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# SPRING 2026 NEWSLETTER

## TAMFT CONFERENCE RECAP

[WWW.TAMFT.ORG](http://WWW.TAMFT.ORG) |



# TAMFT PRESIDENT'S MESSAGE

**SOFIA GEORGIADOU, PHD, LMFT-S, LPC-S**

To all TAMFT members:

As I transition from president-elect into the role of president of TAMFT, I find myself leaving this year's conference with deep gratitude and a strong sense of responsibility for the road ahead.

Our 2026 Annual Conference theme, Growing from Our Roots: Integrating Systemic Traditions with Modern Realities, could not have been more timely. In Galveston, we were invited to reflect on the foundations of our field while also facing the realities shaping our practice today. Across all presentations and conversations in hallways one message came through clearly: our profession is strongest when we remain rooted in systemic thinking while responding courageously to the world we and our clients are actually living in.

This year's conference reflected that beautifully. We saw renewed engagement with foundational models and systemic concepts, alongside thoughtful attention to ethical complexity, supervision, cultural responsiveness, advocacy, and the rapidly changing realities of clinical practice. We explored couples' work, family systems, trauma, chronic illness, intersecting identities, divided families, and the many forms of context that shape how healing happens. We also made space for conversations about AI and therapy, which is exactly where our field needs to be, thinking systemically, ethically, and relationally about what new technologies mean for the future of our work.

MFTs in Texas are practicing at a time of real pressure and real change. We are navigating a professional environment shaped not only by high demand, workforce exploitation, and regulatory pressure, but also by public policy decisions that affect our clients, our communities, and the emotional climate in which therapy takes place. Many of our members are carrying understandable concerns about the broader implications of SB 14. Moments such as this create uncertainty, fear, and difficult questions for MFTs trying to practice with integrity.

TAMFT's role matters deeply in times like these. We are not only a professional association. We are also a relational home for MFTs across Texas, a place for shared learning, collective voice, and advocacy. We will continue to support our members with timely information, leadership, and a commitment to the ethical foundations of our profession. We must also continue to advocate for a systemic, culturally responsive vision of therapy grounded in the dignity of every person and family we serve.

I believe one of the clearest lessons from this conference is that our field does not move forward by choosing between tradition and modernity. We move forward by bringing our systemic wisdom into today's reality. We do that when we train therapists to think critically. We do that when we protect relationship-centered care in an increasingly digital world. We do that when we hold complexity instead of collapsing into polarization. And we do that when we remain willing to engage in difficult conversations, not because they are easy, but because they are necessary.

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## CONTINUED...

As I step into this role, I do so with respect for the leaders who have carried TAMFT forward, appreciation for the members who continue to invest in this community, and confidence in the strength of this profession. Texas needs MFTs who continue to think relationally in high-anxiety times. Texas needs supervisors and educators who can prepare the next generation with both rigor and heart. Texas needs MFTs who can stay grounded amid all the noise, pressure, and changes. And Texas needs a strong TAMFT.

Thank you to everyone who attended, presented, sponsored, volunteered, and helped make this conference possible. Thank you for your commitment to this profession and to one another. I am honored to serve, and I look forward to the year ahead as we continue growing from our roots, together.

With gratitude,

Sofia Georgiadou, PhD, LMFT-S, LPC-S

*President, Texas Association for Marriage and Family Therapy*





# Do more of what you love with help from Jane, a clinic management software and EMR

Get quick answers to your questions with **2-minute average call** wait times, so you can get back to helping your clients

- ✓ Helpful, human support
- ✓ Unlimited phone, email, & chat support
- ✓ Accessible support hours, even on Saturdays



The screenshot displays the Jane software interface. On the left, a staff list includes Michael Carroll, Marcus Gregory, Amy Kendrick, Susan Lo, and Maya Lopez-Chapman. The main calendar view shows a schedule for Wednesday, March 15th, with sessions for Maya Lopez-Chapman: 12:00-1:00 PM (Group Counselling), 1:00-2:00 PM (Group Session), and 2:00-2:30 PM (Break). A 'Chart Entries' pop-up window is open, showing a note: 'Talked more about childhood and upbringing. Journaling for 2 weeks.' Below the note are options for 'Not Visible To Patient' and a 'Sign' button. On the right, an 'Online Video Session' window shows two participants: Maya Lopez-Chapman and Hudson Chow. At the bottom right, there are buttons for 'Add Participant...', 'Add New Patient...', and a staff count of '3 / 4'.

