

# 2018 Annual Spring Conference

## Your Program on the Cloud

Wisconsin Association for Marriage & Family Therapy



# Conference at a Glance

8:30 am - 9 am – Registration and Breakfast

9 am - noon – Breakout Sessions

- 1) *Supporting the Parent/Child Relationship through the Power of Sensory Co-Regulation* by Jennifer Bluske, OTR and Danna Hamlett, MS, LMFT
- 2) *Emerging Family Dynamics in Sudden Deaths vs. Longer Dying Process Trajectories* by Jo Ann Brown, LCSW
- 3) *Art Therapy: Interventions for High Conflict and Understanding Clients through Art Making* by Jennifer Mastick, ATR, LPC

Noon - 1 pm – Networking Lunch

- 1) 12:30 - 1 pm – Carl A. Whitaker Award

1 pm - 5 pm – Keynote Speaker

- 1) *High Conflict Families . . . and Your Day in Court* by David Martindale, PhD., ABPP

5 pm - 6 pm – Annual Membership Meeting



## Welcome to Your Conference

Dear Colleagues,

On behalf of the WAMFT Board of Directors and the 2018 WAMFT Conference Committee, we would like to welcome you to the 2018 WAMFT Spring Conference! Our conference theme this year is “High Conflict in Therapy” and we are excited to offer you three wonderful presenters to choose from for our morning breakout sessions followed by our keynote speaker; after which is our annual membership meeting where we will be discussing how our organization is moving forward under our new structure. We’ll be outlining our future goals and strategies for continuing WAMFT’s reputation for providing you advocacy, education, and networking opportunities devoted to serving you our members. We hope you will stay around for this meeting and ask any questions you might have about how WAMFT is handling the changes.

Our Conference Committee worked hard to put this conference together for you. We would like to extend a huge thank you to our sponsors for their support in helping to fund our conference. Please visit those in the lobby at their booths and take note of those in both our conference manual and our slideshow at the conference. We likewise want to thank all of our speakers for submitting their proposals, accepting our offer to speak and joining us here today.

We would also like to thank Melissa Bleiler, WAMFT Board Member, for her organization of our food and coffee. In addition, we would like to extend our gratitude to Andrea Mueller, WAMFT Treasurer and WAMFT Board Member, for her assistance in finding and securing our keynote speaker; to Judith Warren, WAMFT Board Member, for her valuable aid in reaching out to sponsors; Sharon Austin, WAMFT Board Member, for her help in managing sponsors submissions; and to Elizabeth Ellison, WAMFT Board Member and Newsletter Editor, for her help with the Conference Manual. We would also like to extend a thank you to Tammy Conrad,

WAMFT Past-President, for her support in assisting us with her knowledge of prior conferences; to Christopher Wirth, WAMFT President, for his dedication to ensuring the success of this conference; to Bob and Le Jordon who lent their expertise, registration magic, and general multitasking abilities to this conference! Thank you to everyone who has volunteered to help us in running the conference smoothly and efficiently.

We sincerely hope you find this year's Spring Conference to be educational, enriching, and enjoyable! Near the registration table, you will find computers offering you the ability to sign up for a new way for us to show our appreciation of your membership. We are going to be showcasing therapists on our Facebook page, so if you are interested in being featured, please make your way to one of those computers and sign up. If you are interested in becoming involved with WAMFT under our new structure feel free to reach out and talk to one of us Board Members or email us at [wamft@wiscow.com](mailto:wamft@wiscow.com). Also, if you are interested in writing an article for the newsletter, please send an email to [familytherapyservice@gmail.com](mailto:familytherapyservice@gmail.com).

Thank you for coming!

Amanda Anderson, LMFT-IT  
WAMFT Conference Committee Interim Chair



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"... I looked at Edgewood College because of the **values** and the level of clinicians that the program produces."

- Jessica Schultz MS, MFT, CFT



## MASTER OF SCIENCE IN MARRIAGE AND FAMILY THERAPY

*Learn to work holistically and relationally with individuals and families.*

- Program is structured as a supportive, consistent cohort
- Begin the program in the fall or spring semester
- Qualify to apply for licensure in Wisconsin.
- Classes are held during week night evenings
- Take courses as a full-time or part-time student

The Marriage and Family Therapy Master's Program at Edgewood College is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) of the American Association for Marriage and Family Therapy.

