) The failure of a licensee to timely respond to a request from the board or staff for information or other correspondence is unprofessional conduct and grounds for disciplinary proceedings.
- (f) A licensee shall provide documentation to the board within 30 days of the granting of an academic degree relevant to the practice of marriage and family therapy.

### **Did you know.....**

You can get email information related to updates on Texas MFT Rules? Follow this link to subscribe for updates:

[https://public.govdelivery.com/accounts/TXHHSC/subscriber/new?topic\\_id=TXHHSC\\_301](https://public.govdelivery.com/accounts/TXHHSC/subscriber/new?topic_id=TXHHSC_301)

If you have any “tips” you want to share with your colleagues, please e-mail Rene Garcia, editor for the newsletter, at [r\\_garcia31@yahoo.com](mailto:r_garcia31@yahoo.com) with the subject line reading: HAMFTips.



**Have a tip you want to share with the HAMFT community?**

**E-mail all tips to Rene Garcia, [r\\_garcia31@yahoo.com](mailto:r_garcia31@yahoo.com) and be published in our newsletter!**

## Reflections and Thoughts with Leslye Mize (cont.d)

**One of the ways that you have kept the family therapy program relevant is by teaching and incorporating tolerance and education on topics that were not yet in the forefront: ageism, gay/lesbian/transsexual issues, minority challenges, incorporating counseling with family medicine, etc. How did this help your students and strengthen the family therapy program?**

I am not sure. I think that I was interested in what I thought was cutting edge in the field and I wanted students to know what was exciting and creative. Since I was in an active private practice, I also wanted to bring what I was seeing in my practice into the classroom.



I was also encouraged by my teachers/colleagues, Linda Bell and Cheryl Rampage, who founded the program, to keep up the commitment to diversity, culture, and equality. They were great mentors and remarkable women who believed in the importance of empowerment and self of the therapist values and embedded them into the fabric of the program.

Since I believe so strongly in them as well, it seemed the perfect spot for me to continue carrying the banner and add to it when I could. I hope I was able to encourage students to be honest with themselves and to see that as a great accomplishment. The ability to be truly present with others and open oneself up to the present moment is not easy but is so therapeutic to oneself and the other.



**A strong component to the family therapy program is the diversity of students within the program. How has this impacted our profession and the program at UHCL? How has it been a model for other programs at universities?**

The university and the program are so fortunate to be located in Houston. Houston is such a rich cultural gateway and there are so many remarkable opportunities to explore new cultures, languages, and experiences so close to home. I think the commitment the faculty members always had to supporting the most diverse learning experiences possible was what made the program challenging and empowering. Just by the interactions in the classes with students from diverse backgrounds and experiences made the learning process remarkable.



The faculty worked at that and even though we may have disagreed on other issues, we all seemed to value those experiences. I do think the program was for many, many years the best model I know of anywhere for this process. The Commission on Accreditation for Marriage & Family Therapy made a visit around 2005 and the ED at the time said our internship process was the very best he had ever seen and was a model for others from his view. I was so proud of that comment!



The program has been appreciated world wide for the work it has done in the enrichment of diverse ideas and diverse cultures in the learning process. I think it was the best part of the program along with the challenge to examine one's self of the therapist issues. We also exposed students to a wide diversity of ways to think about therapy and how the therapist held herself or himself 'in the process'. We did not want to make people think a certain way or 'our way' so we supported diverse ways to do therapy too. No cookie cutter approaches, but of

course that made it harder as well. I think that each and every one of us were blessed with being in the program in whatever role we had.

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## Reflections and Thoughts with Leslye Mize (cont.d)

**As you retire, what are some of your hopes for the program? What do you wish to express to all of your students (present and past)?**

I think the program is in transition and that is very good. No learning process should always stay the same and I think it is time to bring in new ideas, which is happening. It is exciting to know that there is a new generation of faculty members who are bringing their expertise to the program. They are certainly aware of the history and have shared their appreciation for its successes.



We hand picked this new generation and appreciate very much all that they will bring to the program. Dr. Brent Bradley is an Associate Professor and is currently the Director of Training. He is working to streamline the program and bring his expertise in Emotionally Focused Therapy to the community. Dr. Jared Dupree is an Assistant Professor and has a strong interest in family businesses and family therapy along with a strong support of diversity issues in the classroom. He is fluent in Spanish and has lived in Spanish-speaking countries for several years. Dr. Desiree Seponski is an Assistant Professor and graduated from the University of Georgia in MFT. She just returned from a Fulbright in Cambodia and will bring a rich research agenda to the program.



This is her first year so we will look forward to her wonderful energy!



My hopes for the program is that it will continue to produce the vast numbers of family therapists and leaders in mental health in Houston, US, and worldwide as it always has and that they will continue to make a difference to mental health communities everywhere. We have graduates in and from England, Pakistan, UAE, China, Japan, San Salvador, Mexico,



Argentina, Brazil, and Korea and of course all over the US. I am wishing for this contribution to continue.



**What do you look most forward to in this next phase of your life: retirement?**



I am really excited about retirement as I see it as an opportunity to experience new things and find new parts of myself.

I am taking a drawing class that is so much fun and I am working with the League City Police Department on helping them set up a Family Violence Unit. I



am also doing some environmental work in the community such as working in community gardens. I love to garden and am out of doors as much as I can be. I was also part of a city focus group that helped save a 100 year old oak tree and that was a very gratifying experience. We will also be taking some trips soon to Lake Tahoe and Sicily/Italy. There is so much on the horizon and I am really looking forward to new adventures in



the future.