Book a demo at [jane.app/mentalhealth-us](https://jane.app/mentalhealth-us)

# TAMFT PAST-PRESIDENT'S MESSAGE

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

To all TAMFT members:

I'm sitting in the airport, on the Saturday of our conference, and I'm quite pensive. There's a lot to reflect on and digest after another successful conference. Even more so, there's a lot to emotionally process.

I love these conferences. They've been the highlight for me during my time as president. It energizes me to see the momentum behind our organization. Yes, it's good to reconnect with colleagues, get cool ideas from great presentations, and to spark anew the passion for our profession. But for me, this conference is bigger than that; it means more than that.

Being in my seat, I get to see the organization as a whole. It's a very special view. I get to think about TAMFT systemically, historically, and what it will look like in the future. When I think of our conference, and these multiple perspectives on the organization, I can't help but be overwhelmed by the potential. The students, the current Associates, the professionals who have come before me, there are so many people that love what we do. This conference is one small window of time where we can peak into that love for our field.

For three days, we get to see how we are passionate about ethics, supervision, models of therapy, legislative matters, and our license as a whole. But that's just a few days. This work happens all year around, year after year. And for these past few years, I've been very lucky to see it this way - not just conference to conference, but how our organization lives on. It's because of you all, our membership, that our conferees happen, that our license is strong in the mental health world, it's because of you all that TAMFT is what it is.

I'm sad to step down.

It's been fun. It's been challenging. It's been tiring. It's been stressful. It's been rewarding. It's been inspiring. It's been a lot. It was the best. I'm the sort of person that wakes up at 3:00 AM and thinks of everything under the sun. I've found myself replaying moments from the last two years - the good things, the things I could have done better, been more involved with, less involved with, more thoughtful about, things I shouldn't have said...

But I'm especially thankful for one thing: I can't unsee the way I see TAMFT after serving as president. This has been an investment, and I'll forever invest. The future is bright, I'm sure of it because of our student's passion, our leadership in the legislative arena, and our professional members who have such high standards for what we do. I hope you feel it, too.

So, as I log off, thank you. Thank you for trusting me to lead our organization. Thank you for making TAMFT so special and thank you for such a memorable experience.

Cheers,

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

*Past-President, 2026 TAMFT Board of Directors*



# CHECK OUT *New!* TAMFT MERCHANDISE



All proceeds benefit Family PAC!

## 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](https://TAMFT.org/Join-TAMFT)

# MEET THE 2026 BOARD OF DIRECTORS



SOFIA GEORGIADOU  
PRESIDENT



CARLOS PEREZ  
PAST-PRESIDENT



TIM WHITE  
SECRETARY



TIMOTHY PARKER  
TREASURER



ANNA THOMISON  
MEMBER-AT-LARGE



FEDERICO MENDEZ  
MEMBER-AT-LARGE



LEILA ANDERSON  
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CYNTHIA JEFFERSON  
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ALYCIA DEGRAFF  
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CRYSTAL BENJAMIN  
ASSOCIATE MEMBER



MIA MAPLES  
STUDENT MEMBER

# COMMITTEE UPDATES

## MEMBERSHIP COMMITTEE UPDATE

**Members:** Anna Thomison, co-Chair; Hannah McKinnies co-Chair; Kristin Warren, Secretary; Lisa Salazar, 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



### 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



The Membership Committee has been busy this quarter, and we're excited to share a few updates! We're thrilled to announce the launch of two new offerings: a Retired Membership level and a new mentorship program, both designed to support connection and professional growth across all stages of practice. We encourage members to check out these new programs and see how they might be a good fit for you—or someone you know.

We're always looking for ways to stay connected with our members, and one great way to get involved is through committee service. Whether you're new to TAMFT or a longtime member, we'd love to have you join us.

Thanks for being part of this community—we're glad you're here!

**MENTORSHIP PROGRAM  
MATCHING QUESTIONNAIRE**

CLICK HERE

## GOVERNANCE COMMITTEE UPDATE

**Members:** *Tim White, Chair, Board Liaison; Sofia Georgiadou; Carlos Perez; Angela Hayes*

TAMFT is in an important season of transition and growth. We have experienced some members rolling off of committees while also beginning new committee work that reflects the evolving needs of the organization and our members (expect an email on by laws changes around this soon). At the same time, we are pursuing the development of chapters across Texas and building new relationships with other organizations to strengthen regional connection and expand TAMFT's reach. We are also preparing for presidential leadership transition, which brings both continuity and fresh vision to the organization's future - welcome Sofia! These changes have created opportunities to reimagine how leadership and service can best support the mission of the association. We are encouraged by the momentum taking shape and remain committed to building an organization that is connected, responsive, and prepared for what is ahead.

