

# AMCAP NETWORKER



ASSOCIATION OF MORMON COUNSELORS  
AND PSYCHOTHERAPISTS

AMCAP supports the principals and standards of the Church of Jesus Christ of Latter-Day Saints; however, it is an independent professional organization which is not sponsored by, nor does it speak for, the Church or its leaders.

AMCAP

Spring 2001

## PRESIDENT'S MESSAGE

Welcome to all the incoming officers, board and committee members. A thousand thanks to the outgoing officers, board members and committee members. I have been so grateful for all the work that these wonderful professionals have contributed to AMCAP. Some of these colleagues have served in the middle of major challenges and changes in their lives.

I owe a special debt of gratitude to Janet Vincent, who has served as vice-president. If I had my druthers, I would have served as her vice-president and enjoyed her graceful leadership. Janet served while battling life-threatening illness and never wavered. She chaired a conference in the middle of the worst of it. She hung in through several hard hard times – health-wise and AMCAP-wise. Who says beauty queens aren't tough? Thank you, Janet.

I owe another huge debt to Christine Packard, who served a three-year term on the board, chaired two conferences, and then served as treasurer. All the while she maintained a private practice, sent two missionaries to Brazil, graduated a third kid and sent her off to college. She has been an anchor for the board when she could have walked away. Fortunately for us, she walked many extra miles. She has become a true friend along the way. Thank you, Chris.

I am grateful to Sue Campbell. Sue served a term on the board and chaired a conference while maintaining her practice, courting and getting married. Her sprightly presence has always been a great addition to every meeting. (Secretly, though, don't you think she loved showing off her beau at conferences?) Thank you, Sue.

Thanks to Dennis Ashton as well. Dennis accepted a work assignment midway through his term on the board. The new position took him all over the world.

Nevertheless, each AMCAP assignment was filled with excellence . . . even if it had to be FAXed in from Europe. Thank you, Dennis.

Gwena Couillard has served two terms on the board, chaired two conferences, and is currently rewriting the AMCAP by-laws to capture the complexity of the organization as it now stands. She has established AMCAP as an accredited body with the other national professional organizations. I can't imagine the AMCAP board without Gwena in the middle of it. Thank you, Gwena.

I am glad to see Duane Laws assume the presidency in April. Duane has served two terms on the board and been area coordinator supervisor forever. He has seen AMCAP grow and develop over the years. While he has a historical perspective, he also has vision for the future. I am grateful that he was willing to run for president in the middle of his term. Thank you, Duane.

Carrie Wrigley took on the development of the website with her usual energy and creativity. Mark Chamberlain has inherited the maze associated with continuing education. Noel Gill has agreed to serve out Duane's term on the board as area coordinator supervisor. Julie Shiffler finished her term as a committee member but agreed to serve another three-year term as *Networker* editor. David Morgan edited the *Networker* while completing his Ph.D. internship and getting licensed as a psychologist. Aaron Jackson edited the *Journal* and chaired the first symposium while pursuing continuing faculty status as a new faculty member at BYU. Richard Ellsworth has agreed to revise and edit the journal while continuing his research, teaching and practice. Thank you to each one.

Finally, we all owe a tremendous debt of gratitude to B.J. Fullmer, who continues to serve as our executive secretary. It required great courage to take on all the

**PRESIDENT’S MESSAGE (cont.)**

details of keeping AMCAP afloat. While we couldn’t ever imagine anyone taking Becky Gray’s place, BJ has risen to the challenge. While Becky was the heart of AMCAP, modern research and our own experience have shown that heart transplants are viable. We now have two hearts. A million thanks to B.J.

In the six years that I have served on the AMCAP board, I have seen AMCAP become significantly more complex and sophisticated. I believe that it will only continue to do so. Such is the nature of development, with each successive stage integrating previous stages to become complex. At the same time, AMCAP has remained consistent and never lost its moorings. At the core of AMCAP are dedicated professionals with testimonies of the divinity of Jesus Christ. I am grateful to have served with you all.

Lane Fischer, PhD  
 President, 1999-2001  
 Association of Mormon  
 Counselors and Psychotherapists

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Submissions are welcomed. Send submissions, together with information on contacting the author, via e-mail, on a 3½ -inch diskette, or by written copy to:

Julie B. Shiffler, PhD  
 Counseling Center  
 Ricks College  
 Rexburg, ID 83460-1685  
 H: 208-656-0226 W: 208-356-1100  
 E-mail: shifflerj@ricks.edu

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# 2000 – 2001 AMCAP GOVERNING BOARD

## EXECUTIVE COMMITTEE

**Lane Fischer, PhD**, President  
1485 E. 975 S.  
Springville, UT 84663  
H: 801-489-8378 W: 801-378-7706  
Fax: 801-378-6864  
E-mail: lane\_fischer@byu.edu

**Janet Vincent, LCSW**, Vice-President  
4499 Mathews Way  
SLC, UT 84124  
H: 801-278-5278  
E-mail: garr.vincent@hci.utah.edu

**Dana Templeman, MSW**, Treasurer  
1124 South 1300 East  
Bountiful, UT 84010  
H: 208-322-7944 W: 801-240-3629  
Fax: 801-240-4632  
E-mail: templemand@ldschurch.org  
DanaMT1554@aol.com

**Duane Laws, EdD**, President-Elect  
Spring Convention Co-Chair  
360 Edison Ave  
Ypsilanti, MI 48197  
H: 734-434-0699  
E-mail: dlaws@online.emich.edu

**Scott Richards, PhD**, Vice-President-Elect  
320-D MCKB - BYU  
Provo, UT 84602  
H: 801-798-3796 W: 801-378-4868  
Fax: 801-378-3961  
E-mail: scott\_richards@byu.edu

## EXECUTIVE SECRETARY

**B.J. Fuller**, Executive Secretary  
2540 East 1700 South  
Salt Lake City, UT 84108  
H: 801-583-4497 W: 801-583-6227  
Fax 801-583-1305  
E-mail: mail@amcap.net

## BOARD MEMBERS

**Gwena Couillard, PhD**, Bylaws Revision  
1168 N. 230 W.  
Logan, UT 84341  
H: 435-752-4536 W: 435-797-1012  
Fax 435-797-0855  
E-mail: gwenacou@cc.usu.edu

## BOARD MEMBERS (cont.)

**Mark D. Chamberlain, Ph.D.**,  
Continuing Education/Ethics  
1044 W. 400 S.  
Layton, UT 84041  
H: 801-593-6680 W: 801-262-2400 x4  
Fax: 801-262-9991  
E-mail: mjc1044@juno.com

**Carrie M. Wrigley, LCSW**, Bulletin/  
Spring Convention Co-Chair  
1650 E. Budding Dr.  
Sandy, UT 84092  
H: 801-572-1125 W: 801-566-2556  
E-mail: swrigley@uswest.net

**Dean Bender, MBA, CPA**  
Membership/Outreach  
5230 2nd ST.  
Rocklin, CA 95677-2505  
H: 916-624-1414 W: 916-784-7800  
Fax: 916-784-7850  
E-mail: dbender@BBR.net  
deanbender@starstream.net