"Marriage and Family Therapy can help you be a better person over all because it doesn't just look at you, it looks at all of the different facets of your life. Once I knew I wanted to be a Marriage and Family Therapist, I looked at Edgewood College because of the **values** and the level of clinicians that the program produces." -- Jessica Schultz MS, MFT, CFT

QUESTIONS? CONTACT JENNA ALSTEEN | [JALSTEEN@EDGEWOOD.EDU](mailto:JALSTEEN@EDGEWOOD.EDU) | 608.663.4255 | [WWW.EDGEWOOD.EDU](http://WWW.EDGEWOOD.EDU)



# Conference Schedule & Details

8:30 am - 9:00 am – Registration and Breakfast

9:00 am – 12:00 pm – Morning Breakout Session (3 CEUs)

## Room 122

*Supporting the Parent/Child Relationship through the Power of Sensory Co-regulation*

Presenters: Jennifer Bluske, OTR and Danna Hamlett, MS, LMFT



Using sensory processing theory along with attachment theory, learn a model of helping children and parents more effectively co-regulation together. In this presentation, we will discuss our model for using occupational therapy and mental health treatment together to support the entire family learn to effectively regulate through their day. Learn strategies to help the parent more effectively work with their child's emotions and periods of dysregulation.

## Room 216/7

*Art Therapy: Interventions for High Conflict and Understanding Clients through Art Making*

Presenter: Jennifer Mastick, ATR, LPC



Art therapy is an alternative form of therapy assisting a family or individual heal from and cope with current traumas through art making. Often this healing process involves personal visualization or creative thinking in an effort to create awareness of the ability the person has within to change. The visual stimuli and non traditional approach to therapy often provides a different way to express and understand traumatic experiences gaining both a vantage point untapped as well as new coping mechanisms.

## Room 226/7

### *Emerging Family Dynamics in Sudden Deaths vs. Longer Dying Process Trajectories*

Presenter: Jo Ann Brown, LCSW



The nature of family dynamics is to adjust and adapt to life changes of the members of the family itself. One of the most profound occurrences is the death of a family member, when even the healthy and most functional bonds are changed forever. The purpose of this presentation is to examine (compare and contrast) family dynamics in response to two death trajectories: sudden/unexpected and longer/expected/anticipated. The impact of the clinician's personal history of deaths on the clinician-client relationship will also be explored as a pertinent factor in treatment planning and implementation.

12:00 pm - 12:30 pm – Networking Lunch (Consider visiting our Business Card Exchange Booth)

12:30 pm - 1:00 pm – Carl A. Whitaker Award Winner: Dale Hawley in auditorium

1:00 pm - 5:00 pm – Keynote Speaker (4 CEUs)

## Auditorium

### *High Conflict Families . . . and Your Day in Court*

Presenter: David Martindale, PhD., ABPP



When working with high conflict families, the possibility exists that you will be called upon to testify, either as an expert witness or as a fact witness. In his keynote address, David Martindale will prepare you for that eventuality. Topics to be covered will include your consent for treatment agreements, record keeping, dealing with conflicting obligations, and courtroom 'survival'.





Joining us for any additional legal questions during Dr. Martindale's presentation will be Ginger L. Murray. Ms. Murray is the President and Lead Family Law Attorney with Your Family Law Center in Madison, WI. A former Family Court Commissioner, she offers over 20 years of family law experience to clients. She provides representation for clients with family law matters: adoption, change in custody/placement/support, divorce, grandparent's rights, guardianship, paternity, surrogacy, and restraining orders/injunctions. Ms. Murray helps many clients with diverse needs, including cordial couples seeking amicable divorces, abused clients needing their rights protected, parents wanting more time with or needing to protect children, parents being falsely accused of abuse and spouses needing to protect business interests, real estate, pension/retirement plans and other assets. She received her B.A. degree from the University of Wisconsin, Madison and her J.D. degree from Mississippi College School of Law. Ms. Murray is on the board of WIPCOD (Wisconsin Professional Committee On Divorce), a founding member of the WI- AFCC chapter, a member of AFCC, a member of the State Bar of Wisconsin, the Dane County Bar Association, the James F. Doyle Inns of Court and the Legal Association for Women.

5:00 pm - 6:00 pm – Annual Membership Meeting (1 CEU)



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- 16 years family law mediation, negotiation and litigation

# Let Us Congratulate Our 2018 Carl A. Whitaker Award Winner Dale Hawley



## About the Carl Whitaker Award:

The Carl Whitaker Award is given to a WAMFT member who has distinguished themselves by contributing to the field of Marriage and Family Therapy in creative or innovative ways. It is named after Carl Whitaker because he was a pioneer in the marriage and family therapy field. Through his experiential family therapy, he was personally engaged in helping families bring about change and flexibility in the family system.

## About our Winner:

Dale Hawley is Director of the Marriage and Family Therapy program at the University of Wisconsin – Stout where he has been since 2002. He completed his master's in Marriage and Family Therapy from Abilene Christian University in 1982 and his PhD in Family Social Science from the University of Minnesota in 1991. Prior to coming to Stout he was a faculty member with the Marriage and Family Therapy program at North Dakota State University and a family minister for the Woodbury Church of Christ in Woodbury, Minnesota. Dale was on the WAMFT board from 2003 to 2008 (the last three years as Secretary) and again in 2016.