## EDUCATION COMMITTEE UPDATE

**Members:** *Chris McClung, Chair; Alycia DeGraff, co-Chair, Board Liaison; Taryn Durham, Secretary; Federico Mendez; Michael Argumaniz-Hardin; Lindsey Hawkins*

The Education Committee develops and delivers our monthly CEU webinar series, offering high-quality, relevant training for our members. These webinars provide an opportunity to stay current in the field, learn from experienced colleagues, and engage in ongoing professional growth. Attending is not only an investment in your clinical skills, but also a meaningful way to stay connected to our Texas MFT community!

This quarter, we welcomed our new Education Committee Chair, Chris McClung. After serving as Co-Chair in 2025, Chris brings valuable experience and continuity into the 2026 term, and we're excited for his leadership. We look forward to Chris' leadership this year!

Last month, Dr. Jamila Holcomb presented on liberatory and affirming approaches in clinical practice, highlighting the systemic factors shaping mental, physical, and relational health in today's world.

We are already hard at work planning the remainder of the 2026 CEU webinar series. Upcoming sessions include Dr. Sam MacMaster in April on private equity in behavioral health, and Dr. Sofia Georgiadou in May on AI ethics. June will feature a diversity CEU, followed by a supervision-focused CEU in July.

We look forward to seeing you at a webinar soon!



**LEARN MORE**

**TAMFT**  
Texas Association for Marriage and Family Therapy

# 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.**

## CONFERENCE COMMITTEE

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

# 2026 CONFERENCE RECAP

Hello all,

I hope everyone has returned home safely after the annual conference. Thank you to all who attended, volunteered, and helped plan this year's event. It was a wonderful time of networking, learning, celebrating, and enjoying the company of our colleagues.

A special thank-you goes to Stansfeld and our management team for their hard work in planning this year's conference. Another huge thank-you to Adam Jones, Branden Gardenhire, and Neli Morris from the Conference Committee for their dedication and support throughout the planning process.

This year's theme—Growing from Our Roots: Integrating Systemic Traditions with Modern Realities—was truly a labor of love. In our work, we understand the importance of strong foundations and the necessity of continual learning and growth. If we stop growing, we cannot thrive. The image of a tree felt like a fitting metaphor: its rings remind us of where our roots were formed, while its branches show how far our work has expanded and how many areas it now touches. While we honor our past and our foundation, we also owe it to ourselves, to one another, and to our clients to keep learning and evolving.

We were fortunate to have two wonderful keynote speakers who beautifully addressed this year's theme.

Dr. Steve Harris opened with One Couple - Four Models: Contemporary Couple Therapy Practice Updates, offering a fresh and insightful look at how many of the training videos we learned from have evolved. By viewing one couple through the lens of four different models—Strategic Therapy, Virginia Satir's Human Validation Process Model, Solution-Focused Brief Therapy, and Experiential Family Therapy—Dr. Harris provided a valuable perspective for both seasoned and emerging therapists.



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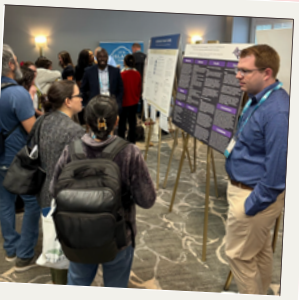
Our second keynote, Victoria Harrison, Director of Family Health Services & the Center for the Study of Natural Systems and the Family, presented Bowen Theory and the Impact of Relationships on Health and Reproduction: For Better and For Worse. Her presentation offered an engaging exploration of how relationships and family systems influence health and reproduction. She revisited core Bowen Theory concepts—including differentiation of self, emotional fusion, cutoff, and the integration of biological and psychological factors—blending clinical insight with meaningful personal experience.

We are deeply grateful to both keynote speakers for sharing their expertise and wisdom.

In addition to our keynotes, the conference featured a wide range of excellent presentations across Couple and Family Therapy, Ethics, General Topics, Supervision, and Diversity. Thank you to all our presenters for offering insightful, engaging, and enjoyable sessions.

