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FALL 2025 NEWSLETTER

THE MFT LINK: FROM COUCH TO COMMUNITY

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TAMFT PRESIDENT'S MESSAGE

CARLOS PEREZ, PH.D., LPC, LMFT-S

To all TAMFT members:

I say this often: our profession is unique in its ability to think systematically about people and their lives. We're trained to think about relationships, metaphors, systems, cybernetics, crisis, trauma, communication, narratives, generations, research, policy, emotions...I could go on...but all the things that are important to our lives, these are what we work with every day.

What makes our profession unique also lives outside of the therapy room. What happens beyond the couch of therapy can impact our community in profound ways. We have members of TAMFT who are actively invested in the world outside of therapy. Some of our colleagues are serving our communities in ways that are advancing our professional reputation.

This edition of our newsletter intentionally takes the time to recognize some of the amazing work our members are doing. We have an exceptionally talented organization—therapy is just part of what we do. Our members are authors, public speakers, researchers, and international representatives of TAMFT.

In my opinion, being a marriage and family therapist does mean doing therapy, but it also means being a person who thinks about the world in different ways. Jason Northrup taught me early in my education: to think systemically is to see the whole picture, not just isolated parts, to zoom out and recognize the connections between all parts. That's what our members are doing, inside and outside of therapy. When we think about the world in different ways, we can't help but expand our expertise, be convinced of change on a larger level, to live systemically, and support each other along the way.

I'm proud to serve this organization. I keep seeing what we're doing and what you all are doing. This is a small way for everyone to see what I see.

Cheers,

Carlos Perez, Ph.D., LPC, LMFT-S

President, 2025 TAMFT Board of Directors



LETTER FROM THE EDITOR

**LISA SALAZAR, DMFT, LMFT-S, LPC-S,
AAMFT-APPROVED SUPERVISOR**

Hello Fellow Colleagues,

This Fall Newsletter's theme is "The MFT Link: From Couch to Community." You will connect with MFT colleagues who are creating changes in their communities and abroad, familiarize yourself with committees through updates and ways to engage in a short-term or minimal capacity, be updated on the TAMFT conference in April, and more!

There are many benefits to a TAMFT membership, but not highlighted, are the connections made, and friendships developed. I joined TAMFT as a Student Member in 2000 and have volunteered in different capacities since. Having met Anna (Membership Committee Chair) a few years ago at TAMFT, I answered the call to volunteer on the committee and am enjoying working with familiar and new members to build the membership and recognize leaders in our field as students, counselors, instructors, and trailblazers.

As the editor for this newsletter, I enjoyed interviewing and talking with strong women in our field, who are licensed MFTs, and recognizing the importance of awareness, advocacy, and creating opportunities to be part of the conversation for systemic change with leaders and families. Our featured article is by Dr. Linda Bell, who shares how family systems became an integral part of her life journey, research, and program development. As a master's student at the University of Houston-Clear Lake in the Marriage and Family Therapy program, I took courses with Dr. Bell and remember her meditation exercise before class with her bowl, which she mentions learning back in the 70's.

As you read each of the stories shared, I would love to hear from you about how you will intentionally create change, advocate for and empower others, and further the discussion in your own communities.

Blessings to you,

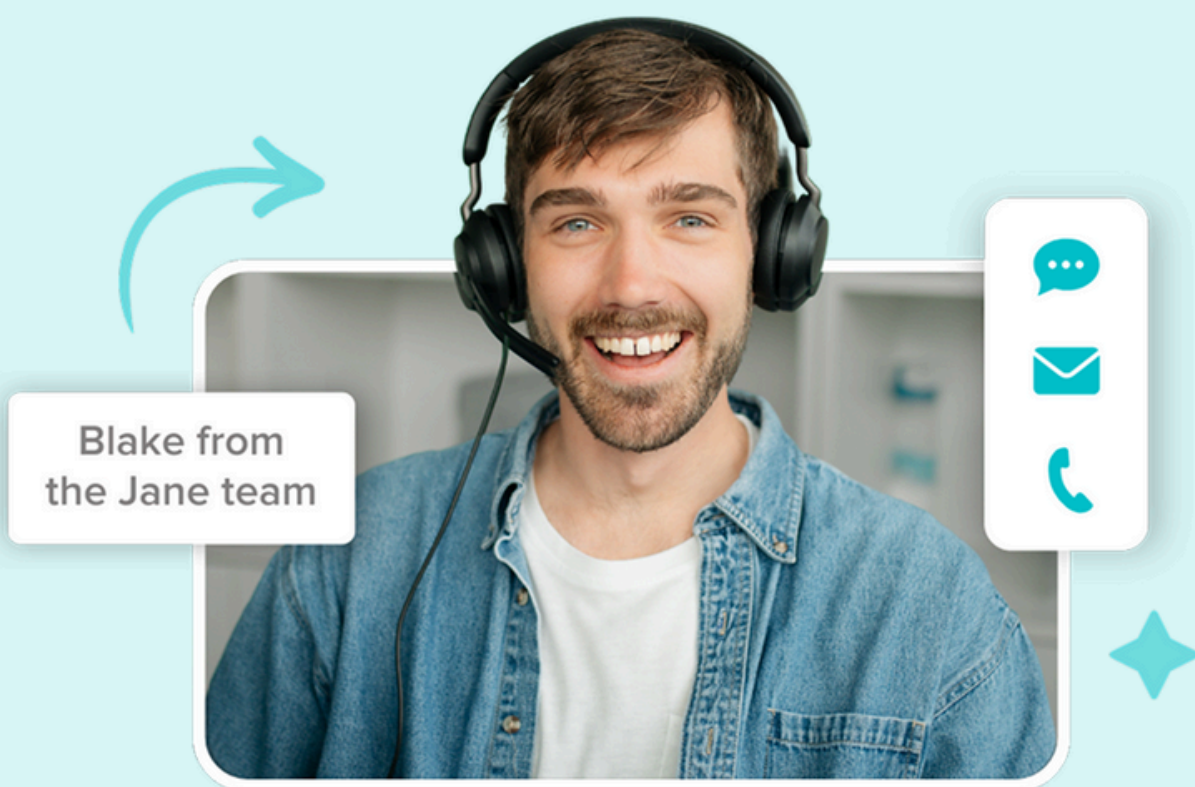
Dr. Lisa Salazar
DMFT, LMFT-S, LPC-S, AAMFT-Approved Supervisor





