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SPRING 2025 NEWSLETTER

TAMFT CONFERENCE RECAP













TAMFT PRESIDENT'S MESSAGE

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

To all TAMFT members:

If you weren't in attendance at our conference, it was such a great time to be with everyone. To all the presenters, thank you for giving us such a great experience. And to our keynote speakers, Diane Gehart, Harlene Anderson, and Sonya Jensen, it was such a privilege to see such expertise on stage. Harlene Anderson is one of my heroes, so it was easily the highlight of the week for me.

There's something bigger here, though. Yes, these conferences are such a great opportunity for collaboration, networking, and learning. That part is always excellent at our conferences. However, there are also larger issues that our profession is facing. Issues that span from gender-affirming care to the uncertainty of higher education to AI all have the potential to shift how we practice.

At this last conference, I was lucky to see how we rally together around these issues. It's a real possibility that these things may divide us, but I also see them bringing us together. I've said this before, but I think it's worth saying again: as president of this organization, I get to have the best view, standing on stage, seeing a room full of people who care, are passionate about what they believe in, and who ultimately want to see our profession succeed. It's hard to deny that, no matter where we fall on whatever issues our license faces.

Conference is where we get to see all this in action. Through presentations, conversations, networking, or attending Day at the Dome, our conference is where we come together. Call it community, professional development, or CEs, if you look closely enough, you'll see a group of people with diverse interests and convictions. You'll also see a group of people who love our license and want it to succeed.

I always come away from conference on a professional high. It's inspiring to be around so many people who are doing such great things. So, to all of you who made the conference such a great event, thank you. And for everyone new, students or new professionals, this was such a great conference to be a part of. With so many exciting things happening in our field, I have nothing but hope for an even better conference next year.

Quick Note: We are certainly facing trying times. We are either too right, too left, or even too centrist. Make no mistake, we are living in a time of disagreement.

I've recently had several conversations about political issues like gender-affirming care, DEIJ, AI, and gubernatorial decisions, which seem to spite our field. In fact, the board had an impromptu meeting about these heated issues. The board cares about these issues, and we care about how we approach them.

When I think about things that potentially divide and polarize us, that bring us to a place where we dox people, point fingers, or completely shut someone down because of their beliefs, I think about our training. In grad school, we had an entire class on Bowen's Systems Theory. Dr. Jaime Goff taught us that our clients cannot reach a place of differentiation and rationality if we can't be there ourselves – our clients are only as differentiated and rational as we are.

Now, more than ever, we need people like us. People who can distinguish between emotionality and rationality, people who are a non-anxious presence, and who know how to truly engage in dialogue – as opposed to exchanging monologues. And that's us, MFTs.

I believe in us. I believe in our ability to be composed, differentiated, and to operate from a not knowing stance. So (I'm talking to myself, too), as we navigate these tumultuous times, let's remember our training. Let's remember all the things we help our clients with. These times call for professionals like us.

Cheers,

Carlos Perez, Ph.D., LPC, LMFT President, 2025 TAMFT Board of Directors

LETTER FROM THE EDITOR

ANNA THOMISON, LMFT-S, CST

Hi all,

I'm Anna Thomison, and I'm standing in as guest editor for this Spring Newsletter.

I remember my first TAMFT conference about 15 years ago in Fort Worth. I was moving from San Antonio to Dallas and thought it would be a great opportunity to meet other therapists local to the area I was moving to. Well, I didn't connect with anyone that year; actually, no one spoke directly to me the whole conference. However, I did enjoy the presentations and group discussions. It was amazing to be back among MFTs after spending the previous three years as a broke, sole MFT among LPCs and LCDCs working in a nonprofit agency, trying to complete my hours as an associate. No offense to the LPCs & LCDCs, but there was something about being among MFTs that I didn't even know I was missing. Since then, I've made more of an effort to attend TAMFT conferences when I can. Let's be honest: conferences are expensive with the registration cost, hotel & travel, not to mention time off work, which either means lost income or use of limited vacation or PTO days, depending on where you work.