We also had 20 student poster presentations on a variety of topics. Thank you to our students for attending, presenting, and contributing to the ongoing growth of our Association. Your commitment to learning and research is truly appreciated.

Thank you to all committees, members, staff, and the Board of Directors for your collective teamwork. This year's conference was a joy to attend.



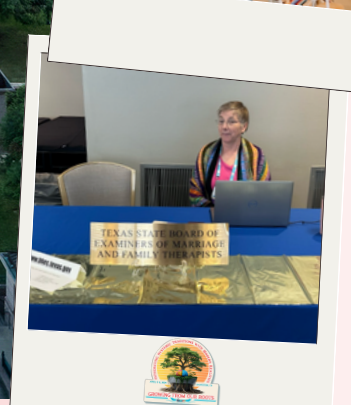
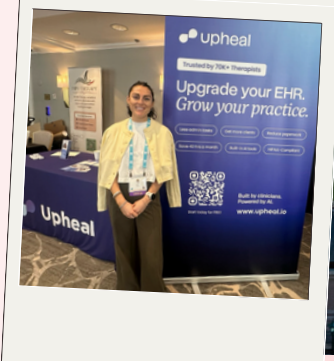


We are also grateful to our sponsors for their continued support. These conferences would not be possible without every one of you.

We are already excited to begin planning next year's conference. We look forward to seeing you February 17-19 in Austin, Texas.

Warmest regards,

Hannah McKinnies  
Conference Committee Chair



## **ETHICS AND SOCIAL JUSTICE COMMITTEE**

**Members:** *Angela Hayes, Chair; Deanna Barrett; Michael Flynn; Aaron Maleare; Dr. Felicia Holloway; Dr. JoAngeli Kasper; Dr. Robyn Flores*

The Ethics and Social Justice Committee works on a variety of ongoing and special projects related to our mandate, such as contributing to TAMFT's response to ethical and social justice related events in Texas, developing trainings and programs, and hosting the ESJ membership forum channel where members can ask ethics and social justice related questions that our committee will answer. (TIP: Go to your member home page on the TAMFT website and visit the Community Forum to find the Ethics and Social Justice Forum. You can subscribe to a thread and get an email when a new question or topic gets posted!)

**RECAP:** In 2024-2025 we helped draft TAMFT's DEIJ Statement and co-hosted a series of podcasts with Carlos Perez along with special guests having thought provoking discussions related to the topics of Diversity, Equity, Inclusion, and Justice. Those are available on TAMFT Podcast Channel "Beyond the Couch" and we highly encourage you to check them out. We also organized a training, Decolonizing DEIJ: Reimagining Equity in Organizations with Brittney Tolar which is available by recording through TAMFT's online courses. We reviewed and expanded the Social Justice Resources available on the TAMFT website and we hope that you are finding those resources valuable! We also tried to launch our first Video Essay Competition but through a series of unfortunate events we didn't quite get it off the ground. We will be humbly trying again in the fall with fresh topic ideas so stay tuned! Anything worth doing is worth failing at and trying again.

**What's New:** What are we working on in 2026? Great question! We have two major projects we are working on to share with you.

**CANs:** We are launching the Community Affinity Networks Project (CANs for short) led by Deanna Barrett to create intentional spaces for connection, belonging, and growth within TAMFT. CANs are member-led community groups within TAMFT centered around shared identity, lived experience, and a commitment to equity. Some suggested networks are: African American/Black, American Arab, Middle Eastern, and North African (AMENA), Asian/Asian American, Hispanic/Latine, Indigenous, LGBTQ+, and Military Veteran. If you are interested in one of these CANs or if you have another identity you would like to create community around please fill out our interest survey so we can help you get connected and organized. //PLEASE INCLUDE THE QR Code from the Conference Business Meeting [HERE](#) for them to scan

**Ethical Hiring and Employment of MFT Associates and Interns Guide:** We are working on the second draft of an ethical hiring and employment guide to support interns, associates, and the places that hire them with recognizing core ethical hiring standards and exploitative practices to avoid. We hope this will help interns and associates to recognize workplaces that are creating a great work environment that supports their learning and mental health, as well as help workplaces create that environment!

If you have ideas for us we would love to incorporate your feedback, just send it to [info@tamft.org](mailto:info@tamft.org) with C/O ESJ Committee in the subject line or come see us in the forums.