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REFLECTIONS WITH LINDA G BELL

Ph.D., ABPP



I was born and raised in Austin, Texas, the oldest of two daughters. By the time I was in high school, I wanted to be a psychologist so I could help people. But I also wanted to be a wife and mother (the norm for girls growing up in the 1950s). When I was 15, a sociologist asked me what I wanted to do/be. I said I wanted to go to college and study psychology, then get married and have children. He said I could do both, which I did! I married sociologist David Bell, and had three children who are now adults. I also pursued my degree in psychology for two years at Oberlin and later at UT Austin.

For graduate school, I was torn between research and clinical psychology. After my husband and I both served in the Peace Corps in Africa (Senegal and Liberia) for two and a half years, my husband and I separated for 2 years to attend different Ph.D. programs – I was at Duke; he was at Johns Hopkins. As it happened, due to a referral, I was accepted into a very good social psychology Ph.D. program. But at some point, I decided to also take the clinical psychology courses. My introduction to clinical therapy was, of course, Freud. This led to my interest in the work of his daughter, Anna Freud, who worked with children and created psychoanalytic child psychiatry. Anna Freud's work recognized that it was most important to treat each child as an individual, which resonated with me and impacted the future work I would do.

After my coursework, I moved to Chicago to be with my husband. There, I accepted a clinical internship with a mentor who had just completed a two-year training program in family therapy. After that internship, I received a postdoctoral research grant to study the relationships between family process and child development, based at the University of Chicago. While doing the research, I also completed a two-year family therapy program at the Chicago Family Institute. I looked for both teaching positions in social psychology and for internships in clinical psychology. I ended up in a clinical internship with a mentor who had just completed a two-year training program in family therapy. After that internship, I received a postdoctoral research grant to study the relationships between family process and child development, based at the University of Chicago.

One of my professional accomplishments is the Family Legacies Research Project. Starting in 1974, when I was a National Institute of Mental Health postdoctoral fellow at the University of Chicago, and ending in 2020, I conducted a unique 40-year longitudinal study of families with adolescents in the U.S. and Japan. The study measured family systems and family relationships across generations and their effect on individual health. My 40-year research project studying family and marital systems had a major focus on individuation (mutual respect, mutual validation) – treating each person as an individual!

As a result of this research, approximately thirty articles and two books have been published. While working on the research, I also completed a two-year family therapy program at the Chicago Family Institute.

In 1975, I, a part-time faculty member at the University of Houston-Clear Lake, had taught a course in family therapy, which created an interest and discussion among students and the dean to hire a family therapist. The dean wanted a social psychologist as well, which he got two in one with me. In 1976, I initiated and, with Cheryl Ramage, developed, directed, and maintained a nationally accredited training program in family therapy at the University of Houston-Clear Lake. The program included two semesters of practicum at the university counseling center, followed by a one-year internship in the community. The family therapy program focused on families as systems, starting with videos of early family therapists, and including a focus on learning about students' own family experiences growing up.

I learned to meditate in 1976, at the same time I was coming to UHCL. I tried, but couldn't see any way to combine family therapy and my interest in meditation. Then one day, during a disruptive family therapy session (I had tried every technique I could think of to stop the fighting between the adolescents and their parents). Anyway, at some point, without planning to do so, I fell back into a deep meditative state and just sat there while my brain kept telling me to do something – but I just sat. After a few minutes, the room went silent, and then the family started a meaningful conversation. I had found my connection. I started working on and teaching meditation-supported therapy, even though it was not a supported therapy at that time.