**Timothy B. Smith, PhD**, Website  
328 MCKB – BYU  
Provo, UT 84602  
W: 801-378-1311  
E-mail: Tim\_Smith@byu.edu

**Noel Gill, PhD**, Area Coordinator  
Supervisor  
10589 S. Hwy 165  
Paradise, UT 84328  
H: 435-245-4835 W: 435-752-0750  
Fax: 435-245-2888  
E-mail: ncgills@cache.net

## EDITORIAL BOARD

**Aaron Jackson, PhD**, Monograph Editor  
320 MCKB - BYU  
Provo, UT 84602  
H: 801-423-1576 W: 801-378-8031  
Fax 801-378-5921  
E-mail: aaron\_jackson@byu.edu

**Julie Shiffler, PhD**, Networker Editor  
Ricks College Counseling Center  
Rexburg, ID 83460-1685  
H: 208-656-0226 W: 208-356-1100  
Fax: 208-359-3870 & 208-356-1185  
E-mail: shifflerj@ricks.edu

## EDITORIAL BOARD (cont.)

**Richard Ellsworth, PhD**  
Journal Editor  
40015 Sierra Hwy., Suite B160  
Palmdale, CA 93550  
H: 805-265-8690 W: 661-267-2001 x5348  
Fax: 661-267-6259  
E-mail: rellswor@chapman.edu

## COMMITTEE MEMBERS

**Eileen DeGruccio, MS, MFT**  
Volunteer/Election/Convention Hosting  
Fall Conference Co-Chair  
2524 Stansberry Way  
Sacramento, CA 95826  
H: 916-363-7003 W: 916-927-2151  
Fax: 916-457-9630  
E-mail: degruccioe@aol.com

**T. Brent Price, PhD**, Student Recruiting/  
Fall Convention Co-Chair  
827 N. 300 E.  
Brigham City, UT 84302  
H: 435-723-7142 W: 435-723-2881  
Fax: 435-734-2719  
E-mail: tbrent@brigham.net

## SPECIAL APPOINTMENT

**Larry Lewis, MA, CSW-ASP** Area Coord.  
Assistant Supervisor (Eastern U.S.)  
5904 Sharon Rd.  
Charlotte, NC 28210  
H: 704-552-7158 W: 702-535-2436  
Fax: 704-535-8116  
E-mail: wel-ss-ncarolina@ldschurch.org  
lwlk@juno.com

## FELLOWS CHAIRMAN

**Brent Scharman, PhD**  
4565 Wallace Lane  
SLC, UT 84119  
H: 801-277-4021 W: 801-240-4836  
Fax: 801-240-4632  
E-mail: scharmansb@ldschurch.org

# AREA COORDINATORS – JANUARY 2001

**ALABAMA** See Georgia

## ALASKA

Wandal Winn, MD  
4300 S. Street #202  
Anchorage, AK 99503  
W: 907-562-0794  
Fax: 907-561-4036  
E-mail: [wwwinn@gci.net](mailto:wwwinn@gci.net)

## ARIZONA

**FLAGSTAFF**  
Wendell Knudsen, PhD  
P.O. Box 478  
Young, AZ 85554  
H: 520-462-3326  
E-mail: [pairadox@theriver.com](mailto:pairadox@theriver.com)

## PHOENIX/MESA

Matthew Heussner, MC, NCC  
548 E. Cathy Drive  
Gilbert, AZ 85296  
W: 480-644-8306  
H: 480-497-0957  
E-mail: [Mlevy@juno.com](mailto:Mlevy@juno.com)  
[huey@juno.com](mailto:huey@juno.com)

## TUCSON

Maxine Ijams, PhD  
1540 N. Tucson Blvd  
Tucson, AZ 85716  
W: 520-881-6875  
H: 520-743-9035

**ARKANSAS** POSITION OPEN

## CALIFORNIA

**SACRAMENTO/RENO**  
Suzanne Mell, MA, MFT  
P.O. Box 911  
Plymouth, CA 95669  
W: 209-304-1227  
H: 209-245-3819  
E-mail: [sicilylsm@aol.com](mailto:sicilylsm@aol.com)

## SAN FRANCISCO

Steven Strong, PhD  
851 Fremont Ave.  
Los Altos, CA 94024  
H: 650-964-2014  
W: 650-568-1102  
E-mail: [strongcoach@earthlink.net](mailto:strongcoach@earthlink.net)

## LOS ANGELES COUNTY

Marilyn Simpson, PsyD  
2810 E. Del Mar Blvd #10B  
Pasadena, CA 91107  
H: 818-790-3366  
W: 626-683-7385  
E-Mail: [wdh438@aol.com](mailto:wdh438@aol.com)

## LA/ORANGE COUNTY

Stephen Pumphrey, MSW  
809 Calle Dulcinea  
San Clemente, CA 92672  
W: 949-348-7044  
H: 714-498-4262

## SAN BERNADINO

Tamara Ilich  
1881 Commercecenter E. #236  
San Bernadino, CA 92408  
H: 909-370-4331  
E-mail: [tamilich@juno.com](mailto:tamilich@juno.com)

## SAN DIEGO

Walter Hofmann, M.D.  
438 Rosemont St.  
LaJolla, CA 82037  
858-551-5190  
E-mail: [wdh438@aol.com](mailto:wdh438@aol.com)

**CONNECTICUT** See New England States

## COLORADO

### DENVER/GRAND JUNCTION/ PUEBLO

Kay Masek, RN, LCSW  
12756 W. 57 Dr.  
Arvada, CO 80002  
H: 303-403-1008  
W: 720-291-5047  
E-mail: [masek1@juno.com](mailto:masek1@juno.com)

**FORT COLLINS/CHEYENNE**  
POSITION OPEN

**DELAWARE** POSITION OPEN

## FLORIDA

**ORLANDO**  
POSITION OPEN

**TALLAHASSEE**  
POSITION OPEN

## GEORGIA/ALABAMA/MISSISSIPPI

Brent Snow, Ph.D.  
St. Univ. of W. GA. Ed. Psych Dpt.  
Carrollton, GA 30118-5170  
H: 770-834-9853 W: 770-834-9853  
F: 770-836-4645  
E-mail: [bsnow@westga.edu](mailto:bsnow@westga.edu)

## HAWAII

**LAIE**  
Dan Kehoe, Ph.D.  
56119 Pualalea  
Kahuku, HI 96731  
W: 808-293-9231

## IDAHO

**BOISE**  
POSITION OPEN

**POCATELLO/IDAHO FALLS**  
POSITION OPEN

**TWIN FALLS/BURLEY**  
POSITION OPEN

## ILLINOIS

### CHICAGO/MILWAUKEE, WI

Nancy Jackson, MS  
20584 W. Yorkshire Dr.  
Kildeer, IL 60047  
H: 847-438-3846  
E-mail: [papa-mamajack@worldnet.att.net](mailto:papa-mamajack@worldnet.att.net)

## INDIANA

Sharon Gelb, MS.  
210 Lafferty Dr  
Vincennes, IN 47591  
W: 812-886-9404  
H: 812-882-5131  
E-mail: [gelbbbs@bestonline.net](mailto:gelbbbs@bestonline.net)