Love Always,

Angela Hayes (she, her), LMFT-S  
TAMFT Ethics-Social Justice Committee Chair,  
Legislative Committee member, and Governance Committee member



## **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)

Dear TAMFT Members,

As we move further into 2026, I want to provide an update on the legislative, regulatory, and advocacy work underway on behalf of our profession. Although the Texas Legislature adjourned in June 2025, the policy process did not stop. In many ways, the period between sessions is where the groundwork is laid for future legislation, agency rules are implemented, and long-term decisions begin to take shape. TAMFT remains actively engaged in that work every step of the way.

The 89th Legislature took place in a highly polarized and challenging political environment. Even so, TAMFT was able to help protect core regulatory structures and support meaningful progress in several areas. The Legislature maintained baseline funding for the Behavioral Health Executive Council (BHEC), helping preserve centralized oversight of our profession. Important workforce-related measures also advanced, including legislation supporting loan repayment incentives and educational pathways into the mental health professions. In addition, HB 1052 improved telehealth continuity by requiring coverage in certain cases when either the client or provider is temporarily out of state, provided the client resides in Texas and the provider maintains a valid Texas license and Texas practice location.

At the same time, some of TAMFT's key priorities did not advance last session. Licensure portability and reciprocity proposals did not receive hearings, and efforts to improve Medicaid reimbursement alignment for associate-level clinicians ultimately stalled. These remain critical priorities, and TAMFT continues to work with coalition partners and legislative offices to keep these issues moving forward ahead of the next session.

During this interim period, TAMFT is focused on the areas where policy direction is now being shaped. We are engaged with lawmakers, agencies, and coalition partners on issues including workforce sustainability, licensure mobility, Medicaid participation, and the long-term structure of behavioral health services in Texas. This work is especially important now, while committees are studying these issues and before legislative positions are fully set.

We are also closely monitoring regulatory developments. Significant rule changes adopted by BHEC and the TSBEMFT became effective on November 9, 2025, and 2026 is the first full year in which those rules will meaningfully affect application review, supervision, enforcement, and disciplinary processes. TAMFT is advocating for fair implementation, consistent interpretation, and the avoidance of unintended barriers to practice. We are also paying close attention to the rollout of CE Broker as the official continuing education tracking system, as early implementation has created confusion and compliance concerns for some licensees.

Another major focus is the ongoing Sunset review of HHSC and related behavioral health functions. This process could significantly shape how behavioral health services are structured and delivered in Texas for years to come. TAMFT is actively participating to ensure that LMFTs are represented and that the role of our profession is clearly understood as policymakers evaluate future system changes.

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**DONATE NOW**

Finally, recent legal and political developments continue to underscore the importance of clarity in scope of practice and regulatory interpretation. TAMFT is approaching these issues carefully and strategically, emphasizing sound policy, coalition engagement, and proactive communication with agency leadership to protect the profession and support members in an evolving environment.

The most important message I want to leave with you is this: advocacy is not confined to the legislative session. The work happening now matters greatly, and TAMFT is at the table because of sustained investment, strong relationships, and member support. Progress is often incremental, but it is real, and the groundwork being laid in 2026 will help shape the landscape heading into the 90th Legislature in 2027.

Thank you for your continued trust, engagement, and support of TAMFT and the profession.

Sincerely,

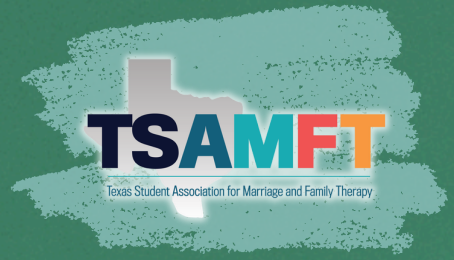
Tim White, LMFT, LSOTP, CSAT, CPTT  
*PAC Chairman, TAMFT Secretary*



# STUDENT CORNER

## MEMBERS

Mia Maples - President, Tiara Cade - President-Elect,  
Callie Ortega - Secretary



## Hello, future MFTs!

Increasing student participation and awareness remains a key priority for the committee, guiding both short- and long-term strategies. In the near term, members proposed collaborating with the TAMFT Membership Program by hosting a shared booth at upcoming conferences to enhance visibility and outreach.

Longer-term efforts focus on building connections with clinical directors and program coordinators across Marriage and Family Therapy programs in Texas. These partnerships would help distribute information about TSAMFT, including membership benefits and meeting opportunities. The idea of directly contacting incoming students each semester was also discussed, with attention to ethical and logistical considerations.