Unfortunately, I missed the 2024 conference due to some of those factors, and I'm glad I was able to attend this year's conference, where I saw Harlene Anderson & Diane R. Gehart on stage together! What an experience! I also had the opportunity to say hi to one of my professors and practicum supervisors from my graduate program. It's hard to believe it's been well over a decade since I graduated.

I also was able to meet up with some conference friends. After my first conference experience, I've been working on stretching my comfort level and introducing myself to random attendees. At a conference a few years ago, I was standing in line at the overrun hotel restaurant, hoping to get a table and get lunch before the next session began. I invited the person in line behind me to share a table. As we were seated, I learned that her name was Lisa, and her friend Linda joined us, too. We spent the whole lunch break talking as the overrun restaurant failed to get our lunch to us. We were 10 minutes late to the next session, so we had to take our food to go. Even though lunch was a disaster that year, Lisa and Linda have become my new conference friends, and we have successfully shared many conference lunches and dinners since.

I'm sure you've noticed by now that this Spring newsletter theme is our conference recap. You will also see information and updates on important legislative actions that could affect the future of mental health in Texas and our careers as MFTs. In addition, this issue includes a reminder of TAMFT's code of ethics.

I know attending conferences is not possible for all our members, and TAMFT wants to understand which membership benefits and services are important to you. That's why we created our bi-annual membership survey—thank you to all who replied. We'll gather the data and share insights with the membership in a future issue.

Don't forget that TAMFT depends on members' volunteer service to continue providing benefits such as CEU and networking opportunities, legal consultations, conferences, and, most importantly, advocating for our legal rights to continue practicing as MFTs in Texas. It is also a way to network and interact with

other MFTs, so if you get a chance to attend a conference, you will already know some people there! Get involved by volunteering on one of TAMFT's

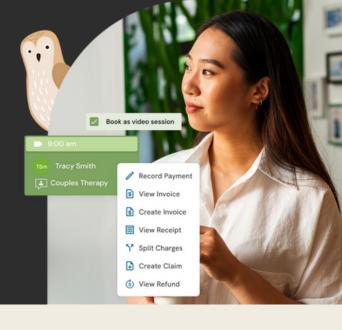
committees <u>HERE</u>.

Warm regards,

Anna Thomison, LMFT-S, CST Member-at-Large, 2025 TAMFT Board of Directors



You take care of your clients. We take care of the rest.

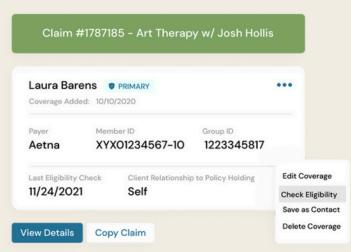




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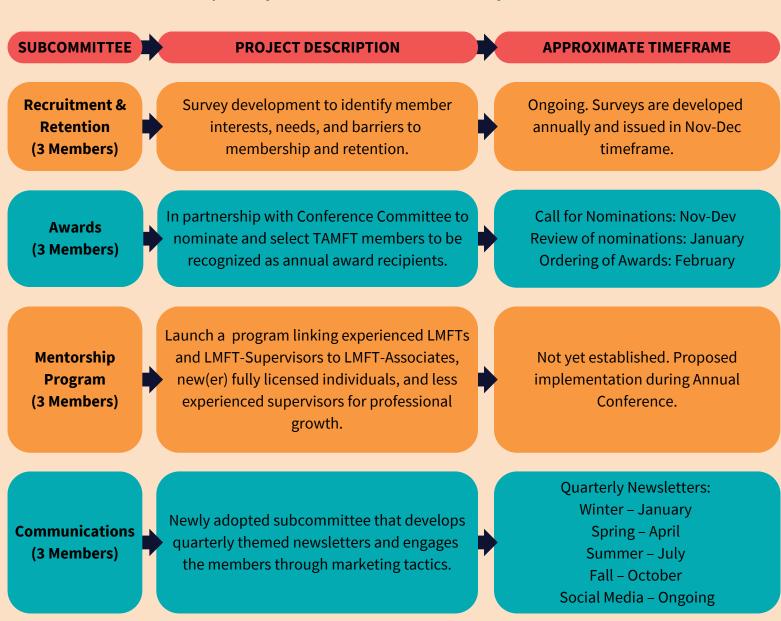
By joining TAMFT, you show your commitment to advancing marriage and family therapy in Texas



TAMFT IS SEEKING NEW MEMBERS TO JOIN THE MEMBERSHIP COMMITTEE AND ITS VARIOUS SUBCOMMITTEES.