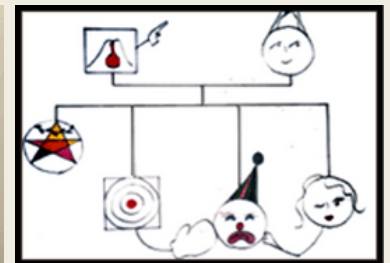
As part of my research program, I spent a two-year sabbatical (1985-1987) in Japan at their National Institute of Mental Health (NIMH). It just so happened that family therapy was starting up in Japan, and the center for it was at the Japanese National Institute of Mental Health in Ichikawa, China – one-way mirrors and all. I spent the two years in Japan interviewing families as part of my research, but also teaching and doing family therapy. I provided supervision and training in family therapy to many Japanese therapists through various Japanese clinics, hospitals, and universities at a time when family therapy was just starting to grow as a profession in Japan.

In the 1990s, I created groups for experienced therapists focused on meditation and mindfulness in psychotherapy. The groups lasted three to six months and involved music, meditation, family of origin work, discussions, mindfulness techniques, and journaling. The groups also participated in a three-day meditation retreat. In 2009, I published an article based on my work: [Click Here](#).

In 1990, and again in 1991, I proposed a workshop on meditation-supported therapy to the Texas Association for Marriage and Family Therapy. Both times, the workshop was rejected. The reason was that it was spiritual, not scientific. I finally presented it in 1992. Later, I included meditation in my teaching, including three minutes of silence at the beginning of classes, and conducted three-month-long courses in meditation-supported therapy for therapists in Houston. Today, mindfulness therapy is a meditative practice that is very well a part of therapy and seen as quite useful for clients and therapists alike.

As other universities began to develop family therapy programs, the UHCL family therapy program was selected as a model program in the State of Texas in 1986. In the 30 years I was involved with the program at UHCL, I helped train approximately 400 master's-level family therapists. I am quite proud of the program I helped create, which lasted for 50 years, and I enjoy visiting with my students, now colleagues, when our paths cross.

Leaving UHCL after 30 years, I joined the faculty of Indiana University in Indianapolis. While in Indianapolis, I did volunteer work at a women's prison. Part of that work was the creation of a family healing course, Family Matters. The course covers everything from family of origin issues to grief, managing conflict, how to listen effectively, child development, and parenting from prison (see lindagbell.com). On my webpage, you will receive access to free materials for the Family Matters Recovery Workbook in English and Spanish, and Leader's Manual, and Certificate for group members. The course was created over a five-year period and can be adapted to fit the needs of your members and yourself, as a group facilitator.



Meditation and family therapy are still important parts of my journey. I am now doing teletherapy at age 81. I keep more notes to jog my not-so-great memory. I use a combination of Cognitive Behavioral Therapy and family systems. I always draw a genogram. I have become more comfortable including personal reflections. And, where possible, I encourage people to meditate.

CHECK OUT TAMFT MERCHANDISE



T-SHIRTS, TANKS, MUGS & MORE!



JOIN TAMFT TODAY!

By joining TAMFT, you show your commitment to advancing marriage and family therapy in Texas

Other member benefits include:

- Involvement in legislation that directly impacts your career
- Access to Texas-based attorney with free consultations
- 12 free CEUs each year, plus bonus webinars (\$360 VALUE)
- Discounts on conferences, online courses, tuition/services and more
- Networking with like-minded individuals



TAMFT.org/Join-TAMFT

COMMITTEE UPDATES

MEMBERSHIP COMMITTEE UPDATE

Members: Anna Thomison, co-Chair; Hannah McKinnies co-Chair; Kristin Warren, Secretary; Raymond Gao, Lizee Nunez Love, Lisa Salazar, Layla Scott, Board Liaison; Ellen Pace, Deanna Barrett, Sofia Georgiadou

YOU WOULD BE A GREAT FIT FOR THIS COMMITTEE IF YOU ARE:

- Passionate about your professional identity as a Marriage and Family Therapist and interested in connecting to other MFTs by building a state-wide, inclusive professional community.
- Desirous of expanding TAMFT's membership base within each membership category.
- Proficient with writing and/or developing social media content to engage our membership body in new and creative ways.

JOIN OUR

TEAM



We are excited to have TAMFT Awards nominees coming up soon! There will be more information sent out via email and social media; however, we want you to begin thinking about what you would like to know that is well deserving of recognition.

Please visit our TAMFT site: [TAMFT Awards and Recognition](#) for more information on the awards and who has been recognized before.

Volunteers Needed for an Awards Selection Committee:

Once nominees are submitted, we are seeking members to review applications and determine the winner. It will take a few hours of your time, at your convenience, to select your nominees. More details to come!

Newsletter Staff:

Would you like to help out with behind-the-scenes work for our quarterly newsletters? From selecting themes to interviewing MFTs in the field and highlighting their accomplishments to helping with other creative tasks, please click the link below to apply. This is not only a great way to give back to your community but also looks great on resumes and is a fun team to volunteer with.