To encourage engagement, the committee explored incentives such as discounted conference registration or membership rates, along with creative initiatives like a TSAMFT T-shirt design contest. Additionally, the group discussed establishing participation expectations, including minimum meeting attendance, with increased involvement tied to added benefits.

Together, these strategies aim to strengthen student engagement and foster a more connected and active membership community.

### Join Our Community

Want to stay connected between meetings? Join our TSAMFT Discord for peer support, resource sharing, and community connection:



**Together, we are TSAMFT.**

Questions? Reach out to us at [Info@tamft.org](mailto:Info@tamft.org)

Connect with us on social media @TSAMFT



**Mia Maples - TSAMFT President**



## TAMFT SUPERVISORY SEARCH



# Q&A WITH SOFIA GEORGIADOU

PH.D., LMFT-S, LPC-S, NCC

## **What are you most excited about as you begin your term as TAMFT president?**

What excites me most is the opportunity to help strengthen connection across our TAMFT community at a time when therapists in Texas need both professional support and a clear collective voice. We have a strong membership base, thoughtful volunteers, and a profession that continues to evolve in important ways. I am especially energized by the two new initiatives: (a) Cultural affinity groups within TAMFT, and (b) the possibility of uniting regional chapters of MFTs, supervisors, educators, and students across different areas of Texas (Houston, Austin, DFW, San Antonio) as we respond to new challenges while staying grounded in the relational values that define our work.

## **After attending this year's conference, what themes or conversations do you think will shape the year ahead for our members?**

I think the year ahead will be shaped by three major conversations: how we stay rooted in systemic thinking while adapting to AI integration into our field, how we respond to the growing role of AI and technology in our own and our client's lives, and how we speak up to support our profession in the legal and cultural climate affecting many of us in Texas. This year's conference made clear that our members are thinking deeply about ethics, advocacy, culturally responsive supervision, and the future of the profession. There is a strong desire in most of us to respond to change both thoughtfully and relationally.

## **If you had to pick one takeaway from the conference that you think members will carry forward into their work, what would it be?**

The biggest takeaway is that our profession remains most effective when we do not lose sight of the relational healing and caring component of our work. No matter how much the context changes, whether through technology, law changes, or increasing complexity in the lives of our clients, systemic therapy still offers something irreplaceable: the ability to slow down, widen the lens, and help each other make meaning within relationships and context.

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## CONTINUED...

### What is one goal or focus area you hope to prioritize during your presidency?

One priority for me is helping TAMFT remain a strong professional home for marriage and family therapists across Texas by strengthening communication and member connection. I want members to feel that TAMFT is not only where they go for CE opportunities or conferences, but where they also find community, advocacy, and guidance on the issues affecting their work. Especially in a time of uncertainty, I want TAMFT to be a steady and grounded presence for the field.

### What's one word that describes the TAMFT community?

#### Resilient.

Our members continue to show up with thoughtfulness, skill, and heart even in the face of complexity and change, and that says a great deal about who we are as a professional community.

#### RAPID FIRE:



#### Coffee or tea during conference mornings?

Light to medium roast coffee. 😊



#### Early bird session or late networking event?

Neither? 10am, 1p, 2p session. 😊



#### Favorite part of the conference each year:

Business luncheon and awards! Gratitude vibes and celebration all around.



#### If you could attend any session again, which one would it be?

Leila Anderson's "Parts, Politics and Presence".



**SOFIA GEORGIADOU**  
PH.D., LMFT-S, LPC-S, NCC



# MIM Therapy PLLC

## Our Mission

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Supervised by Dr. Wallace, 88881



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LPC Associate  
Supervised by Dr. Wallace, 88881



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**Melody Chitobolo**  
LPC Associate  
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# Q&A WITH CARLOS PEREZ

*PH.D., LPC, LMFT-S*

## **Looking back on your presidency, what accomplishment(s) are you most proud of?**

I wouldn't call these accomplishments, but I'm proud of the way the organization and the board came together in times of need. For example: the language changes to diversity and multicultural competence, and the fight against SB 14. These are moments I'm proud of, not because of anything we accomplished, but because we all care about these important challenges. These moments give me the chance to see the organization as a whole, and it's special to see that.