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 statewide, 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.





COMMITTEE UPDATES

MEMBERSHIP COMMITTEE UPDATE

Members: Anna Thomison, Chair; Hannah McKinnies; Co-Chair; Layla Scott, Board Liaison; Raymond Gao; Lisa Salazar, Emily Saldivar, Kristin Warren, Lizzie Nuñez Love



We are thrilled to share some exciting updates from the membership committee! First and foremost, we want to extend a heartfelt thank you to everyone who participated in our annual membership survey. Your feedback is invaluable and will help shape the future of TAMFT. We are eagerly looking forward to reviewing your thoughts on future programming, benefits, and membership level preferences.

We are also excited to announce that we are in the process of updating TAMFT's annual awards. As we plan for 2026, we encourage you to start thinking about nominating your professors, supervisors, or fellow colleagues for the 2026 awards. Your nominations help recognize the outstanding contributions within our community and inspire others to strive for excellence.

Your participation is crucial in strengthening our community and its ongoing development. We invite you to stay engaged by volunteering with us to assist in the development and implementation of new services, benefits, and communication with members in the coming year. Together, we can achieve great things for the Marriage and Family Association.

Thank you for your continued support and engagement. Let's make the upcoming year the best one yet!

LEGISLATIVE & PAC UPDATE

Members: Tim White, PAC Chairman; Hannah McKinnies; Tara Roper; Sommer Greer; Gabrielle Dean; Kristin Ross; Mercedes Burk; Andrea Beth Jackson (Rep for BHEC standardization only), Wen-Mei Chou, Board Liaison to BHEC; Karen Diliberti, Kristi Phillips; Leila Anderson; Justin Rivas

Hello, all my LMFT friends!

I hope all is well with all of you across the state! I would like to begin with a shout-out to everyone who attended Day at the Dome before the conference. We had a fantastic turnout, with over 60 people in attendance. That is a lot of advocacy for our license!

Political Action Committee update. We didn't do so hot at the conference this year, raising only \$3,785. We have done considerably better than that in years past, typically hitting our \$10,000 goal. This money goes to the representatives and senators who have our back, many of whom filed the bills in the following legislative update. I don't get this money, our lobbyist doesn't get this money; this money gets us into the conversation with our state legislators and officials and gets us a seat at the table. I want to encourage you all to contribute, even in small ways. If all our members skipped two coffees and donated \$10, that would total over \$12,000.

LEGISLATIVE UPDATE FOR TEXAS LICENSED MARRIAGE AND FAMILY THERAPISTS – 89TH TEXAS LEGISLATURE

Dear Texas LMFTs,

As the 89th Texas Legislative Session progresses, several bills that could impact your practice have been introduced. Below is a summary of key legislation relevant to LMFTs:



BILLS AFFECTING MEDICAID REIMBURSEMENT AND COUNSELING SERVICES

- HB 1716 & SB 469 Medicaid Reimbursement for Counseling Services
 - **Summary:** These companion bills propose authorizing certain providers, including LMFT Associates, to offer counseling services under Medicaid, with provisions for appropriate reimbursement.
 - **Implications:** If enacted, LMFT Associates could expand their client base to include Medicaid recipients, enhancing access to mental health services for underserved populations.
 - **Status:** HB 1716 was filed on December 30, 2024. SB 469 was filed on November 22, 2024, and referred to the Senate Health & Human Services Committee on February 3, 2025.

BILLS AFFECTING LICENSING REQUIREMENTS AND OUT-OF-STATE APPLICANTS

- HB 4721 & SB 51 Licensing Requirements and Out-of-State Applicants
 - **Summary:** These identical bills aim to streamline the licensing process for marriage and family therapists, professional counselors, and social workers, including provisions for out-of-state applicants.
 - **Implications:** The proposed changes could simplify the licensure process for professionals relocating to Texas, potentially increasing the number of qualified practitioners in the state. This is a good faith measure that we have partnered with AAMFT on.
 - **Status:** HB 4721 was filed on March 13, 2025. SB 51 was referred to the Senate Health & Human Services Committee on February 3, 2025.