LEARN MORE



GOVERNANCE COMMITTEE UPDATE

Members: *Layla Scott, Chair, Board Liaison; Carlos Perez, Sofia Georgiadou, Angela Hayes*

As we carry this momentum forward, our committees and leadership are committed to keeping the needs of our members at the center of our work. In the months ahead, we will be introducing new ways to engage with one another, highlighting the expertise and achievements of our community, and expanding our partnerships with organizations that share our values. We are also exploring innovative formats for continuing education and advocacy to ensure that our members are well-supported in their professional growth. In the coming weeks, we will officially introduce some initiatives our board has been working on for the last several months. These initiatives will aim to expand the reach of our organization.

Together, we are shaping a future where our association continues to thrive as a trusted resource, a strong advocate, and a vibrant community. Thank you for being part of this journey with us—we look forward to sharing updates, celebrating successes, and working alongside each of you in the year to come.

EDUCATION COMMITTEE UPDATE

Members: *Alycia DeGraff, co-Chair; Chris McClung co-Chair; Leila Anderson, Secretary; Federico Mendez, Board Liaison; Michael Argumaniz-Hardin; Karishma Arya; Taryn Durham*

The Education Committee is committed to providing accessible, high-quality continuing education that addresses the needs of TAMFT members and the wider community of mental health professionals through monthly webinars and other educational offerings. Here are some highlighted webinars that focus on exploring theory and integrating it into practice.

This past August, Dr. Christine Hargrove presented an excellent presentation titled: Money Talks: Addressing Financial Issues in Couples Therapy. This webinar offers a practical and research-informed guide to understanding and treating financial issues in couples therapy. Dr. Hargrove teaches how to help couples identify their individual assumptions about the meaning of money and use this as a foundation for deeper, more collaborative financial conversations. She also teaches how to help couples distinguish between logistical challenges (like budgeting or debt) and emotional patterns (like control, fear, or shame).

For other clinical applications and theory-based webinars, check out our May webinar, The Virginia Satir Parts Party: An experiential telehealth demonstration of couples' therapy, or our April Webinar, Clinical Foundations: How Systems Theory Defines and Distinguishes MFT Practice.

Be sure to look out for our November webinar, which will focus on clinical applications for working with military personnel and veterans.

ETHICS AND SOCIAL JUSTICE COMMITTEE

Members: *Angela Hayes, Chair; Layla Scott, Board Liaison; Deanna Barrett, Paula Boros, Michael (Charles) Flynn, Aaron Maleare, Felicia Holloway, JoAngeli Kasper*

It's been a quiet summer for the Ethics and Social Justice Committee. We've continued working on a couple of projects that we are hoping to reveal in the new year. One project that we are excited about is a new take on the old ethics essay competition. We plan to hold a video essay competition with prizes for the top three winners. We are currently working on the prompt and the scoring criteria. The winners would win prizes and have their video essays shown on TAMFT social media and at conference. If that sounds interesting, keep an eye out for your opportunity to enter!



SAVE THE *Date* APRIL 9-11, 2026

CONFERENCE COMMITTEE

Members: Hannah McKinnies, Chair, Board Liaison; Brandon Gardenhire, Neli Morris, Adam Jones

Hello from the Conference Committee! We're going to begin reviewing the submitted proposals for the Annual Conference and will share more updates soon. If you submitted a proposal, keep an eye on your inbox—notifications for selected presentations will go out the week of October 20th.

REGISTRATION COMING SOON

Registration for the Annual Conference, which will be held April 9-11, 2026, in Galveston, will open later this fall. We're excited to welcome you to this inspiring and energizing event!

SPONSORSHIP OPPORTUNITIES

Now is a fantastic time to become a sponsor! We have big plans in motion, and your support can help bring them to life. If you or someone you know would benefit from sponsoring our organization, we'd love to connect: info@tamft.org.

Stay tuned for more updates and opportunities to get involved!

LEGISLATIVE COMMITTEE

Members: Tim White, PAC Chairman; Hannah McKinnies; Mercedes Burk; Wen-Mei Chou, Board Liaison to BHEC; Karen Diliberti, Kristi Phillips; Leila Anderson; JoAngeli Kasper; Marion Vickerman; Chase O'Neal (Liaison to the Austin Association)

Traditionally, the summer months are a quieter time for legislative activity, and this year has been no exception. While there are fewer updates to report during this season, our committee continues to monitor developments closely and prepare for the work ahead. Advocacy never pauses—it simply shifts its pace.

As marriage and family therapists, we know the power of relationships to change lives. But the future of our profession—and the families we serve—depends on strong advocacy.

The TAMFT Family PAC exists to ensure that the voices of Texas marriage and family therapists are heard at the Capitol. Your contribution directly supports legislative efforts that protect our licenses, expand access to mental health care, and strengthen families across our state.

We cannot do this without you.

- Your donation amplifies our voice.
- Your donation safeguards our profession.
- Your donation helps us advocate for the families of Texas.