## **This year's conference theme was "Growing From Our Roots" and brought in therapists from all over the state. What stood out to you most about the experience?**

This might be odd to say, but what stood out to me the most was the wide range of professionals. From the podium, there seemed to be a very balanced mix of different levels of career stages - students, associates, young and seasoned professionals. This stands out to me because I've been with TAMFT long enough to see that transition happen. "I remember when" (I know) I was a student, looking up to the people on stage, presenting, leading. And now I get to do that. It's almost like a sandwich generation - there are amazing students coming after me, but there are still awesome professionals ahead of me. Call it existential or having an "old moment," but it makes me think about what our roots really are, or who they are. Leaders like Peter Bradley, Mark White, Harlene Anderson, Victor Love, David Ivey, ...I could keep going... they're our roots. But our students are our roots, too. Yes, our students are our future, but they're also going to be our leaders, our board, the ones who have a long time to fight for our organization. I loved getting to see that range, and it reminds me how lucky I am to have led such a group of professionals.

## **If you had to describe this year's conference in three words, what would they be?**

Fun, challenging, introspective.

**CONTINUED...**

### What advice would you give to the incoming president as they step into this role?

Put a lot of trust in the people around you. The board, Stansfeld, committees— they're the engine of the organization. It will be very hard to go wrong placing trust in them.

Let this challenge you. Up until the last day of my presidency (yesterday), I was still being questioned, given pushback, corrected, and given guidance. Let it happen. Welcome it. That sort of stuff, even though it sucks sometimes...speaking for myself...that's what this position is for. And if we don't let that happen, then we're doing the organization a disservice.

### After your time serving as president, what gives you the most hope about the future of TAMFT and the profession?

For as long as I've been coming to these conferences, I always (I use that on purpose) see how excited our attendees are about our profession. It's not just the presentations; and those are great. It's the energy, the connection, the want to be there, the want to be doing what we do. There's a certain type of energy at these conferences, an energy that people leave with and are sparked to go off and practice better, teach better. That has not changed. That's what gives me hope for the future of TAMFT. It's the fact that there will always be a place for LMFTs to come together and love our profession in one place.

### RAPID FIRE:



#### Coffee or tea during conference mornings?

Coffee. Strong coffee. I tend to not sleep at these things.



#### Early bird session or late networking event?

Early bird. Easy.



#### Favorite part of the conference each year?

Since I've been president - standing in front of all the attendees and seeing a room full of people that love what we all do.



#### If you could attend any session again, which one would it be?

Mine. I'd cut the number of slides I had and spend more time in discussion.



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



# MEMBER SPOTLIGHT

## KRISTIN LEFFORGE, LMFT

Kristin is passionate about helping individuals navigate childhood trauma, anxiety, OCD, and self-esteem challenges. She is dedicated to empowering her clients to discover and live up to their full potential. Understanding that therapy can be difficult, she prioritizes building a strong, trusting therapeutic relationship, ensuring a safe and supportive space for clients to open up and heal. Since 2017, Kristin has been providing therapy in a private practice setting, working diligently to instill hope and guide her clients toward a purposeful, fulfilling life.



## JASON MARTIN, Ph.D., LMFT-S, LPC-S

Jason Martin, Ph.D., LMFT-S, LPC-S, is a Professor of Marriage and Family Therapy at Abilene Christian University. He is an active therapist and clinical supervisor in Abilene, TX. He is currently writing a book about the nuances of being a couples' therapist, *Relationships in Harmony*, to be published by the American Counseling Association in 2028, and his current research examines the therapeutic identity development process. Dr. Martin has served TAMFT in numerous roles, including President 2022-2024, and he is a passionate advocate for systemic therapies in the community.

## IBINYE OSIBODU-ONYALI, LMFT

Ibinye Osibodu-Onyali is an LMFT who helps high-performing, highly sensitive women and Christian couples navigate trauma, relationships, and anxiety with specialized therapy that's both effective and compassionate.

She is licensed in TX and CA, utilizing modalities like brainspotting, CBT and DBT. She has a passion for helping women who feel like therapy has failed them.



## RILDA J SMITH, LMFT

Rilda J Smith, is an LMFT that has been licensed in Oklahoma for over 20 years. Some of the specific struggles she treats are coping with all types of grief and loss, managing life transitions, anxiety/stress, caregiver issues, sleep struggles, communication, anger management, money/financial issues, self-esteem and experiencing compassion fatigue and burnout. A particular passion of hers is working with Third Culture Kids, especially helping them transition to living in the United States. Ultimately, she believes, clients are the experts of their stories and have many strengths that can assist them in overcoming their challenges!