## IOWA EAST

**DES MOINES**  
POSITION OPEN

**IOWA WEST** See Nebraska

**KANSAS** See Missouri

## KENTUCKY

POSITION OPEN

## LOUISIANA

Peter Emerson, Ed.D.  
10 Silman Ave  
Hammond, LA 70401  
W: 504-549-2309  
H: 504-542-4990  
E-mail: [pemerson@selu.edu](mailto:pemerson@selu.edu)

**MAINE** See New England States

**MARYLAND** See Washington D.C.

## MASSACHUSETTES

See New England States

## MICHIGAN

Polly Mallory, MA  
5096 Van Amberg Rd  
Brighton, MI 48114  
W: 810-227-9960  
H: 810-227-0482  
E-mail: [pmallory@ism.net](mailto:pmallory@ism.net)

**AREA COORDINATORS  
JANUARY 2001 (CONT.)**

**MINNESOTA** POSITION OPEN

**MISSISSIPPI** See Georgia

**MISSOURI/KANSAS**

Dorina Nicholson, Ed.S.  
7236 Woodson Rd  
Kansas City, MO 64133  
W: 816-966-0903 Ext 228  
H: 816-737-0313  
E-mail: Dmnicholson@healthmidwest.org

**MONTANA**

**HELENA/BILLINGS/BOSEMAN**  
Steven Dahl  
2231 E. 6<sup>th</sup> Ave  
Helena, MT 59601  
H: 406-495-0287  
W: 406-443-1660  
E-mail: fam-mt@ldschurch.org  
SBBSDahlhouse@juno.com

**NEBRASKA/IOWA WEST**

Sarah Imoe  
E-mail: imoesw@juno.com

**NEVADA**

**LAS VEGAS**  
John Brailsford, Ph.D., MFT  
5382 Holbrook Dr.  
Las Vegas, NV 89103  
W: 702-474-6450  
H: 702-873-5279  
E-mail: jobrails@juno.com

**NEW ENGLAND STATES**

David L. Covey, MS, MFT  
11 St. Andrews Circle  
Nashau, N.H. 03062  
W: (603) 889-0148  
H: (603) 888-2485  
E-mail: well-ss-hamshire@ldschurch.org

**NEW JERSEY** See New York

**NEW MEXICO**

Brenda McGee, Ph.D.  
103 Juniper Hill Rd NE  
Albuquerque, NM 87122  
W: 505-836-5947  
H: 505-857-0661  
E-mail: bgmccgee@uswest.net

**NEW YORK/NEW JERSEY**

Jonathan Sandberg  
H: 315-652-7418  
W: 315-443-9403  
E-mail: jgsandbe@syr.edu

**NORTH CAROLINA**

JoAnne Bridegan, M.Ed.  
4703 White Horse Drive  
Greensboro, NC 27410  
W: 800-532-8878  
E-mail: riskguru@aol.com

**NORTH DAKOTA**

POSITION OPEN

**OHIO**

POSITION OPEN

**OKLAHOMA**

Robert Bradshaw, MA  
HC 61, Box 178  
Tahlequah, OK 74464  
918-453-2065  
E-mail: bradshaw@netsites.net

**OREGON**

PORTLAND/SALEM  
POSITION OPEN

**PENNSYLVANIA**

John Uber, MA  
425 Liberty St.  
Grove City, PA 16127  
H: 724-458-0615  
W: 724-738-0880  
E-mail: jwuber31755@pathway.net

**RHODE ISLAND** See New England States

**SOUTH CAROLINA**

Liz Brischer Sharp  
1461 Hidden Bridge Dr  
Mt Pleasant, SC 29464  
H: 843-856-6505  
W: 843-856-0225  
Fax: 843-884-3104  
E-mail: sharpplb@home.com

**SOUTH DAKOTA EAST/IOWA NORTHWEST**

Matt Christiansen, MS  
3914 4th Ave Apt. B.  
Sioux City, IA 51106  
W: 605-677-5353  
H: 712-274-7360  
E-mail: mattsu@pionet.net

**SOUTH DAKOTA WEST**

POSITION OPEN

**TENNESSEE**

Chris Blair, MS  
9276 Front Nine # 201  
Arlington, TN 38002  
E-mail: ckblair@peoplepc.com  
Ckblair@earthlink.net

**TEXAS**

**AUSTIN**

POSITION OPEN

**DALLAS/FT WORTH**

Wendy Rotz  
3007 St. Tropez Ct.  
McKinney, Texas 75070  
H: 972-547-0783  
W: 972-562-6870  
E-mail: rotz@compuserve.com

**HOUSTON**

Art Jeffery, LCSW  
1202 Longledge Dr  
Seabrook, TX 77586  
W: 281-537-0211  
H: 281-291-9854  
E-mail: fam-tx-houston@ldschurch.org

**LONGVIEW**

Patricia Taylor, MSW, LMSW  
P.O. Box 9474  
Longview, TX 75608  
W: 903-663-6464  
H: 903-297-2519  
E-mail: pqt1@juno.com

**LUBBOCK**

POSITION OPEN

**SAN ANTONIO**

Neli Rogers, LMFT  
9 Woltwood  
San Antonio, TX 78248  
W: 210-871-4175  
H: 210-479-3689  
E-mail: rogers1@texas.net

**UTAH** (Blanding/Monticello see New Mexico)

**CEDAR CITY**

W. Sidney Young, Ph.D.  
2152 Parkview Dr.  
Cedar City, UT 84720  
W: 435-865-9119  
H: 435-865-9211  
E-mail: swak@netutah.com

**LOGAN**

Adlin Huish, Ph.D., MFCC  
55 North 200 West  
Logan, UT 84321  
H: 435-755-0215  
W: 435-752-7911  
E-mail: wel-ec-logan@ldschurch.org

**OGDEN**

Leon Blake, Ph.D.  
6183 S. 2375 East  
Ogden, UT 84403  
W: 801-476-5777  
H: 801-479-3238

**AREA COORDINATORS  
JANUARY 2001 (CONT.)**

**PRICE** POSITION OPEN

**PROVO**  
Ron Chamberlain, Ph.D.  
348 E. 260 S.  
Orem, UT 84058  
H: 801-223-4963  
W: 801-378-8018  
Fax: 801-378-4340  
E-mail: ron\_chamberlain.byu.edu

**SALT LAKE COUNTY**  
George Paulsen, M.Ed.  
3574 South 6505 West  
West Valley City, UT 84120  
H: 801-250-2823  
W: 801-250-2823

**VERMONT** See New England States

**VIRGINIA** See Washington, DC

**WASHINGTON**

**SEATTLE**  
Elena Cotton, MSW  
11812 SE 210 Place  
Kent, WA 98031  
W: 253-631-7058  
H: 253-631-3875  
E-mail: ecotton@libertybay.com

**SPOKANE/MOSES LAKE/  
PULLMAN/YAKIMA/ELLENSBURG**  
Rebecca Miner Jorgensen, MS 896  
312 S. Balsam St. #C  
Moses Lake, WA 98837  
W: 509-766-7895  
E-mail: rebeccaj@qwkssilvr.com

**TACOMA** POSITION OPEN

**WASHINGTON DC/NORTHERN**

**VIRGINIA/MARYLAND**  
Melinda Mecham, LPC  
209 West Uhler Terrace  
Alexandria, Virginia 22301  
H: 703-739-6037  
W: 703-914-1082 #7  
E-mail: Mechammindy@cs.com

**WEST VIRGINIA** POSITION OPEN

**WISCONSIN** POSITION OPEN

**WYOMING** (Cheyenne & Laramie to  
Fort Collins, CO)  
**EVANSTON/GREEN RIVER/  
LYMON/ROCK SPRINGS**  
POSITION OPEN

**International Areas**

**AUSTRALIA**

**NSW/QUEENS**  
Graham Hancock, MSW  
15 Parnell St #1, 1<sup>st</sup> Floor  
Strathfield, NSW Australia  
W: 01161-02-747-5211  
H: 0116129773802

**AUSTRALIA SOUTH/NEW  
ZEALAND**

Vince Meixner, Grad DIP  
24 Berberis Cres  
Frankston Victoria Australia 3199  
W: 01161-03-982-23766  
H: 613-9776-5601  
E-mail: meixner@ozemail.com.au.