He is currently on the Commission for Accreditation for Marriage and Family Therapy Education, where he serves as Chair-Elect. Dale stumbled into the field of marriage and family therapy in the early 1980s as a young minister looking for ways to help congregants deal with issues they were having in their families. A disenchanted ex-psychology major in college, he discovered a systemic approach in his master's program and has embraced it ever since. In 1983-84 he completed a nine-month training program at the Brief Family Therapy Center (BFTC) in Milwaukee. While he utilizes multiple approaches in his therapy, he is still strongly influenced by the solution-focused roots gained during his experience at BFTC.

A native of Milwaukee, Dale and his wife Vicki live in Hudson, Wisconsin. They have three children and six grandchildren spread from Iowa to New York.



# The 2018 WAMFT Board of Directors



For more than 25 years, WAFCA has provided quality, affordable continuing education for member agency staff and other mental health professionals serving children and families across the state.

### Fall 2018 Workshops

Sept 13: Understanding Compassion Fatigue and Healing Thru Self Awareness (Pewaukee)

Sept 27: Dynamics of Adoption and Effectively Engaging Adoptive Families (Oshkosh)

Oct 11: Grandfamilies: Respecting Family Culture in Treatment and Practice (Pewaukee)

Oct 25: Ethics, Boundaries and Self-Care (Oshkosh)

Nov 8: Ethics, Boundaries and Self-Care (Eau Claire)

Registration opens June 26

<http://www.wafca.org/continuing-education>



**Christopher Wirth –  
WAMFT President**

Christopher Wirth is a Licensed Marriage and Family Therapist (LMFT) who received a Master of Science degree from the Marriage and Family

Therapy program of Edgewood College in Madison, WI and a Bachelor of Science Degree in Psychology from the University of Wisconsin-Madison. He has worked in community mental health, private practice, and in-home settings, and is currently in private practice at Mental Health Solutions S.C. Additionally, he offers supervision and consulting services for MFTs gaining hours towards licensure. He will be the Chair of the Wisconsin geographic interest network which will continue under the Wisconsin Association for Marriage and Family Therapy (WAMFT) name.



**Tammy Conrad – WAMFT Past President**

Tammy Conrad graduated from Edgewood College with her Master's of Science in Marriage and Family Therapy in 2001. Tammy is an AAMFT Clinical Fellow and an approved AAMFT Clinical Supervisor. She is a full time faculty member at Edgewood College in the MFT program and provides clinical supervision to post graduate students including Clinical Residents of The Family Center in Middleton, WI. Tammy provides relational therapy to children, families, and couples. Her areas of interest include infant and early childhood mental health, grief and traumatic loss, attachment, and couples work seeing clients at Lake City

Counseling in Madison. She will be transitioning to the Advocacy Subcommittee in the new network. In addition, she is a current mentor for the AAMFT emerging leadership program. When she isn't working Tammy spends time with her family and friends enjoying the finer moments of life: loving, laughing, crying, and building life long memories.



**Melissa Bleiler – WAMFT Director-at-Large**

Melissa, MS, LMFT-IT, LPC-IT is a 2016 graduate of UW-Whitewater's Master's in Clinical Mental Health with an emphasis in Marriage and Family Therapy. She is the Case Manager/Counselor at UW-Whitewater's University Health and Counseling Services, working with students of all ages and faculty/staff through their EAP program. Melissa will be transitioning to the Chair-Elect of the new network. She spends her free time with her own dogs and fostering dogs available for adoption and waiting for the snow to melt so she can be in the garden.



**Elizabeth Ellison – WAMFT Director-at-Large**

Elizabeth graduated from Edgewood College with her Master's of Science in Marriage and Family Therapy in 2010. She also received her Bachelor's of Science in Psychology from Edgewood College as well. She currently works for Journey Mental Health Center. Internal family systems, narrative, CBT, experiential, and motivational interviewing guide Elizabeth in her work with consumers. She will be transitioning to the Chair of the Networking Subcommittee of the new network. Elizabeth is excited to have the opportunity to continue volunteering with WAMFT. She enjoys collaborating with WAMFT members and other talented mental health professionals in Wisconsin to ensure the continued advancement of the MFT field. In Elizabeth's free time she enjoys spending time with family, watching and feeding the birds, shooting archery and providing youth archery instruction, fishing, hunting, hiking, camping, and year round weekend campfires.



**Judith Warren – WAMFT Director-at-Large**

Judith Warren, MS, LMFT is currently in private practice at When Life Is A Puzzle Counseling & Consulting, LLC & Healthy Connections. She provides psychotherapy to clients, as well as serves as Mental Health Consultant for UW Oshkosh Head Start and Indianhead Community Action Agency. In addition, she is also a Wellness Consultant for UMOS. Judith also provides supervision to clinicians in training in both the areas of Internship and in gaining hours towards licensure. Judith will be transitioning to the Educational and Networking Subcommittees of the new network. While helping people live well in understanding their relationships, she is committed to providing a safe space for individuals and families to work through challenges and celebrate successes in life's journey. The types of theoretical perspectives that typically provide input into her work with clients include Bowenian, Strategic, Narrative, Cognitive Behavioral, and Experiential. She has experience working with children, adolescents, adults, and the geriatric population. Judith lives in Wautoma and in her spare time, she enjoys spending time with her family, traveling, learning, and reading.



**Sharon Austin – WAMFT Director-at-Large**

Sheri Austin LMFT-SUD, SAC is a marriage and family therapist, naturalist, holistic health and yoga teacher/practitioner. Sheri combines her love of hiking with mindfulness and functional yoga to integrate safe and simple trauma responsive movement into her therapy practice working with anxiety, depression, trauma, addiction and chronic illness. Sheri believes that health and wellness are grounded in a deep ecology of body, mind, heart and soul, connected with humanity and the rhythms and cycles of nature. Sheri is currently in private practice at FullBloom Integrative Therapy in Janesville, Wisconsin. She facilitates workshops in addiction and trauma treatment, art therapy, applied mindfulness and PranaWalk (a fitness based mindful walking program). Sheri will be transitioning to the Vice Chair of the Advocacy Subcommittee. She is dedicated to promoting growth in education, licensure, compensation, inclusion and scope of practice for marriage and family therapists in the state of Wisconsin.



**Linda VanTol – WAMFT Director-at-Large**

Linda received her bachelor's degree in Sociology and Psychology from the University of Wisconsin at Madison in 1992, and her master's degree in Psychology, specializing in Marriage and Family Therapy, from Edgewood College in 2013. She is a licensed Clinical Substance Abuse Counselor and has a Marriage and Family Therapist Training License. Linda has worked with women offenders with substance abuse disorders in Wisconsin since 1993. She started her career as a Relief Counselor for ARC Community Services, Inc., and has since served in a variety of positions including, Case Manager, Substance Abuse Counselor and lastly Program Manager of the ARC Maternal and Infant Program, a licensed transitional residential substance abuse treatment program for pregnant/post-partum offenders and their infants. As the only DOC contracted facility explicitly designed for pregnant and postpartum women offenders in state, she serves women from all Wisconsin counties. As an MFT in this position, she practices within multiple systems focusing on parenting, cognitive restructuring and substance abuse treatment. Linda uses a systemic perspective to meet the ever changing needs have this at-risk population with trauma informed practices and current CBT/ EBBP curriculums. She will be transitioning to the Education and Networking Subcommittees. In her free time, Linda loves rock climbing, kayaking, camping, the Marvel Universe, biking and anything to do with her dog Bebe and other White German Shepherds



**Stephani Storkson – WAMFT Secretary**

Stephani graduated from Lake Forest College with a BA in Psychology and from Edgewood College in 2009 with a MS in Marriage and Family Therapy. Stephani has served the board in the role of Secretary for WAMFT since 2014. She currently works for Foundations Counseling Center based out of Belleville, Wisconsin; as a therapist, referral coordinator and supervisor. She has been with Foundations since 2008. Stephani is a nationally certified Trauma Focused-Cognitive Behavioral Therapist. She also is currently engaged in the 18-month long Child-Parent Psychotherapy learning collaborative and the Infant and Early Childhood Mental Health Certificate program through UW-Madison. Stephani provides in-home and outpatient services through family, play, and attachment based therapies. She will be transitioning to Secretary and Liaison to the Networking Subcommittee of the new network.





**Andrea Mueller – WAMFT Treasurer**

Andrea Mueller serves as Treasurer on the WAMFT board. She is an AAMFT approved Supervisor at The Family Center in Madison. Andrea's passion for the MFT field is to provide support, leadership, and guidance to incoming therapists through supervision. She also has a passion for infant mental health; early intervention and prevention. She lives in Verona. In Andrea's free time, she enjoys spending time with family and friends and her new granddaughter. She will be transitioning to Treasurer and Liaison to the Elections Subcommittee of the new network



**Amanda Anderson – WAMFT Conference Committee Interim Chair**

Amanda Anderson, MS, LMFT-IT graduated from Capella University in 2014 with her master's in General Marriage and Family Therapy/Counseling. She is currently enrolled and more than half way through her doctoral degree from Northcentral University. She is currently working at Oshkosh Marriage and Family Therapy Center in Oshkosh, Wisconsin; both as therapist and owner. Amanda will be transitioning to the Chair of the Educational Subcommittee. In her free time, she likes to garden, play video games, go for walks, and just have fun.

**Kaitlyn Meyrose – Student Representative**

# How Are We Moving Forward?

Our current layout for the new geographic network:

