

# Marriage and Family Therapy Program

APPALACHIAN STATE UNIVERSITY

## Marriage and Family Therapy Program Annual Newsletter



Class of 2016 cohort pictured right.

### Student Association of Marriage and Family Therapy Awarded Outstanding Education Program Award

SAMFT coordinates an annual conference focusing on topics related to the field of MFT. Not only is this conference open to current and prospective students, SAMFT also invites local and non-local professionals to attend as well. For each conference, speakers are hand-picked for their expertise and are eligible to provide CEUs for the professionals. This year the conference focused on Integrated Care as well as the Treatment of Sex Offenders and Addiction. The



conferences added a new portion this year which included a poster presentation session. This poster presentation is open to professionals and students alike. As a result of all of their hard work in coordinating and conducting the annual conference, the organization was awarded the Outstanding Educational Program Award!! (pictured left)

### MFT Social Justice in Action Fund

We are pleased to announce the new Marriage and Family Therapy Social Justice in Action Fund: a new type of assistance created to financially support accepted students from underrepresented populations into AppState's MFT program.

Please see our website for information on how to contribute.

**Call for Abstracts** The officers of SAMFT and the MFT faculty would like to invite current students, alumni, faculty, and other professionals to submit a poster or presentation abstract to be presented at the conference this fall. We encourage abstract submissions spanning any variety of counseling and helping profession topics. For more information regarding deadlines for abstract submission and conference dates for fall 2016 contact N. Jordan, Ph.D. at [jordanna@appstate.edu](mailto:jordanna@appstate.edu) or SAMFT co-presidents at [samft2010@gmail.com](mailto:samft2010@gmail.com)

### Like Us on Facebook

Keep up to date with the Marriage and Family Therapy Program by “liking” us on Facebook. Search “ASU Marriage and Family Therapy” to find updates on SAMFT conference information, view pictures of what our current students and faculty are up to, and stay informed throughout the year.

## Student Achievements

The Marriage and Family Therapy Program is proud to have representation of alumni at doctoral programs across the country. The following students are either finishing their 1<sup>st</sup> year in a doctoral program, or will be starting a program in the fall:

Denzel Jones, Class of 2015 – Kansas State University  
Michelle Murray, Class of 2015 – Virginia Polytechnic Institute and State University  
Chelsey Torgerson, Class of 2015 – Kansas State University  
Tiffany Rikard, Class of 2016 – UNC Charlotte, beginning Fall 2016

Congratulations to the Class of 2016 and best of luck in all of your future endeavors!

Please visit our website at [mft.appstate.edu](http://mft.appstate.edu) for further information and updates regarding the MFT program

### Class of 2016 Cohort Update

As we soon begin to wrap up our time within the MFT program, many of us are reflecting on the growth exhibited in ourselves as part of this journey. We owe a lot to our professors, supervisors, and families for being a support as we move forward in our careers as therapists and despite the struggles, we have met some truly resilient clients that make it all worthwhile. Some of us plan to move around the state to further our careers, while others have plans to move out of state and closer to our families. Wherever we end up, it is safe to say that we have been forever changed by this program, its faculty, one another, and the lives we have become a part of in our clients.

### Class of 2017 Cohort Update

Our time in this program has deeply impacted every aspect of our lives. Since the beginning, every course and interaction with professors and peers has challenged not only our thinking in the classroom, but in the outside world as well. Our cohort is comprised of a variety of different worldviews, therefore everyone has been a facilitator of change for another member of the cohort throughout our time together. We are thankful for a faculty that cares deeply about our success as clinicians as well as the development of our own personal identities as human beings. We are excited for the next year and can't wait to learn and grow more personally and professionally as marriage and family therapists.



### Alumni Spotlight: Kristen Benson, PhD, LMFT

Kristen received a promotion to associate professor and tenure at North Dakota State University in the Department of Human Development and Family Science where she serves as a Couple and Family Therapy faculty. Additionally, she has been a part of a team with Drs. Tom Carlson & Christi McGeorge who have recently provided LGBTQ inclusive training to approximately 500 mental health workers in North Dakota and Minnesota thanks to grant funding from the Otto Bremer Foundation.

Kristen and family welcomed a daughter, Viola, on February 21<sup>st</sup>.

Kristen graduated from ASU's MFT program in 2001 and went on to a doctoral program at Virginia Tech.

**We would like to invite alumni of the MFT program to Submit Stories for our next Annual Newsletter**

**Now Accepting Applications for Multicultural Counseling Certificate!**

Annual Newsletters will be emailed to our alumni list, posted to the MFT Program website, and shared on Facebook at the completion of each spring semester. If you have anything you would like to share in our annual newsletter, please email [samft2010@gmail.com](mailto:samft2010@gmail.com) with "Submission for Alumni Newsletter" in the subject line. Examples of submissions could include successful applications of techniques or interventions, a highlight of research or project areas you are working on, praise to a faculty or staff member you believe deserves recognition, etc. We love to hear from our alumni. Please keep us informed about what you are doing, what kinds of settings you are working in, whether or not you have obtained your license, and your thoughts about the Appalachian State Marriage and Family Therapy training experience now that you have emerged into the field. That information will not be published in the newsletter, however, it is helpful in continuing to adapt and build our program. Thank you!