**BRITISH ISLES:**

Rosa Hubbard-Ford, Counseling  
46 De Lisle Rd  
Boornemouth Dorset, BH3 7NG  
England  
1202525636  
H: 01161-03-977-65601  
W: 01202 525636  
E-mail: hfhf@mcmail.com

**CANADA**

**CALGARY**  
Kevin Anderson  
7040 Farrell Rd. SE,  
Calgary, AB T2H OT2  
W: (403) 255-0153  
H: (403) 703 3101

**ONTARIO** POSITION OPEN

**FRANCE/SWITZERLAND** POSITION OPEN

**GERMANY** POSITION OPEN

**JAPAN** POSITION OPEN

**SWEDEN/FINLAND** POSITION OPEN

**Area Coordinator  
Supervisor – Western  
U.S.**

Noel Gill  
10589 S. Hwy 165  
Paradise, UT 84328  
H: 435- 245-4835  
W: 435-752-0750  
Fax: 435-245-2888  
E-mail: ncgill@cache.net

**Area Coordinator  
Assistant Supervisor –  
Eastern U.S**

Larry Lewis  
5904 Sharon Rd.  
Charlotte, NC 28210  
H: 704-552-7158  
W: 702-535-2436  
Fax: 704-535-8116  
E-mail:  
wel-ss-ncarolina@ldschurch.org  
**OR**  
Lwlk@juno.com

# MEMBERSHIP/OUTREACH: PLEASE CHECK MY CONCLUSIONS

Dean Bender, MA student  
Committee Member

Carrie Wrigley, LCSW, (bless her heart) completed a tremendous amount of work surveying members of AMCAP and reporting the results to the board. After reading the report and the anecdotal information, the wants and needs of many AMCAP members became very clear. I have summarized the results as follows:

1. Conventions: spiritually focused, with clinical applications, AMCAP members as presenters, CEU credits and general authorities whenever possible.
2. Print a *Journal* at least twice a year, with verbatim conference reports, essays and research.
3. Improve the web site (a major improvement was completed after the survey, but we know more needs to be done). Now you can search all issues of the *AMCAP Journal* with ease and order conference tapes until your cassette player snarls.
4. Would students like newsgroups or chat rooms to thoroughly discuss issues they are studying?

However, there are several things we still don't know. What do the remote professional members want after the *Journal* and the newsletters? What do student members want and need?

Please let me know if the items on the first list are accurate or not and tell me what you see as important that is not on that list. Please comment pro or con to the second list. Let me know what you want and need, and I will go to the board for you just as Carrie has done in the past. I look forward to hearing from you and will report the results in a later newsletter. You may contact me by e-mail at: deanbender@starstream.net, by regular mail to the AMCAP office, or phone me at 916-624-1414 (evenings, Pacific Time) if you really want to vent.

## REACHING OUT TO THOSE IN NEED

Timothy B. Smith, PhD  
Board Member

In my brief remarks at the fall convention, I expressed a desire to help AMCAP members organize and assist with community mental health initiatives. One of the opportunities I mentioned was to serve as a member of a Disaster Response Team through your local chapter of the American Red Cross. As you well know, communities rely heavily on the professional volunteers of the Red Cross in times of crisis. Increasingly, the Red Cross seeks out assistance with mental health triage and consultation. Mental health professionals have helped victims of disasters nationwide. Your professional skills are

needed, and all it takes is a phone call to your local chapter of the Red Cross. For those AMCAP members who live near the Utah Wasatch Front, there is a specific need for professional volunteers for the upcoming 2002 Olympic Winter Games (sorry, no free tickets!). Training is provided through the Logan, Ogden, SLC, Provo, and St. George Red Cross chapter offices. Take a minute to make a difference. Sign up for the next training session or send me an email (Tim\_Smith@byu.edu). Your small service can make a world of difference.

# NEWS FROM AMCAP HEADQUARTERS

B.J. (Betty Jo) Fullmer  
Executive Secretary

Happy Greetings from the AMCAP office! I try to keep accurate information of our members. Please let me know if there are any changes in your street or e-mail address. We send our publications at the Postal Service's business rate and if the address is incorrect, the Post Office doesn't forward them. Please e-mail me at mail@amcap.net, phone (801-583-6227), or write (2540 East 1700 South, SLC, UT 84108) with your address change. I would like to

thank you for renewing your membership and welcome the 79 new members listed below – 38 Professionals, 37 Students, 2 Retired, 1 Associate Member, and 1 Institution Member – who have joined AMCAP during the year 2000. I appreciate the work you all do in the mental health field.

Thanks,

B.J. Fullmer, AMCAP Executive Secretary

Scott L. Anderson, Ph.D., MFT

Darren D. Ashton,

Jackie Anderson, MS

William G. Barnson, J.D.

Cassandra D. Barrett, MSW

Cynthia J. Behm, LCSW-C

Diane Bingham, RN

Christopher T. Blair, MS

Sean M. Borzea

Brent L. Bowen, MBA

Glenda K. Breslin, M.Ed

Nada L. Broderick, MSW

Michael T. Bryan, MS

Joyce T. Callis, Ed.S, LMFT

Bonnie J. Carlyn, MSW

Carol Conrad, RC

Nathan Cook

Joseph Daines, MS

John T. Davis, MSW

Ken Driggs, J.D.

Frank D. Elder, MSW

Kristin I. Erickson, MA

Bobbi S. Ferguson

Shelby L. Ferrin

Caralee Frederic, MSW

Timothy C. Frost, MSW, LCSW

Douglas E. Gardner

Glenda L. Georgens, MA

Floyd K. Godfrey, MA

Todd D Graves,

E. Guerry Green, MSW

Miriam Hansen, MA

Leland Hardy, MSW

Leslie Haws, MS

Cheryl E. Haws, MCHt

Jacob Z. Hess

Curtis L. Hill

Carolyn Hollingshead, Ph.D.

Kim D. Holman

Vickie A. Houska, MA

Maria G. Jensen, ICADC, RN

Garison Jeppesen, MSW, LCSW

SueZan L. Johnson

Debbi R. Kelley, MA

Soren Koldewyn

Melissa L. Konneker, MA

Julianne Law, Ph.D., LCSW

Paul Laws, MS

Tammy Little, MSW

Janice A. Lundeen, MSW

Marilyn S. Macdonald, M.Ed

Carolyn T. Maughan, MSW

Cheryl L. McBride, MSW

Don W. McBride, Ph.D.