Whether \$25, \$50, \$100, or more, every gift makes a difference. Together, we can ensure that policy decisions reflect the values of family, healing, and community. Donate today to the TAMFT Family PAC and stand with us in protecting the future of marriage and family therapy in Texas.

Give today. Invest in tomorrow. Strengthen families.

DONATE NOW

STUDENT CORNER

MEMBERS

JoAngeli Kasper, President; Mia Maples, President-Elect;
Rae Morris, Social Media Representative; Emily Saldivar, Secretary;
Deanna Barrett, Ethics & Social Justice Chair, University Liaison

TSAMFT Student Membership Drive is Here!

Are you ready to connect, grow, and lead as a Marriage & Family Therapy student in Texas? When you join TAMFT, you automatically become part of TSAMFT—your statewide student community dedicated to:

- Building leadership, networking, and collaboration among MFT students across Texas
- Connecting you and your program with TAMFT
- Hosting annual student events at the TAMFT Conference to connect you with peers and licensed clinicians

Membership Benefits Include:

- Discounts on conferences & online learning
- Tuition discounts (National, Texas Wesleyan)
- Exclusive Gottman Institute training discounts
- Free/discounted CEUs + access to an online community
- Attorney & accounting consultations
- Supervisor directory + exam prep resources
- Opportunities for leadership & service

Join before November 15, 2025 and receive 20% off your membership fee (see TAMFT socials for an exclusive discount code) and be a part of the statewide movement shaping the future of MFT in Texas!



JUST SCAN THE QR CODE TO JOIN US—WE CAN'T WAIT TO CONNECT WITH YOU!

These are the upcoming meetings for the year:

- TSAMFT Board Meeting; Saturday, 10/4/2025 at 10:00 AM CST
- Peer-to-Peer Connection; Saturday, 11/1/2025 at 10:00 AM CST
 - From Classroom to Career
 - Join us for From Classroom to Career: Leveraging TAMFT Resources as a Student. We'll explore how you can use your TAMFT student membership benefits right now—from exam prep and supervision resources to mentorship connections and professional discounts.



LEARN MORE



National EXAM PREP

TAMFT offers a suite of resources to help students prepare for the national licensure exam, including recordings of our Exam Prep Workshop, a Practice Exam & Answer Explanations, and an MFT Terms Glossary.

HEALING IN SYSTEMS, NOT SILOS

One LMFT harnessing systemic therapy to support mothers, therapists, and Black expats

Tori Prophet, LMFT, PMH-C

My journey toward marriage and family therapy began when I worked as a research assistant at a nonprofit that trained volunteers to advocate for abused and neglected children. There I saw the limits of individual-focused care and became convinced that durable change occurs within family and community systems, an insight that drew me to systemic family therapy.

Then my life took another defining turn when I gave birth to my daughter. Her birth was traumatic, though I lacked the language then and didn't know perinatal mental health existed. What I did know was that becoming a mother cracked me open. It awakened in me a deeper calling to hold sacred space for women in transition, space for healing and expansion. Since then, my work has always been about weaving systemic change, nurturing the individual while strengthening the relational webs that sustain her.

That perspective now informs everything I do. In my therapy practice, I use Brainspotting to help mothers heal from traumatic births and support therapists navigating motherhood, compassion fatigue, and vicarious trauma. In my coaching work, I create global communities for women over 40, spaces to break molds, claim joy, and build lives once thought impossible. Nervous system education is central to my entire body of work, helping women understand how their bodies and environments interact in ways that shape healing. This perspective is especially vital in my support for Black women living abroad, many of whom are navigating systemic oppression while seeking safety, trust, and community.

The theories that guide me most are Bowenian Family Therapy, with its focus on intergenerational patterns and differentiation, and Contextual Family Therapy, which emphasizes fairness, trust, and relational accountability. Together, they shape how I hold space for mothers reclaiming their narratives and Black expats healing from systemic wounds while building community.

ABOUT THE AUTHOR

Tori Prophet, LMFT, PMH-C, is the founder of Designed to Heal Maternal Mental Health Center. She helps mothers heal from birth trauma, supports therapists navigating motherhood, and creates global coaching spaces for women over 40.

Learn more at www.designedtoheal.org, connect on Instagram @prophetmother, or explore her coaching community at ournextchapter.mn.co.



Family Systems, Chronic Illness, and Relational Resilience: Insights from Dr. Huelett-Lyons

Dr. Brittany Huelett-Lyons serves as an Assistant Professor of Marriage and Family Therapy at Texas Woman's University and is the founder of Lighthouse Counseling, a private practice located in Frisco, Texas. Her clinical and scholarly work centers on how families navigate the enduring impact of chronic illness, with particular emphasis on clinical supervision in both integrated healthcare and traditional therapy contexts.

Her approach is grounded in narrative family therapy, a framework that facilitates meaning-making around illness experiences, deconstructs constraining narratives, and supports the reauthoring of stories that reflect clients' values, strengths, and preferred identities. This modality enables families to reclaim agency and engage illness as a shared experience rather than a defining condition.