I may be back in private practice in the next year or two but in meantime,

I am going where the moment takes me!



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## *Reflections and Thoughts with Leslye Mize (cont.d)*

Once again, all of us at HAMFT would like to thank Lisa Salazar for all of her hard work in conducting this interview as well as putting together this article.

If you have not had the chance, please visit our [May/June 2011 Newsletter](#) where Lisa submitted an interview she did with author TH Waters.

If you have any comments or questions, please send them to [r\\_garcia31@yahoo.com](mailto:r_garcia31@yahoo.com)

## *Announcements*

### *Collaborative Practices: Clinical & Community Contexts*

**Presenters:** Saliha Bava & Sue Levin

**Dates and time:** Thursday & Friday, February 2 & 3, 2012 9 am – 5 pm

**Location:** Houston, TX- TBA

**Description:** We will focus on key ideas of Collaborative practices as applied to individual, couples and families in clinical and community contexts. Participants will use case material along with customized exercises designed to create experiential exploration of: Conversations and Relationships that make a Difference, Ways of Generating Meaning, Creating Hope and Possibility Conversations, Staying in Connection and Sync, and Connecting with Uncertainty. This workshop will be relevant to therapists, psychologists, counselors, social workers, school counselors, coaches, case managers... anyone who is working with people's lives.

**Fee:** \$375.00, Professional Fee; \$205.00, Student Fee

**Continuing Education:** 16 hours

**To Register with Houston Galveston Institute (HGI):** Download a registration form at [www.talkhgi.org](http://www.talkhgi.org). Mail or fax a completed registration form to HGI. For additional questions, call 713-526-8390 or email [admin@talkhgi.com](mailto:admin@talkhgi.com).

For more information please see our [flyer](#) or visit our [website](#).





## From Counseling to Coaching Course

### Learn the Basic Principles of *Collaborative* Coaching and How to Build a Coaching Practice

#### **A Course Designed for Mental Health Professionals**

- Learn the similarities & differences between coaching & counseling
- Identify & utilize your key counseling strengths & talents in coaching
- Learn the basics of setting up your practice & promoting yourself
- Participate in coaching & being coached exercises
- Expand your horizons & create possibilities for your career

This course is for mental health professionals who want to learn to be a collaborative coach and expand their personal achievements in life and work. It will provide an opportunity to develop and integrate individual, group and organizational coaching into your practice.

Workshop includes assignments to enhance and integrate learning into your present practice and create new career directions.

#### **Date & Times: 40 CEUs**

Session I & II: February 23 & 24,

Session III & IV: April 5 & 6

**Location:** 3316 Mt. Vernon, Houston TX 77006

**Early registration before Jan. 15:** \$700, students-\$600, **After January 15, fees will be:** \$750, students-\$650,

**Facilitators:** Harlene Anderson, PH.D. & Diana Carleton, ED.D.

*Please send this information to other forward thinking mental health professionals.*

#### **REGISTRATION / QUESTIONS**

**Counseling to Coaching, Feb. 23,24, April 5, 6, 2012 (4 sessions)**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **MC** \_\_\_ **VISA** \_\_\_ **Check #** \_\_\_\_\_

**Credit Card #** \_\_\_\_\_ **Exp.date** \_\_\_\_\_ **Security Code:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Fax or email completed form to Diana Carleton, FX (409) 744-0386**

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## *A Letter from the Editor*

The holidays are a funny time. I don't want to fester too much on what you should or shouldn't be doing; rather make a suggestion. Whoever you decide to celebrate with these upcoming holidays, have a conversation you have never had or have always wanted to have. Ask that old friend if they had the same feelings years ago as you did. Ask a parent about a lost love. Tell a friend how much you appreciate them.

The great thing about all these suggestions is that they come with a great price tag. No cost, no wrapping paper, no camping out at your local electronics stores for three days! Just conversation. Let the celebration be a result of these times we really get re-acquainted with each other. And more importantly, get reacquainted with you.

As we enter the New Year, it would be cliché to mention all the hypocrisy that comes along with resolutions. However, I challenge you to ask yourself, What will make 2012 different? I would love to know. Send me an e-mail at [r\\_garcia31@yahoo.com](mailto:r_garcia31@yahoo.com) with the subject line MY NEW YEAR answering the question "What will make 2012 different?" The most creative, thoughtful, and inspiring responses will be featured in the first HAMFT newsletter of 2012.

As we conclude this year, I believe I speak for the organization in thanking our president, Delee D'Arcy, for an outstanding job. We took on new challenges and expanded this organization in many ways, all with the shining light that is Delee. She has been a voice of joy, comfort, and fearless guidance as HAMFT grew. Thank you for all you have done. We wouldn't have been able to do it without you!!! And on a personal note, I will miss your speedy e-mail responses!

So closes one chapter for Delee, opens another for Sally Miller. I would like to be the first to officially welcome Sally Miller as the president of HAMFT for the 2012 year. We all look forward to working with you Sally and cannot wait to see what the year will bring!

I wish you all the best and look forward to what 2012 will bring. Much love.

**Rene Garcia**  
Newsletter Chair & OLLU Student Rep