Devin E. Mears, MSW

Brad Mortensen

Jared J. Morton

Christine Proctor

Melinda K. Quinlan

Susan Reynolds

Carly H. Richards, MS

Michael R. Ritter, MA

LeAnne Shirley

Craig Smith

Melissa H. Smith

Michael J. Stacy, MS

Sherilyn C. Stinson, MSW

Vicki Stull, MS, LCPC

Timothy B. Sutton

Dustin B. Tanner

Jill N. Taylor-Jenkinson, LSW

Marilyn H. Teuscher, MSW

David Thomas

Kim M. Tipton

Samuel B. Tobler, MA

LaNae Valentine Ph.D.

Kristi L. Wood

Austin Wood

Patricia J. Woodbury, M.Ed.

# SALT THE OATS

Noel Gill, PhD  
Board Member

Like most of you, I have often heard the saying, “You can lead a horse to water, but you can’t make him drink.” Recently a cowboy friend of mine shared with me the positive western spin to this folk wisdom. “You can lead a horse to water, but you can’t make him drink ... but you can salt the oats.”

Isn’t this what gospel-based therapy is all about? As therapists, as parents, as members of the church, isn’t this the approach needed to bring the most resistant to the point where healing and growth can occur? Too often in therapy and in life we give up on individuals more easily than we should. How many times and in how many ways have we presented the Truth and the Way to individuals who stubbornly refuse to partake? No matter how we present the saving principles and the therapeutic concepts, there are always some who fiercely dig their heels in and seem determined to perpetuate their self-destructive life styles. It is all too easy to justify terminating our efforts by deferring to the principle of free agency, wherein people have the right to make the wrong choice.

But have we really exhausted all our resources? Have we done all that we could? Have we tried to “Salt the Oats?” Have we presented the concepts in such a way that the individual thirsts after the life-giving substance that is offered?

As a young missionary many years ago, I recall a birthday presentation the mission home president offered a general authority. I’ve forgotten most of the details, including the general authority whose birthday it was, but I will always vividly remember the presentation. A beautiful cake was wheeled to the front of the auditorium. Before it was offered to the general authority, the mission home president asked if any missionary would like to share this cake with him. Several uninhibited missionaries’ hands shot up, and one lucky missionary was invited to

to the cake stand.

There, unceremoniously, the mission president jammed his hand into the cake and squeezed until the frosting oozed between his clutched fingers. He then thrust his fist in front of the stunned missionary and said, “This is the only true and living cake upon the face of the earth, enjoy.” Somewhat taken aback, the missionary declined and wandered back to his chair. Then the mission president washed his hands and invited the general authority to partake. With some hesitancy, the general authority agreed. The mission president then produced a sterling silver cake knife and carefully cut a wedge from the undamaged section and placed it on a plate of exquisite china along with a linen napkin and sterling silver fork. The mission president then humbly bowed before the general authority and presented this precious offering. The general authority readily accepted and feasted upon the delectable cake.

Same cake, very different responses. Why? A matter of salting the oats, I would suggest. The Lord reminds us that the worth of souls is great in his sight. In our capacity as AMCAP members, we are often referred some of the most troubled and troubling individuals who may have exhausted family and ecclesiastic efforts. It is a great responsibility we have as individuals both trained in the best clinical skills of our disciplines and thoroughly grounded in saving principles of the gospel. It is our sacred duty to exert every clinical and spiritual effort we can muster to see if we might salt the oats for this struggling individual. I am sure each of you can recall the great joy you have received when you have reached deep inside and come up with inspired and innovative approaches that turned the corner. Let us continue in this great work that we do and forever seek to find ways to “Salt the Oats.”

# AMCAP INTO THE 21<sup>ST</sup> CENTURY

Duane Laws, EdD  
President-Elect

One of the essential characteristics of an election in AMCAP is that there is no recount needed, no legal wrangling (as in present national elections), and the organization retains both presidential candidates as president and vice-president. I appreciate and value the vote of confidence AMCAP members have given for me to serve in 2001 as your president. I greatly appreciate also the by-laws that retain Scott Richards as our vice-president. In our country at present, each side politically has been downgrading the qualities of their opponents. I told my wife, after reading the qualifications of Scott Richards, that I should vote for him!! It truly is an honor to serve with Scott, who is a talented author, a recognized researcher and scholar, and a quiet-spoken, dedicated Latter-day Saint counselor in the executive committee of your organization.

Next, I have praise to give to our outgoing president, Lane Fischer (in contrast again to our current national political situation). Lane is truly that, an OUTGOING person. He gives people room to express themselves, has put great effort into increasing the professional respect for AMCAP, and has the uncanny ability to listen quietly to discussions among Board members and then come up with a brilliant summary of what everyone was saying. Lane's sensitivity to issues and insightful perceptions will be missed in future board meetings, but again, in contrast to current national conditions, we will be glad to welcome him to the "Fellows of AMCAP" (which term is generic and includes all past presidents, both male and female) for years to come.

AMCAP, as a voluntary organization, is like the Church in the respect that it functions as well as the members do. As your president-elect, I would like to paraphrase a charge given by President Kennedy to the nation: "Ask not what AMCAP can do for you, but ask what can you do for AMCAP." We have some outstanding and famous LDS counselors who are also faithful Latter-day Saints, quality parents, and committed spouses. We need to share the blessings and inspiration of AMCAP with other LDS professionals. For 2001, your board is committed to helping you become a better counselor, to increase your therapeutic skills and to strengthen your spiritual roots as a member of Christ's Church.

I read in the current issue of *BYU Exchange* magazine the following: "Yesterday is history, tomorrow is a mystery, but today is THE present. It is the present because it (present) is a gift from God." I believe that AMCAP membership and participation in conferences or various "area" activities will increase our abilities as "Mormon Counselors." We will be better prepared to serve others and deserve "The Present" from our Father.

My goals as your president-elect for 2001 are:

1. To increase membership to 2000 members in 2001. I challenge each of you to share AMCAP materials, tapes, website, and conference experiences with another counselor or Church leader – Priesthood or Relief Society – every month.
2. To promote and increase student involvement. Do you know a student who would benefit from AMCAP membership??
3. To produce a stimulating and useful *AMCAP Journal* following our Utah semi-annual conferences. Do you have an article to submit to our new *Journal* editor?? (Richard Ellsworth, e-mail: [rellswor@chapman.edu](mailto:rellswor@chapman.edu).)
4. To encourage Board members to actively involve themselves with our hard-working "area coordinators" throughout the world. Do you know who your area coordinator is and have you contacted them?
5. To increase professional competence and spiritual sensitivity of members. Watch for the *AMCAP Bulletin* regarding our upcoming March 29-30, 2001 conference.
6. To enjoy our service and networking with each other as members of AMCAP.

Please email me ([dlaws@online.emich.edu](mailto:dlaws@online.emich.edu)) with suggestions on how your Executive Committee and Board can help you. In conclusion, would you pay attention the next time you go through an endowment session in one of the more than 100 temples throughout the world to how often the phrase "it is well" is used. Be well.