BILLS AFFECTING MENTAL HEALTH WORKFORCE DEVELOPMENT

- SB 1401 Texas Mental Health Profession Pipeline Program
 - **Summary:** This bill proposes the creation of the Texas Mental Health Profession Pipeline Program by the Texas Higher Education Coordinating Board to address the shortage of mental health professionals.
 - **Implications:** The program aims to increase the number of qualified mental health professionals, including LMFTs, through targeted educational initiatives and support.
 - **Status:** SB 1401 was filed on February 19, 2025, and referred to the Senate Education K-16 Committee on March 6, 2025.

BILLS AFFECTING LOAN REPAYMENT FOR MENTAL HEALTH PROFESSIONALS

- SB 646 Mental Health Professional Loan Repayment Program
 - **Summary:** This bill seeks to expand the loan repayment program for mental health professionals, including LMFTs, with financial incentives for working in underserved areas and specialized fields.
 - **Implications:** Enactment could provide LMFTs with financial relief through student loan repayment assistance and encourage more professionals to serve in high-need communities.
 - **Status:** SB 646 was filed on December 18, 2024, and referred to the Senate Education K-16 Committee on February 3, 2025.

BILLS AFFECTING CONTINUING EDUCATION REQUIREMENTS

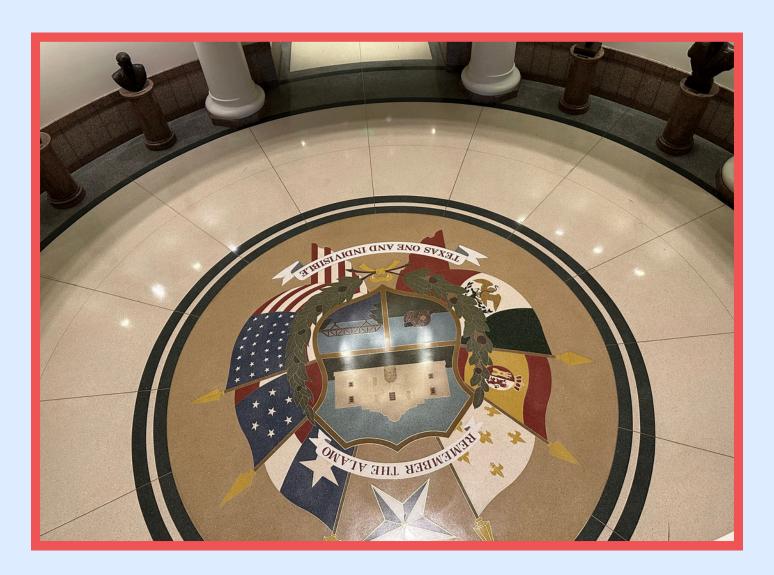
- SB 649 Continuing Education Requirements
 - **Summary:** This bill proposes modifications to the continuing education requirements for mental health professionals, including LMFTs, emphasizing areas such as cultural competence and ethics.
 - **Implications:** LMFTs may need to adjust their continuing education plans to meet new requirements, ensuring compliance and maintaining licensure.
 - **Status:** SB 649 was filed on January 29, 2025, and awaits committee assignment.



BILLS AFFECTING GENDER-AFFIRMING CARE & LGBTQ+ CLIENTS

- HB 2258 The "Vulnerable Youth Protection Act"
 - Summary: This bill proposes imposing private civil liability on individuals who cause or contribute
 to the social transitioning of a minor. Social transitioning is defined as any act by which a minor
 adopts or espouses a gender identity differing from their biological sex, including changes in
 clothing, pronouns, hairstyle, and name.
 - **Implications:** If enacted, LMFTs providing affirming care to transgender youth could face legal risks, including lawsuits with a 20-year statute of limitations.
 - **Status:** HB 2258 was filed on January 30, 2025, and referred to the House State Affairs Committee on March 14, 2025.
- HB 3817 "Gender Identity Fraud" Bill
 - Summary: Introduced by Representative Tom Oliverson, this bill seeks to create a criminal offense
 termed "gender identity fraud." It mandates individuals to disclose their biological sex assigned at
 birth accurately to employers or government entities, prohibiting false declarations about their
 gender identity.
 - Implications: If passed, violations would be classified as state jail felonies, carrying potential
 penalties of up to two years in state jail and fines reaching \$10,000. This could affect workplace
 policies and protections for transgender clients, as well as mental health advocacy in professional
 settings.
 - Status: HB 3817 was filed on March 5, 2025, and is pending further action.