Dr. Huelett-Lyons's recent research, published in *Family Systems & Health*, investigates the lived experiences of young couples navigating sickle cell disease (SCD) within the context of healthcare engagement. The study highlights how relational coping is shaped by the strategies couples employ in response to systemic challenges encountered in medical settings. For African American families—who represent approximately 90% of individuals affected by SCD in the United States—these interactions are often mediated by structural inequities, including experiences of marginalization and reduced clinical responsiveness. The findings underscore the critical need for family-centered care models that attend to relational processes and are responsive to cultural and contextual factors.

Marriage and family therapists are uniquely equipped to address these complexities by moving beyond individualistic frameworks that bifurcate “patient” and “caregiver” roles. A systemic orientation allows clinicians to support collaborative coping, relational resilience, and more equitable engagement with healthcare systems.

Dr. Huelett-Lyons welcomes opportunities for interdisciplinary collaboration, dialogue, and shared inquiry. She may be contacted at bhuelett@twu.edu or through the AAMFT Family Therapists and Healthcare Topical Interest Network.



Brittany Huelett-Lyons, Ph.D.

LISTEN TODAY!



Apple Podcast



Spotify Podcast

Q&A WITH MAHTAB MORADI, MA, LMFT

What led you to pursue MFT path?

During the first two years at UT Austin, I was mostly undecided with my major, going back and forth between anthropology, sociology, and child development. It was a conversation I had with my late father that really helped me narrow down the choices. My parents' only request from me was to pursue a career that I felt passionate about. When I asked my father his opinion about my three choices, he asked which one I could see myself using in my day-to-day life. Then suddenly it made sense to me to choose Family Studies since it combined my love for kids and the acumen to understand and navigate healthy family dynamics. This felt very congruent with my cultural identity and my core family values. I had the privilege of having a stay home mom who helped shape those values and I did not want to risk those gains by choosing a career path that might force me to put my family second.

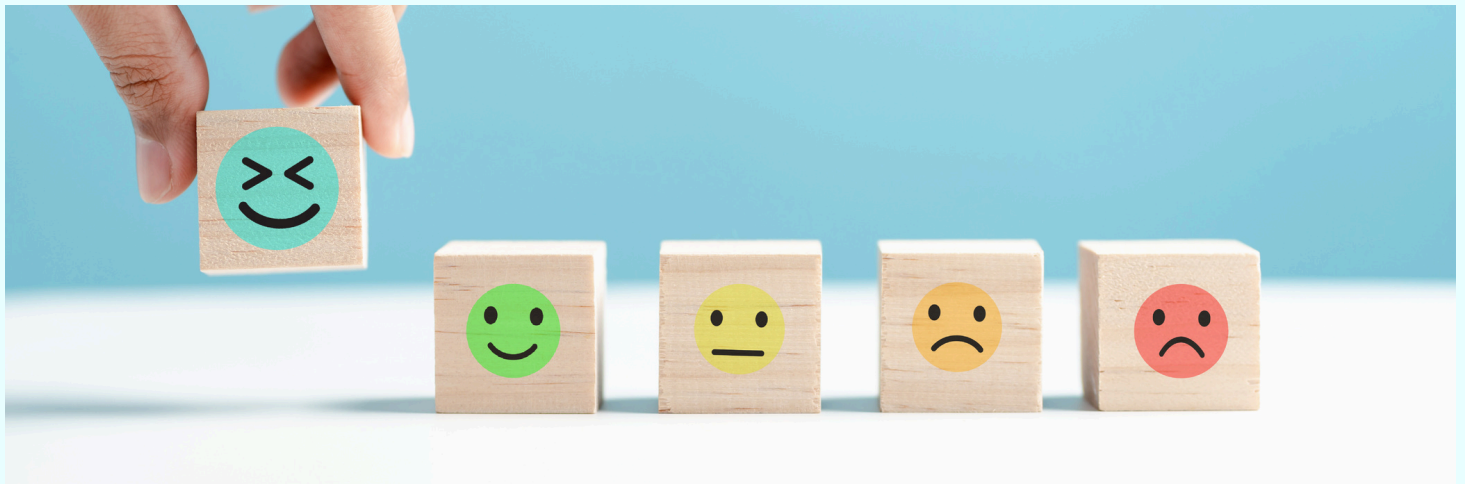
How has this impacted the work you do today and in what ways do you integrate family systems theory?

In the past two decades, I have re-invented myself as a system's clinician ten times over. I love the complexity of family systems, understanding power in relationships, working with different alliances, and how one can disrupt emotional systems and restructure relationships to create positive change. You can apply family systems to anything. And I must admit once you see it work, it's hard to stop and see the world in any other way. In addition to understanding and de-constructing complex systems, one of my favorite things about family systems is the true value and appreciation for human connection and relationships. If you think about it every important decision we make in our lives is somehow linked to a relationship. I owe so much of my career success to my upbringing and my education. We are the sum of our experiences, the choices we make, and who we choose to influence us.



