

"The hallmark of family therapy is not the type of symptoms we treat, but our systemic and social constructionist approaches."

November 2011



Adjunct Faculty Spotlight -> -> -> Marisol Garcia

Marisol Garcia, MCFT adjunct faculty and nationally acclaimed visiting scholar to Lewis and Clark released her first book this fall, "Pleasure: The Secret Ingredient in Happiness", (<http://www.thepleasurecure.com>). The book is an integration of her work as a writer, teacher, researcher and clinical therapist. Although it embodies her knowledge in the MFT field, Dr. Garcia wanted to take a more popular approach, "I want my work to reach many different types of people. The work I want to do, I want to do in a massive way. Social justice knowledge for a very small group of people is not true to the social justice agenda". In her book, Dr. Garcia challenges the Euro-American Protestant values of work, "We've forgotten this recreational part of our life. We have to find a balance whether or not you love your work".

Dr. Garcia is an expert in this work-life balance as she used to travel from her home in the Dominican Republic to Connecticut to teach, two nights a week. It was a sacrifice that she was willing to make to spend time with her daughters. Moving forward, she continues to find time for her family as well as her unrelenting passion to learn, "If I approach a topic, I want to investigate it and learn everything about it. There is a curiosity that drives people like me. More than curiosity is finding alternate truths".

It seems to be this spirit that has helped her incredible success. She was recently recognized for her work on a publication with co-author Dr. McDowell. They have been selected as the recipients of the Anslem Strauss Award, an award given by the National Council on Family Relations. Congratulations Dr. Garcia! We are proud to have you on the Lewis and Clark MCFT team! For more, visit <http://www.garciawestberg.com>.

Calling All Volunteers! A message from Volunteers of America Oregon:

"Volunteer to change a life, starting with yours! Volunteers of America Oregon helps individuals, families, and communities. From victims of domestic violence to at-risk youth, from seniors trying to maintain dignity to men and women desiring to overcome substance abuse, our programs reach a wide network of children and families, those who need and deserve nurturing, education and support, as well as a higher quality of life.

Our direct service & support positions enable you to put your passion to work building skills and experience in addressing pressing social issues. We offer extensive orientation, one-on-one training & supervision, and a variety of opportunities to explore and develop your interests and leadership abilities. We are also open to creating new positions to fulfill your internship and practicum requirements.

To get started, visit www.voaor.org/volunteer for a list of current volunteer opportunities and upcoming orientation sessions. Call 503-595-2009 to sign up for a session and learn more about our programs, exciting service opportunities, and being the application process. We look forward to having you join us!"

We love to brag about our successful alumni...so check out Justin Rock's incredible work!

Rock, J. (2010, November). Being spanked into authenticity: Existential Growth through BDSM Sex [Handouts and Slides]. Paper presented at the annual conference of the Society of Existential Analysis, London, UK.

Rock, J. (2011, October). Being spanked into authenticity: Existential Growth through BDSM Sex [Handouts and Slides]. Paper presented at the quarterly presentation of the Existential-Humanistic NorthWest Professional Organization, Portland, OR

Justin plans to complete this work as a paper this year and put it out for publication to the SEA's EA journal.

Upcoming Events

A word from your program director...

Over the last fifteen years, resilience has been a preferred framework to address therapeutic work in general and specific areas of interest such as adolescent behavioral issues, trauma, activism and almost any area of focus in couple, marriage and family therapy and psychology. I would like to point to how systemic thinkers approach resilience. For example, Dr. Ungar, director of the Resilience Research Centre in Canada, emphasizes a systemic view by stating that “in the context of exposure to significant adversity, resilience is both the capacity of individuals to *navigate* their way to the psychological, social, cultural, and physical resources that sustain their wellbeing, and their capacity individually and collectively to *negotiate* for these resources to be provided and experienced in culturally meaningful ways” (2008, p.235). Contrast the complexity of this point of view with the simplicity of popular individually based points of view defining resilience as, for example, “being able to adapt to life’s misfortunes and setbacks” (Mayo Clinic website, 2012). As popular psychology continues to define and nurture in the public the idea that resilience is a commodity that we have within (where? Does anyone know?), that will help us overcome adversity, consumers will continue to search “inside” and find limited solutions confined to individualistic social discourses. As systemic thinkers we have the responsibility to educate everyone around us about other ways to approach this very interesting topic. Family therapy theorists Froma Walsh and psychologists Suniya Luthar, Dante Cicchetti and Lali McCubbin have contributed greatly to approaching resilience systemically. I encourage you to review their work especially if you are interested in working from strength based approaches in family therapy.

-Pilar Hernández-Wolfe, Ph.D.

**Mind in the Making
7 Essential Skills
All Children
Need**

November 16th

First United Methodist Church, 1838 SW Jefferson St.

For more information, visit <http://mindinthemaking.eventbrite.com/>

Multnomah County Young Child Wellness Summit

December 13th

University Place, Portland, OR

For more information, visit <http://youngchildwellnesssummit.eventbrite.com/>

STUDENT
SPOTLIGHT
Congratulations
Joyann Song for being elected to the Student Union Network! We are proud to have an MCFT student representative on the committee.

MCFT SOCIAL

Delicious snacks, good company and fun laughs- thank you to all MCFT students who joined us for a hilarious game of Taboo!

We will have another social in the spring semester. Watch for more updates to come!



SHOUTOUT!!!! Dr. Brown was featured in *The Skanner*, a website and newspaper published in Portland, Oregon and Seattle, Washington. The article addresses Dr. Brown’s personal experiences and research in family therapy, violence and street youth. You can read the article at: <http://www.theskanner.com/article/Lewis-and-Clark-Professor-Andrae-Brown-Talks-Snitching-Violence-and-the-Legacy-of-Slavery-2011-10-24>

Marriage, Couple and Family Therapy Newsletter

Lewis and Clark