- SB 84 Definition of Gender Based on Biological Sex
 - Summary: Authored by Senator Charles Perry, SB 84 seeks to define gender strictly based on biological sex at birth. This definition would impact various state policies and programs, potentially limiting recognition and rights of transgender individuals.
 - **Implications:** This may restrict affirming care options and influence insurance coverage for gender-related mental health services.
 - **Status:** SB 84 was filed on November 15, 2024, and referred to the Senate State Affairs Committee on January 20, 2025.



RECOMMENDATIONS FOR LMFTS:

- Stay Informed: Regularly monitor updates from the Texas Behavioral Health Executive Council and professional organizations.
- Engage in Advocacy: Participate in advocacy efforts by providing feedback to legislators, joining professional associations, and attending public hearings.
- Prepare for Changes: Review and adjust your practice protocols to align with potential new regulations, especially concerning Medicaid services and loan repayment provisions.

Your proactive engagement is crucial in shaping the future of mental health practice in Texas. Stay connected with professional networks and legislative updates to navigate these developments effectively.

TAMFT NEEDS YOUR VOICE AT THE TEXAS CAPITOL!



JOIN US IN AUSTIN AND BE THE CHANGE OUR COMMUNITY NEEDS!

We're seeking dedicated volunteers to testify on bills supporting our clients and profession. Your testimony can make a real difference in shaping policy in Texas.



THE NEXT LEGISLATIVE SESSION WILL BE JANUARY 14, 2025 - JUNE 2, 2025

GOVERNANCE COMMITTEE UPDATE

Members: Layla Scott, Chair; Carlos Perez; Angela Hayes; Joanna Mendez-Pounds, Elections Committee Chair

The Governance Committee is planning ahead and working on new ways in which the board functions. In addition to holding regular board meetings, Governance is also planning on meeting with chairs of TAMFT committees. We want to systemically approach how we lead our association and have more involvement/collaboration among and between committees. Rather than having committees report to the board, we envision committees working together.

As always, we see TAMFT from a birds eye view. In addition to expanding committee collaboration, we are also exploring how we can collaborate with other organizations: Houston AMFT, Austin AMFT, and Relational Therapists of Dallas. In the future, the Governance Committee will have more to report on the ongoing progress of this new way of executing our board's functioning.

EDUCATION COMMITTEE UPDATE

Members: Alycia DeGraff, Co-Chair; Christopher McClung, Co-Chair; Federico Mendez, Board Liaison; Leila Anderson, Secretary; Michael Argumaniz-Hardin; Federico Mendez; Paul Massingill

The Education Committee is committed to delivering valuable monthly education to our members for a total of 26 CEUs every two years. Attending training is a great way to continue your education, learn from colleagues, and feel connected to the field.

The Education is working hard to plan webinars for 2025. For March, Alycia DeGraff will present *Clinical Foundations: How Systems Theory Defines and Distinguishes MFT Practice*. In this webinar, she will explore the foundational role systems theory plays in the field of Marriage and Family Therapy, revisiting historical roots, examining key foundational concepts, and discussing how systems thinking distinguishes MFT practice from other approaches and emphasize the importance of grounding MFT work in systems theory.

This past February also held the TAMFT conference in Austin. Diana Gehart presented about *Therapy that Works: A Unifying Framework for Family Therapy*. She and Harlene Anderson provided a clinical demonstration of collaborative therapy. Sonya Jensen presented her keynote on *Assessment and strategies for Working with High-Conflict Couples*.

Upcoming presentations will aim to discuss the ethical integration of faith and therapy practices and a live demonstration of technique applications.