## CHANGE IN OUR LIVES

T. Brent Price, Ph.D  
Committee Member

Change and growth are a process. As eternal beings living out our mortal existence, change and the subsequent growth it brings are experiences we can count on. Isn't it wonderful that each day we have so many opportunities for change in our own little worlds? Some of us try to avoid the changes with our world, with our relationships, with our spiritual lives, with our physical bodies and all of the other places that change happens to each of us.

There are others who act as if they can control change or prevent change, which happens in a host of ways in our world. We should understand that change and growth is a wonderful process filled with opportunities. But we cannot completely control or even recognize that change is upon us. It has been my experience that often change is out of my range of awareness. When we are swept up in the river of life, fearing the changes or growth experiences, let us remember that God often provides these growth experiences and changes for our benefit.

Gail Sheehy in her book, *Passages*, entitled a chapter "Predictable Crises of Adulthood." She states, "Everything that happens to us – graduations, marriage, childbirth, divorce, getting or losing a job – affects us. These marker events are the concrete happenings of our lives. The underlying impulse toward change will be there regardless of whether or not it is manifested in or accentuated by a marker event."

Each experience, each trial, each happening in our lives has the potential to change us for the positive or negative. Often in therapy, when a client is given an assignment or when positive change was expected and did not happen, the therapist has to go back to the underlying behavior that is maintaining the self-defeating behavior. Each of us has some self-defeating behaviors that stop us from positive

growth. In the Doctrine and Covenants 50:24, "That which is of God is light; and he that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day."

What an opportunity it is to work with the AMCAP board. There are many opportunities and growth experiences. The AMCAP board is made up of a number of men and women who have a vision for what our organization can become. We need the strength of each of our members to help AMCAP fulfill its purpose. In the recently published pamphlet entitled, *AMCAP, A Commitment to Spiritual and Professional Excellence*, it states, "AMCAP strives to promote spiritual and professional excellence consistent with Gospel principles."

This coming year may we each commit to positive change and to support and strengthen our organization with time and talents. In a world filled with many opportunities, we now have a chance to work for an organization that "provides a forum for mental health professionals, whose common bond is adherence to the principles and standards of the Church of Jesus Christ of Latter-day Saints, promoting fellowship, fostering communication and facilitating collaboration among LDS professionals." We need your help and support.

One of the things we would like to do this year is increase the number of students who are members of AMCAP. If you know of students who would be interested in more information about our organization and in membership in AMCAP, please contact me at: [tbrent@brigham.net](mailto:tbrent@brigham.net).

# BEING A GOOD THERAPIST REQUIRES USING COMMON SENSE

Brent Scharman, PhD  
Fellows Chairman

I spent the last hour and a half with a bishop who had called to consult about a member of his ward who reported being a victim of ritual abuse and having multiple personality disorder. For four years he has provided a listening ear to her and the rest of her family. Most weeks have required that time be spent in counseling the ward member, sometimes for three to five hours at a time. During the telephone call he recounted a myriad of bizarre stories too graphic and too outlandish to report here.

As I listened to the bishop I recalled an article I recently read. The article entitled “Twelve Pitfalls for Psychotherapists” appeared in the October/November issue of the *Family Therapy News* (pages 17-18). One of the pitfalls discussed was entitled Uncritical Acceptance. The authors stated,

An expert in civil litigation and for licensing boards, Dr. Jeffrey Youngren, has commented that therapists, in addition to being required to comply with the standard of care, must utilize common sense in weighing what patients tell them. The various cases that have dealt with repressed memory issues have articulated what amounts to a duty to utilize common sense or critical judgment, or a duty to be skeptical of a patient’s implausible memories. To uncritically accept implausible memories of sexual abuse has been found to be below the standard of care by the California Board of Psychology.

I felt bad for the bishop when I heard how consuming this situation had been. I admired his ability to develop a nurturing relationship, withhold blame or accusations, provide spiritual counsel and assist in a healing process with no formal training. I wondered

how the bishop and ward member may have been helped in the process had there been some previous professional consultation.

As LDS counselors we’re in a unique position. We’re trying to combine professional knowledge, life experience and spiritual promptings in an effort to assist those who ask for our help. I appreciated what I read in the *Family Therapy News* because I think it’s the first time I’ve seen a professional publication throw the variable of common sense into the mix of helpful personal qualities.

When the bishop and I hung up, we still didn’t know for sure the validity of the memories of his ward member. He did have a better understanding that neither he nor the husband needed to believe every detail of the story in order to continue being supportive and encouraging. He understood that common sense dictated that he couldn’t spend three hours a week with one individual without it taking away from the time and energy he had to offer to other members in need.

As therapists, it may be beneficial for each of us to periodically step back and examine our life style and approach to therapy from a common sense perspective. Are we spending so much time at what we do that it’s negatively affecting our lives? Are we becoming too narrow in our interests, i.e., is every book and magazine we read professional in nature? Do we get so caught up in a professional way of understanding people that we make things more complicated than they need to be? Do we begin looking for the hidden meaning of thoughts and behaviors so intently that we overlook the more plausible, common sensible explanations? Do we look for solutions to problems that seem magical and dramatic, but not very logical?

I like the idea of adding “good common sense” to our armament of professional skills.

# AMCAP: CELEBRATING OUR DIVERSITY, REAFFIRMING OUR UNITY, RETOOLING FOR THE 21<sup>ST</sup> CENTURY

Carrie Maxwell Wrigley, LCSW  
Board Member

My father is a restoration architect. Throughout my lifetime, I have watched him and his colleagues take old, outdated structures, research their original characteristics and functions, and rethink them in terms of modern needs. I have watched as, from that information, they have created meaningful designs and launched the creation of beautiful new structures, which preserve the building's original legacy and incorporate new elements addressing present and future needs.

When I was a 7 ½-year-old girl, my family and I followed my father to a new job in a little town called Nauvoo, Illinois, a place then filled with the broken-down remains of old buildings, and lots of history. I watched in wonder as my father and others worked diligently to create a miracle. Slowly, building by building, that place was transformed into a beautifully restored site – a treasure for tourism and missionary work. Now, 30 years later, I thrill as he and many others labor to add the crowning jewel to that beautifully restored city – the rebuilt Nauvoo Temple.

For over three decades now, I've watched my father assist in such projects, transforming old buildings into new, legacy-saturated treasures. I watched, for example, the transformation of the elegant old Hotel Utah into a spiritually-focused, technology-filled, visionary new Joseph Smith Memorial Building. Here, AMCAP and many others meet, dine, and enjoy the inspiring view, rich legacy, and incomparable spirit of Temple

Square in downtown Salt Lake City.

Over this past year, I have watched in similar wonder as AMCAP has undergone an analogous process. As a board, we have deeply pondered: Who are we as an Association? What functions do we serve? What mission do we carry out? And finally, what tools will we need as we carry that mission on into the 21<sup>st</sup> century?

During this significant anniversary year – 25 years since the birth of AMCAP, and 2000 years since the birth of Him whom we seek to serve and to emulate – we as a Board have given careful thought to AMCAP's legacy, mission, and future. We have invited input from AMCAP members through a year-long survey process. We have counseled with one another. We have engaged experts from other fields to assist us in building tools to carry us into the next century. A new web site has been built, containing access to AMCAP's richest treasures from 25 years, including a searchable 25-year archive of our journals, a searchable list of ten years of convention tapes available for ordering, and a user-friendly online version of the AMCAP Bylaws, our guiding document identifying who we are and how we function. We have also created an updated brochure, incorporating new meaning into AMCAP's traditional four-arrow logo – each arrow now representing a crucial dimension of AMCAP's work now and in the future. We have crafted a new mission statement, incorporating these four (continued on page 14)

(continued from page 13)  
dimensions, and other defining text. This statement reads as follows:

*AMCAP's mission is to provide information and support for the LDS mental health professional, in four areas: (1) Spiritual Focus; (2) Clinical Application; (3) Networking and Outreach; (4) Research, Theory, and Publication. As AMCAP members, we strive to center our personal and professional lives upon Jesus Christ, by serving our brothers and sisters in need.*

This statement, and the brochure and website reflecting the same multi-dimensional focus, truly celebrate our diversity and reaffirm our unity as an organization. There is room for all of us here. There is room for the clinicians, who spend their professional hours "lifting the hands that hang down," nurturing and guiding individuals and families whose burdens are greater than they can bear alone. There is room for the scholars, who think deeply about our foundations and share truth with other professionals in language they can understand and respect. There is room for the researchers, who carefully gather and assimilate data to guide us in our professional beliefs and practices. There is a valued place for both the men and the women of AMCAP, both the Utah members and the outlying members, the professionals and the student and retired members. All of us are needed, valued, and crucial. Each of us provides a unique voice and offers a unique contribution. We are fortunate in our Association to enjoy the synergy and cross-germination of a diversity of mental health professionals, unified by a solid commitment to Gospel principles.

In the latter few months of this anniversary year, some additional foundations were established.

Through election and appointment, AMCAP gained some remarkable new leaders on the Executive Committee, Governing Board, and Editorial Board. Efforts are now underway to create a new convention-based *AMCAP Journal*, making proceedings from our semi-annual conventions and other resources available to all our members, not just the 25 percent or so who are able to attend the gatherings in Salt Lake City. A Spring Convention is also being planned, with a host of skilled and insightful presenters and a focus of making as much material as possible available to all our members through the new journal and web site.

AMCAP has always been a gathering place for like-minded mental health professionals founded on the Gospel of Jesus Christ. Modern technology opens possibilities as never before for the expansion of this "gathering place." President Hinckley, during this anniversary year, has dedicated an enormous new Convention Center and begun using it, along with modern communication tools, to share the gospel message with millions across the world. In a similar way, we hope that the new tools built in AMCAP this year can be used, as our last two inspired presidents have encouraged us, to expand our influence, extend our outreach, and build powerful networks for doing good, both within and beyond the limits of our Association.

We of AMCAP enjoy a legacy of shared faith and professional synergy. We now have new tools to extend that legacy into the promise and the opportunities of a new century. That we may do so with clear vision, united purpose, and divine inspiration is my prayer, in the name of Jesus Christ, amen.

 MEMBERSHIP APPLICATION OR RENEWAL FORM

New Application  
 Renewal (AMCAP # \_\_\_\_\_)

Please send a copy of the Bylaws and  
 Ethical Guidelines of AMCAP

Dr.  Mrs.  Ms  Mr.

\_\_\_\_\_  
 First Name                      Initial                      Last Name                      (\_\_\_\_\_)                      Home Phone

\_\_\_\_\_  
 Home Address                      City                      State\Country                      Zip Code

Highest degree:  
 BA\BS  MA  MC  M.Ed.  MS  MSC  MSW  DSW  Ed.D.  MD  Ph.D.  Psy.D.  
 Other \_\_\_\_\_

Current License type: \_\_\_\_\_ # \_\_\_\_\_

I am applying for the following membership category:

- Professional member** - \$50 annual fee, \$750 lifetime membership fee
- Student or**  **Retiree** - \$25 annual fee (Mark highest degree & license type above if applicable)
- Associate member** (non-voting) - \$50 annual fee  Bishop  Other: \_\_\_\_\_
- International Associate member** (non-voting) - \$25 annual fee in U.S. funds  
 (Note: Category available outside the U.S. and Canada only.)
- Institution** (single, non-voting representative) - \$50 annual fee

Employer: \_\_\_\_\_  
 (if student and no employer, please indicate permanent address)

\_\_\_\_\_  
 Work Address                      City                      State\Country                      Zip Code

(\_\_\_\_\_) \_\_\_\_\_  
 Work phone                      Position

(\_\_\_\_\_) \_\_\_\_\_  
 Fax number                      E-mail Address                      Website Address

Specialties:  
 \_\_\_\_\_

Please send mail to my work address.  Please send mail to my home address.  
 I would like to  write or  present on this topic: \_\_\_\_\_

**\*\*Please circle any information you DO NOT WANT included in the  AMCAP Directory or on an  Internet Listing.**  
 (Internet listing will include, if desired, name, license, email, work phone, city, state, membership type in a password-protected, "member's only" section on the AMCAP website, www.amcap.net

I am  I am not currently providing therapy to individuals.

As a member of AMCAP, I agree to support the purposes and ethical guidelines of AMCAP as stated in the Bylaws.

The above information is accurate to my knowledge. \_\_\_\_\_  
 Signature of Applicant

\*\*Send application & fees, payable to AMCAP in US funds only to:

AMCAP email: mail@amcap.net

**AMCAP** (801-583-6227)  
 2540 East 1700 South  
 Salt Lake City, UT 84108

**AMCAP FALL CONVENTION, 2000**  
**October 5-6, TAPE ORDER FORM**

**Spirituality, Ethics and Healing—Peaceful Co-Existence?**

<b>Y HERE</b>	<b>TOPIC</b>	<b>PRESENTER</b>	<b>\$ AMOUNT</b>
___	1. The Hidden Spiritual Character of Psychological Healing	<i>C. Terry Warner, Ph.D.</i>	_____
___	2. Between a Rock and a Hard Place: Ethical Decisions About Dual Relationships	<i>Marleen S. Williams, Ph.D.</i>	_____
___	3. Maintaining Therapeutic Boundaries: The Covenant of Closeness	<i>Christine S. Packard, MC, CPC</i>	_____
___	4. Troubled Relations with God the Father: Healing in the Transference.	<i>Steven H. Strong, Ph.D.</i>	_____
___	5. Attachment Therapy: A Relational Mind, Body, Spirit Model That Brings Us Closer To God – or, How Do People Get “Past Feeling”.	<i>Jennie Murdock, LCSW</i>	_____
___	6. Using Spiritual Interventions in an Eating Disorder Inpatient Treatment Setting: Is it Ethical, Does it Help, and Why Should We Care?”	<i>P. Scott Richards, Ph.D.</i>	_____
___	7. The Healing Ethic of Rest: Stillness, Solitude and Sabbath in Healing and Health.	<i>Wendy L. Ulrich, Ph.D.</i>	_____
___	8. Awards Banquet – Distinguished Service to Humanity Award presented to Elder Jeffrey and Sister Patricia Holland		_____
___	9. Walking the Ethical Tightrope: Treating Abuse/Domestic Violence	<i>Laurel Carter, MS</i>	_____
___	10. Breaking the Chains of Habit: Tools for Conquering Chronic Relapse	<i>Mark D. Chamberlain, Ph.D.</i>	_____
___	11. Spiritual Attributions and Experiences of Religious Clients as a Dilemma in Ethical Practice	<i>Phil Watts, Ph.D.</i>	_____
___	12. Strengthening Self-Worth Using Spiritual Principles.	<i>Russell Seigenberg, Ph.D.</i>	_____
___	13. Ethical use of Spiritually Based Resources as Adjunctive Tools in Healing Families	<i>Julie Bullen, MS, MSW</i>	_____
___	14. Evaluating Treatment Models Using Ethical and Spiritual Criteria & Cognitive Processing Therapy for Sexual Abuse (CPT-SA): Knowing the Truth will Make You Free	<i>Gwena Couillard, Ph.D. &amp; Cynthia A. Nicholls, MS</i>	_____
___	15. Developing a Validity Argument for Diagnostic Instruments	<i>Mark Butler, Ph.D.</i>	_____
___	16. Spiritual Roots of Ethical Marital Therapy	<i>Wendy L. Watson, Ph.D.</i>	_____

**TAPE FEES:**

Members: \$ 100.00 for complete set or \$ 8.00 per tape  
 Nonmembers: \$ 140.00 for complete set or \$10.00 per tape

\_\_\_\_\_ # of tape sets or individual tapes \_\_\_\_\_  
 Total \$ Due

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 Salt Lake City, UT 84108-2704

Questions: Call 801-583-6227  
 E-mail: mail@amcap.net  
 Or visit: www.amcap.net

# NOTICE

The Brigham Young University Counseling Psychology Doctoral Program is happy to announce that the APA has recently granted full accreditation. The program seeks applications from interested masters-level practitioners. For application materials or for more information on the program, please see <http://www.byu.edu/cse/phdbrochure.html>

The Counseling Psychology and Special Education Department at Brigham Young University is looking for qualified applicants for the APA-accredited Counseling Psychology Ph.D. program. The Ph.D. in counseling psychology requires a master's degree as a prerequisite, is primarily psychological in nature, and is based upon the scientist-practitioner model of training, which is an integrated approach to training that acknowledges the interdependence of theory, research, and practice. The Counseling Psychology program at BYU emphasizes the educational, developmental, and preventive functions of counseling psychologists and counselor educators. Students are primarily prepared to work as counseling psychologists in counseling centers and in academic departments in university and college settings. Students are also prepared to make remedial interventions. Graduates should anticipate careers on college and university campuses as counselors, counseling psychologists, or counselor educators. If you would like further information on program requirements, prerequisites, and application procedures and deadlines, please view our web site or contact us as listed below:

**Department of Counseling Psychology and Special Education  
Brigham Young University  
328 MCKB  
PO Box 25093  
Provo, UT 84602-5093**

**E-mail: [csesec@ed.byu.edu](mailto:csesec@ed.byu.edu)**

**Web site : [www.byu.edu/cse](http://www.byu.edu/cse)**

# **POSITION ANNOUNCEMENT**

Brigham Young University, Department of Counseling Psychology invites applications for a full-time, tenure track position in Counselor Education, School Psychology or Counseling Psychology.

Beginning date August 27, 2001.

Qualifications: Doctorate in Counselor Education, Counseling, School Psychology, or Counseling Psychology.

Demonstrated record of scholarship or potential.

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For more information, please contact:

Dr. Ronald D. Bingham  
320-A MCKB  
Brigham Young University  
Provo, UT 84602-5093

E-mail : [Ron\\_Bingham@byu.edu](mailto:Ron_Bingham@byu.edu)  
Phone : 801-378-4839  
Website : [www.byu.edu/cse](http://www.byu.edu/cse)

# The Last Word

## EMBRACING ADVERSITY

Life isn't easy. Adversity is something that we all encounter. We as therapists would be out of work if not for the problems faced by our clients. Yet how often, in the midst of suffering, do we wonder what we have done wrong that we should deserve the trials through which we are passing? How often do we embrace the "Belief in a Just World," wondering what we have to do in order to be good enough that bad things won't happen to us?

Being a life-long member of the Church, I grew up hearing the verse, "Men are, that they might have joy" (2 Ne. 2:25). But it was only a few years ago that I thought very much about the context within which that statement was made. Lehi, in teaching his son Jacob about the need for opposition in all things, recounts the story of Adam and Eve and their transgression in the Garden of Eden. As he concludes the story, he tells his son that if Adam and Eve had not transgressed, they would have remained innocent, "having no joy, for they knew no misery" (2 Ne. 2:23). Lehi recognized that pain creates a reference point, a contrast, without which we could not know joy. He knew that true joy is unavoidably tinged with pain.

Our physical bodies provide a vivid example of the benefits of adversity. Muscles unused, unchallenged, quickly atrophy and become useless. It is only as they contract – straining against the pull of gravity, the weight of the body, or the resistance of another object – that they grow. We foolish mortals would take wide detours to avoid the trials laid in our paths. But as C. S. Lewis wisely noted, "God intends to give us what we need, not what we now think we want" (*The Problem of Pain*, 1962, p. 53.)

If, then, adversity is unavoidable and is the vehicle through which we experience growth and feel joy, why is it that so many of our brothers and sisters never seem to arrive at the point of joy, but seem instead to be perennially in a state of misery? As Terry Warner taught us, "Tribulation is mandatory;

misery is optional" (AMCAP Conference, Fall 1997). Elder Neil A. Maxwell, paraphrasing Anne Morrow Lindbergh, stated, "If suffering inevitably taught us, the human family would be a wise family indeed." (*Hour of Gold, Hour of Lead*, 1973, p. 214; quoted in "Insights from My Life," *Ensign*, July 2000, p. 6-13).

What, then, is the difference between those who grow and those who remain in misery? How do we go about assigning new and positive meaning to our painful experiences? Elder Maxwell observed that "it takes meekness to learn from suffering" (*Ensign* July 2000). Each sufferer, according to Terry Warner (AMCAP, 1997), is faced with a choice whether to "live resentfully or to live gratefully. What makes us miserable is our resentment over the loss – not the loss itself."

In the movie *Shadowlands*, C. S. Lewis is faced with the impending death of his beloved wife Joy. When Lewis avoids the subject, Joy attempts to prepare him for her death, telling him, "It's not going to last . . . . But that doesn't spoil it; it just makes it real. What I'm trying to say is that ***the pain then is part of the happiness now***. That's the deal" (emphasis added). My husband and I often reflect upon those words as we look at our separate pasts, he having been widowed and I having gone through a painful divorce before we embarked on our lives together. We plainly recognize that the bitterness of our past pain serves to sweeten our present happiness, and that without having had the pain, it is unlikely that we would derive such joy from our love for each other.

The Lord, in response to the suffering of the Prophet Joseph Smith, taught him that "all these things shall give thee experience, and shall be for thy good" (D&C 122:7). It is my hope and prayer that we will guide the suffering souls whom we serve to find eternal meaning in their pain and to discover the joy that can ultimately be their reward.