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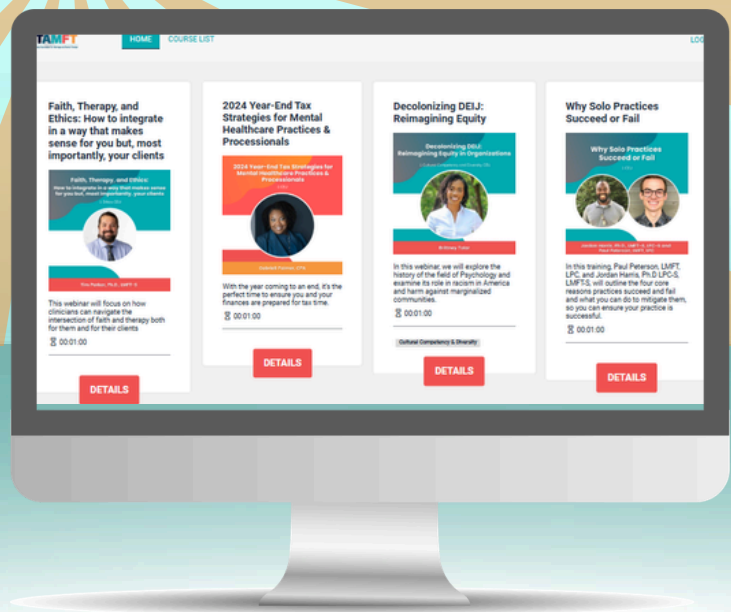
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May 22, 2026 | 12-1:00pm CT | Live Via



Dr. Sofia Georgiadou, LMFT-S, LPC-S, NCC

A TAMFT PODCAST



# LISTEN TODAY!



## Episode 13 & 14: Sexual Health



**TIM WHITE**

LMFT, LSOTP, CSAT, CPTT

## Episode 12: Everyone's Equity

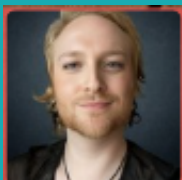


**JOYCE JACQUOTE**  
M.S., AAMFT Approved  
Supervisor, LMFT  
Supervisor, LCDC



**FELICIA J. HOLLOWAY**  
PhD, LPC-S, LMFT-S,  
AAMFT Approved  
Supervisor

## Episode 11: The beauty of inclusion



**LUCE O'BRIGID (SHE/HER)**

MA, LMFT-A

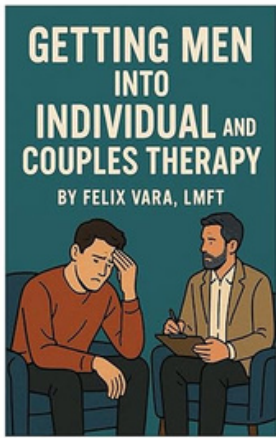


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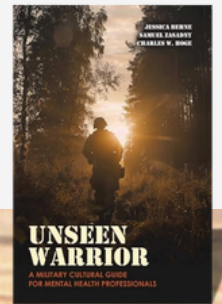
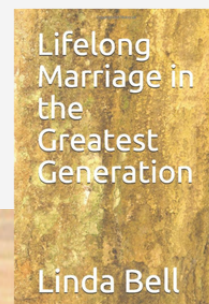
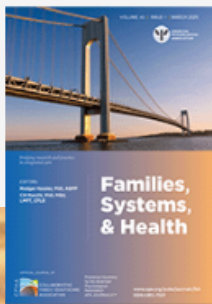
# AUTHOR'S CORNER



## Getting Men Into Individual and Couples Therapy: Ten Radical Tactics

by Felix Vara, LMFT

Men struggle, but rarely say it out loud. Written by Felix R. Vara, LMFT, licensed Marriage & Family Therapist and retired Assistant Chief of Police, this book reveals ten breakthrough tactics for getting men into therapy and keeping them engaged. Blending clinical practice with 30 years of first responder leadership, Vara explains why men resist therapy, how culture shapes male emotional expression, and how therapists, partners, and leaders can help men open up without shutting down. Perfect for clinicians, first responder wellness teams, supervisors, People & Culture Department (Human Resource) leaders, and partners seeking real change.



# Hi TAMFT Writers:

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