ETHICS AND SOCIAL JUSTICE COMMITTEE

Members: Paula Boros, co-Chair; Angela Hayes, co-Chair; Layla Scott, Board Liaison; Michael Flynn; Aaron Maleare; Felicia Holloway; JoAngeli Kasper; Deanna Barrett; Robyn Jardine

This is Angela, I co-chair the ESJ Committee with Paula Boros. The conference this year was fantastic; filled with good food, good friends (my favorite), and lots of learning! We also had some great sponsors and booths, I particularly enjoyed the therapy T-shirts. Also, did I mention the coffee? It was really good coffee. As a couples therapist, I also really enjoyed our keynote speaker, Sonya Jensen, who talked about work with high-conflict couples, and I learned so much. She is a terrific speaker! I think my favorite part, after time with friends, was Day at the Dome. It was great to be part of a community that is taking action on the issues that are important to us. I met and networked with some amazing people. I spoke to staffers at the capitol about issues that are important to us. It felt good to take action, and it helped me feel more hopeful about the future.



2025 CONFERENCE RECAP

The 2025 Annual TAMFT Conference: **Shaping the Future: Advancing Relationships Through Systemic Advocacy** was a great success! The incredible turnout at the Day at the Dome kicked off the conference on a strong note. Dozens of MFTs gathered to connect with our legislators and advocate for bills that serve both our clients and our profession. The energy among the group was contagious as clinicians from all around the state worked together to make an impact at the capitol.















2025 CONFERENCE RECAP

Day 1 of conference kicked off with Dr. Diane Gehart's incredible presentation on a unifying framework for family therapy. We then moved into an educational and connected day of workshops with tons of engagement with our generous exhibitors in between. The first day wrapped up with a warm welcome reception for networking and interesting poster presentations on the groundbreaking research happening in our field.













Photos By Helen Montono



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National University is ideal for adult learners, offering online coursework, weekly starts, and scholarships. As a graduate of our PhD-MFT program, you'll be able to:

- Cultivate relational/systemic innovations addressing contemporary issues in the field of marriage and family therapy
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- Obtain new knowledge in couple/marriage and family therapy through independent research
- Appraise relational/systemic ethical behaviors in various settings







The Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) is the accrediting body for the American Association for Marriage and Family Therapy (AAMFT). National University's Master of Arts in Marriage and Family Therapy and Doctor of Philosophy in Marriage and Family Therapy programs are accredited by the Commission on Accreditation for Marriage and Family Therapy Education of the American Association for Marriage and Family Therapy. National University's Master of Arts in Marriage and Family Therapy, Doctor of Philosophy in Marriage and Family Therapy, and Doctorate of Marriage and Family Therapy programs are accredited by the International Accreditation Commission for Systemic Therapy Education (IACSTE).



2025 CONFERENCE RECAP

Day 2 began with Sonya Jensen's fun and practical presentation on assessment and interventions for working with couples. Attendees then had their choice of workshops that were most interesting and applicable to their work with clients. We all rejoined for a delicious and informational TAMFT business luncheon before finishing the conference with more learning.















Photos By Helen Montano



2025 CONFERENCE RECAP















We were overjoyed with the turnout of this year's conference, and we can't wait to review all of the feedback from attendees. This valuable feedback helps inform our planning for future conferences. The Conference Committee is excited to begin planning the 2026 conference in the coming months. We hope to see you there!

THANK YOU TO LAME TO THE FUTURE T

Photos (Top Row) By Helen Montano



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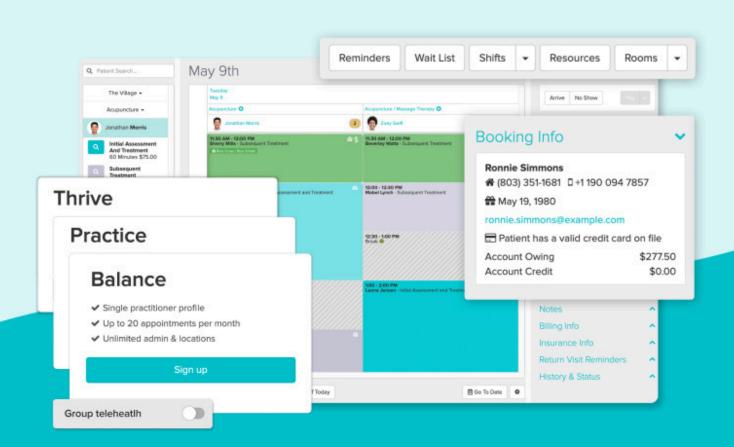




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At Marold Mindset Inc., we use integrative therapy techniques to help you heal, grow, and create deeper, healthier relationships.