How has looking through a family systemic lens cultivated the advocacy work you are doing with Ibn Sina Foundation and Rupani Foundation?

The social impact aspect of my work has been inspired by my patient's unique struggles and learning to appreciate people in their social contexts. There are many instances where we become the voice for those we are trying to help. Getting involved in community work is my way of creating an agency around that. There are certain limitations within the therapeutic space. Often, our mental health suffers because we feel alienated or not a part of something. Integration of family systems in advocacy gives clarity and a road map to help bring different levels of impact and can help clinicians feel empowered and compliment their roles. My advocacy work with Ibn Sina Foundation is primarily focused on raising awareness and tackling stigma in communities where seeking mental health services is a foreign concept. Helping capture themes mental health with a more collective label helps make it more relatable and familiar. In family therapy we strive to current patterns and understand individuals in the context of their FOO. It's less judgmental and easier to accept. I carry that sentiment when I am in the role of an advocate.



The Rupani Foundation is more centered around maternal health initiatives and promoting resiliency among families. In this space, my intention is to build context around the parental roles in family systems and help shape policies that strengthen parental alliance and the nucleus of the family system. Rupani Foundation promotes maternal health first due to key health indicators that impact children whether it's trauma or attachment problems. The mission of the program is to train parents to be their child's first teacher.

FormulaMed has provided me with the opportunity to help corporate leaders take a deeper dive into de-constructing relationships in the workplace. Family systems can help understand the hierarchy of power and help executives gauge how they can shape their teams to be more cohesive, recognize alliances, choose messaging that is neutral and inclusive, and teach leaders how to recognize their stance, their biases and how their unspoken .

MEMBER SPOTLIGHT

JACKIE WOMACK, LMFT

I am a Licensed Marriage and Family Therapist, and I strive to create a safe space for each client to explore and understand emotions and events that influence their lives. I work with couples (married or not) to improve communication and intimacy. I work with young adults as they navigate the transition from "kid" to adult. I support families through difficult circumstances or life transitions. I feel that all types of clients may increase self-understanding by examining the family system and understanding the beliefs that shape them.



JARED WILLIAMS, LMFT, LPC

For me, being a counselor is a calling. As a counselor, I blend several modalities including person-centered, CBT, solution-focused, and others to guide people to finding healing and wholeness. My sessions are laid-back and free from preconceived ideas about what is needed for each client. Being trained as an LMFT in Gottman methods, along with a certification in helping those dealing with ADHD, I'm passionate about helping people realize their full potential as individuals and in their relationships.

KATIE KEITH, LMFT

I am a Licensed Marriage and Family Therapist with the Center for Families in Transition. My passion is working with families with children navigating the process of separation and divorce. I aspire to provide supportive, relationship-focused services that provide parents and their children with the tools they need to grow into their new, two-home family dynamic with integrity. My goal is to help families not just survive separation, but to emerge healthy and resilient, equipped to build a positive future for their children.



PEI CHI LIAO, LMFT

I am passionate about helping adolescents, adults, couples, and families who feel stuck and want to improve themselves or their relationships. I strive to create a safe and warm space where you can talk openly without feeling judged. Promoting mental wellness is my calling. I provide therapy services that adopt the multicultural perspective and relate to acculturation challenges. My goal is to help you become more aware of yourselves, your strengths, and the relationship dynamics, and uncover the underlying issues. I hope to work with you together to overcome challenges and achieve the meaningful life you want to live.

Did You Know?

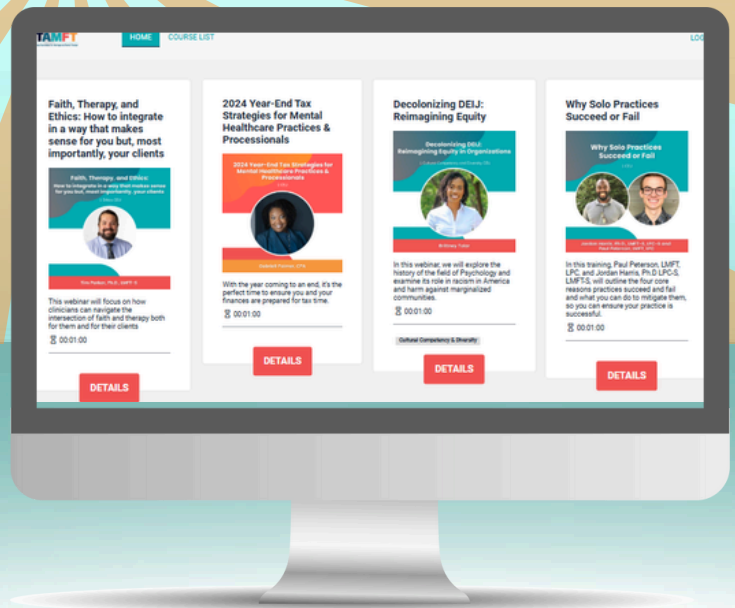
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TAMFT OFFERS A
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UPCOMING LIVE WEBINAR:

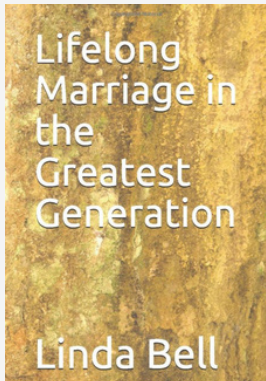
Neurodiversity Across Disciplines: A Systemic Conversation

1 Cultural Competency & Diversity CEU



Kelsey Krempin, ABA practitioner;
and Amanda Hunt, AuDHD Occupational Therapist

AUTHORS CORNER



Lifelong Marriage in the Greatest Generation

Linda G. Bell, Ph.D., ABPP

Dr. Bell reports findings from a 40-year project studying marriages and families. The book provides a snapshot of long term marriages in the “Greatest Generation.” These are couples who grew up during the depression and married after World War II. The book is primarily about more and less healthy long-term marriages. The research focuses on affection and respect in couples. Healthier couples demonstrate both affection and validation, both love, and respect for individuality. Couples say in their own words what it was like growing up during the depression, the importance of their relationships with

they own parents, and how they met and married. Also what kinds of supports and challenges they faced living together and raising children. Finally, couples talk about what they think is important in a successful long-term marriage. They cover topics like commitment, integrity, and trust; similarity and complementarity, communication, compromise and humor. They also talk about friends, family, faith and finances.

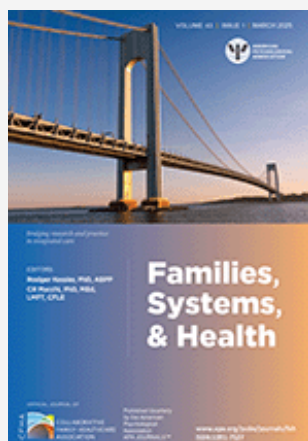


Creating Love and Respect in Families: from Generation to Generation

Linda G. Bell, Ph.D., ABPP

Creating Love and Respect in Families reports findings from a 40-year research project which involved studying families in the U.S. and Japan; a total of 247 families were involved. This book is about the author’s journey to learn about more and less healthy families, how those families affect the development of children, and the degree to which those influences persist into adulthood. The research focuses on affection and respect in families and how family patterns are reflected in the lives of family members, particularly children. Cultural similarities and differences between the U.S. and Japan are explored. Healthy families demonstrate both affection and validation,

both love, and respect for individuality. Children are allowed to express their own ideas and feelings. Love doesn’t have to mean agreement. Family patterns affect friendship patterns. The influence of family health during adolescence can be seen in the personal maturity of the adolescents. Family influence is still apparent in the lives and personal well-being of the grown children, in their relationships with their elder parents, and even in the families they create as parents. The book also includes a study of the parents’ marriages through time, an overview of family systems, and a projective exercise for describing family systems.

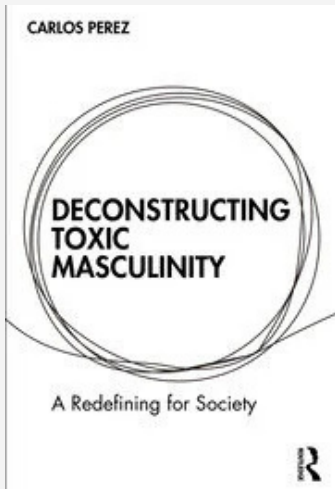


A necessity of disease management: Unpacking young adult couple experiences of accessing care in the management of sickle cell disease.

Brittany Huelett-Lyons, Ph.D.

This study advances understanding of the lived experiences of young adult couples managing sickle cell disease, emphasizing the need for a family systems approach to healthcare. By foregrounding relational dynamics and mutual support, it offers critical insights into care delivery and informs strategies for engaging and supporting a medically underserved patient population. (PsycInfo Database Record (c) 2025 APA, all rights reserved)

AUTHORS CORNER



Deconstructing Toxic Masculinity A Redefining for Society

Carlos Perez, Ph.D., LPC, LMFT, CFLE

This accessible book explores toxic masculinity, looking at how to define it, and how we can and should challenge its spread.

This book draws on Derrida's deconstruction, using the philosophical lens to deconstruct what toxic masculinity means and to better understand its significance for our society. It focuses on how harmful aspects of masculinity spread, infiltrate, and intoxicate our societies and how existing structures allow aspects of harmful masculinity to become toxic. This book also features discussions and analysis of participants' lived experiences of masculinities, alongside the author's reflections. It explores the relevance of toxic masculinity in work environments, politics, relationships, and gender roles and seeks to challenge and mitigate its damages for everyone.

Encouraging critical thinking and understanding of healthier ways of being for all, this timely book will be of interest to therapists, counselors, teachers, and practitioners of family studies. It will also be useful reading for students in the fields of psychology, gender studies, sociology, and related fields.



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