- Shift out of unhealthy patterns
- Communicate with clarity and compassion
- Strengthen intimacy and emotional connection
- Find balance between independence and togetherness

Mind and Energy. Logic and Intuition.

Growth and Grace.

Because a strong relationship starts with two people who feel aligned - within themselves and with each other.



WE LOVE HOSTING THIS CONFERENCE—AND WE HEAR YOU!

Each year, we look forward with great excitement to providing our members with a conference experience that brings us together, fuels learning, and strengthens our community. It's a highlight for us to see so many familiar faces return year after year, and we deeply value the feedback you share—it helps shape the future of this event. Based on this year's feedback, we hear you loud and clear: many of you love and prefer a 3-day, in-person conference. We understand how meaningful that format is. At the same time, we also want to acknowledge the increasing costs associated with producing a high-quality event that you find valuable and enjoyable.

Here are some insights behind the scenes:

WHAT GOES INTO A CONFERENCE?



We know conference registration costs are always a concern, especially for students, associates, and private practice MFTs. Our goal is to always be transparent about what goes into putting on an event of this scale.

Hosting a professional, well-run conference comes with a wide range of necessary expenses—many of which have gone up exponentially in recent years.

HERE'S A LOOK AT SOME OF THE SIGNIFICANT COSTS WE INCUR:

• Food & Beverage: \$60,000+

Audio/Visual support and equipment: \$25,000

Speaker fees: \$9,000

Transportation, WiFi, supplies, and printing: \$11,000+

In total, this year's conference cost nearly \$115,000 to produce. While we work hard to secure sponsorships, negotiate costs, and keep fees as low as possible, the reality is that high-quality venues, technology, and hospitality come at a price.

We realize that attending is a big commitment, and we truly appreciate your support. Every registration helps cover the costs of putting this event together—and more importantly, it supports the work we do all year long for our members. We're grateful for your continued involvement and couldn't do it without you.

STUDENT CORNER

MEET YOUR 2025-2026 TSAMFT BOARD!

We're excited to introduce our new leadership team for the year ahead:

- President: JoAngeli Z. Kasper
- President-Elect: Mia Maples
- Secretary: Emily Saldivar
- Social Media Manager: Rae Morris
- University Liaison: Deanna Barrett
- Treasurer: Kim Nguyen



This year, we're committed to keeping students informed about the valuable benefits of being a member of TAMFT and TSAMFT.

DID YOU KNOW?

- TAMFT members are eligible for tuition discounts at select universities.
- You gain free access to high-quality trainings and workshops that enhance your education outside the classroom.
- You can join impactful committees such as the **Legislative Committee**—crucial in
- today's climate—or the **Ethics & Social Justice Committee**.

Our goal is to help more students take advantage of these opportunities and get involved in shaping the future of our field. To help foster connection and conversation, we've created a Discord server where members can collaborate, ask questions, and stay updated.

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

These are the upcoming meetings for the year:

- Saturday, 5/3/2025 at 10:00 am: May Peer-to-Peer Support Group
- Saturday, 6/7/2025 at 10:00 am: TSAMFT Meeting
- Saturday, 7/12/2025 at 10:00 am: July Peer-to-Peer Support Group
- Saturday, 8/9/2025 at 10:00 am: TSAMFT Meeting
- Saturday, 9/13//2025 at 10:00 am: September Peer-to-Peer Support Group
- Saturday, 10/4/2025 at 10:00 am: TSAMFT Meeting
- Saturday, 11/15/2025 at 10:00 am: November Peer-to-Peer Support Group
- Saturday, 12/6/2025 at 10:00 am: TSAMFT Meeting

SCAN HERE



TANFT
Texas Association for Marriage and Family Therapy

COLONIAL EXAMPERED

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.









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UPCOMING LIVE WEBINAR:

