

2014 MOVING FAMILIES FORWARD GALA

On October 20th, 2014, Ackerman Institute for the Family celebrated its eighth annual Moving Families Forward Gala at the Waldorf=Astoria Hotel in New York City. With more than 285 guests in attendance, the evening was a great success, raising over \$550,000 for the Ackerman Clinic to advance the treatment of families and children, and to further the training and clinical research in family therapy. Guests included members of our Board of Directors, faculty, trainees, colleagues and their friends and families.



We honored Board member, **Linda Dishy**, with the Ackerman Distinguished Service Award, and author, **Andrew Solomon**, with the Ackerman Partner Award, for his most recent book, *Far from the Tree: Parents, Children, and the Search for Identity*. Board members, Alice Netter and Martha Fling, Co-chaired this event for the third consecutive year.



ANNOUNCING NEW CLINICAL RESEARCH PROJECTS

In keeping with our commitment to advance the field of family therapy, we are delighted to announce three new clinical research projects that began work this fall:

The Multiracial Family & Couples Project

This Project was created as part of a larger institutional effort to "stay in the conversation" about race and the impact of racial dynamics on families and couples. It addresses a deficit in our knowledge of couples who are engaged in relationships that transcend racial and ethnic categories as defined by the dominant culture. Dorimar Morales, LCSW, is the Project Director, and Mary Brewster, Ph.D., and Keren Ludwig, LCSW, are Project Associates.

The JUSTICE Project

In an effort to constructively address the marginalization of those who have been or are currently subject to the scrutiny of various systems of correctional and social control, the JUSTICE Project aims to engage representatives of these systems, i.e., lawyers, parole and probation officers, judges, case workers, child welfare workers, and other service providers, in purposeful dialogue. Collaborators include therapists, family and community members, and representatives of

various systems impacting the lives of participating families. Co-Directors are Courtney Zazzali, LCSW, and Sarah Berland, LCSW.

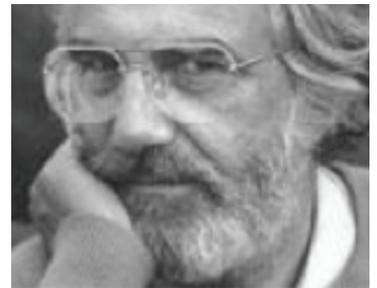
The Latino Youth and Family Immigration Project: *Dímelo en Español*

This Project provides a specialized framework of family therapy services to first and second generation Latino youth and their families in Spanish. It is culturally and socially relevant to the needs of the Latino population and rooted in a strength-based perspective. Project Co-Directors are Silvia Espinal, LCSW, and Erika Klein, LCSW.

Talk Race Group Project

A cross-racial, faculty-facilitated, student group engaging in honest, open and transparent conversations about racism and microaggressions. The Project's aim is to create a better sense of community and competency in interracial dialogues among students in training at Ackerman. Participants meet monthly throughout the academic year. Project facilitators: Aquilla Frederick, MBA, MSW, LCSW, and Frank Wells, LCSW.

IN MEMORIAM



On November 9th, friends and colleagues came to the Ackerman Institute to honor the legacy of **Don Bloch**, who passed away on September 18, 2014. Don was Director of the Ackerman Institute for the Family from 1972 – 1991. He began work with Nathan Ackerman in 1965, was the co-editor, with Robert Simon, of *The Strength of Family Therapy: The Selected Papers of Nathan W. Ackerman* (Brunner/Mazel) and has numerous publications in the field. He was a charter member of AFTA, an early Editor of *Family Process* for 12 years and the founder of the *Journal of Family Systems and Health*. Don was a great man of vision, creativity and a true contributor to the family therapy field. We will carry with us his warmth, engaging spirit and generous nature. Thank you Don, for all that you gave us.

"When you feel understood and accepted by members of your family, you operate in this world with an internal strength that we call resilience...Feeling understood by your family is the greatest protection we can give our children to be able to live with confidence in this world."

Lois Braverman at the Moving Families Forward Gala

ACKERMAN PODCASTS

Tune in to Ackerman Podcasts. Listen to insightful interviews with Ackerman faculty and visiting mental health professionals, exploring issues on Family Therapy. You can find our podcasts on our website, www.ackerman.org, or subscribe to us on iTunes.



FACULTY FUNDRAISES FOR SCHOLARSHIP FUND

Courtney Zazzali, LCSW ('12)



Our congratulations and gratitude to Courtney who ran the New York City Marathon on November 2, 2014, and raised over \$3,300 in funds to benefit the Ackerman Scholarship Fund. Thank you, Courtney!

SOCIAL WORK AND DIVERSITY TRAINING PROGRAM

Welcome 2014 Interns!



Left to right: Darrell Salina, Amanda Cartagena, Carlos Benitez, Elisa Casinder, Kristina Garcia, Edgar Galvis. Not in the photo, Bavina Pillar.

NEWS FROM THE CENTERS AND ONGOING PROJECTS

Center for the Developing Child and Family: Competent Kids, Caring Communities (CKCC)

Following a rigorous review process, The Collaborative for Academic, Social and Emotional Learning (CASEL) has deemed CKCC a "SElect" social-emotional learning program. CKCC is included in the current CASEL Guide: Effective Social and Emotional Learning Programs.

Over the summer, CKCC offered a 3 credit DOE Afterschool Professional Development Program (ASPDP) course entitled, "Bolstering Learning through Building Social-Emotional Competencies and Family-School Partnerships." The course takes an in-depth look at the dynamics among family-school relationships, social-emotional skill-building and children's success in school and in life. This same course will be offered again during the summer of 2015.

CKCC is expanding! While continuing to partner with New York City Public schools for the 2014-2015 school year, it has also branched out into the charter school domain, currently partnering with KIPP Infinity Elementary School and The Ethical Community Charter School. The Center Director is Martha Edwards, PhD and the CKCC Director is Zina Rutkin, PhD.

Foster Care and Adoption Project

This fall, the Foster Care and Adoption Project increased the number of families for treatment at the Ackerman Clinic, and expanded its outreach to a larger audience of professionals serving foster care children and families. The Project seeks to have a greater impact on the foster care system in New York City, and to develop a pipeline of family therapists trained and committed to the unique issues of families in the foster care system.

This Project is Co-Directed by Catherine Lewis, LCSW, and Andrea Blumenthal, LCSW.



Gender & Family Project

The Gender & Family Project partnered with Gender Spectrum and PFLAG Howard County MD, to create the first professional and family conference, Gender Conference East, held on November 14 and 15, in Baltimore, MD. It was an informative and fun experience dedicated solely to the needs of children, youth and families across the gender spectrum. The conference welcomed nearly 500 individuals, including 100 young people. The Project is directed by Jean Malpas, LMHC, LMFT.

ALUMNI SPOTLIGHT

Rehana Ali ('04)

Rehana Ali began her training at Ackerman in 1999 as a student in the Social Work and Diversity Training Program, and graduated from the Externship in 2004. Here, she reflects on the impact that training at Ackerman has had in her life and profession.

The Social Work and Diversity Training Program was a healing and empowering experience for me, personally and professionally.

As a student in the Program, my community placement was in a middle school in Harlem, where I ran a boys photography group. I started this group out of my own experiences and struggles with reading, writing and speaking English, during my own middle school years.



(continued on page 3)

Alumni Spotlight, Rehana Ali, continued from page 2

Someone special, at that time, gave me a camera to help me express my thoughts and my view of the world. This gesture helped me break out of my shell. I believed that the boys in my group would benefit from communicating their ideas and creativity in the same way, and this gave birth to a book of student photographs entitled, *Social Issues Through the Eyes of Children*. My Ackerman train-

ing cemented my personal commitment and responsibility to honor and value the voices and strengths of the silenced.

I landed my first social work job at Boys and Girls Harbor and worked in partnership with the International Center for Photography. Later on, a small group of teachers and I co-founded the James Baldwin High School and developed the wellness program. The underpinning philosophy of this school values the human voice

in systemic, relational and strength-based approaches and interventions. Students' and teachers' learning is an interdependent and a collective process. Our school recognizes the necessity of social-emotional healing and wellness as a crucial component to the academic and social success of our diverse student body.

I continue my work and responsibility to do restorative justice work and healing through a better understanding of systemic, multi-

cultural and strength-based perspectives. The program gave me the confidence and skills to continue my work, and I am grateful to have been chosen to be a part of the Social Work and Diversity Training Program.

FACULTY PUBLICATIONS AND PRESENTATIONS

Andrea Blumenthal, LCSW
Presented work from the Center for Families and Health at the NYU Hospital for Joint Diseases, with Stephanie Manes, LCSW, April 2014.
"Rebuilding Attachments: A Systemic-Relational Approach to Healing the Wounds of Foster Care," Mercy College, Dobbs Ferry, NY, October 2014.

Judy Grossman, DrPH, OTR
"Promoting Social-Emotional Competencies in Parents and Children: The Bright Beginnings/ Personal Best Parenting Program," 27th Annual Bank Street College Infancy Institute, New York, NY, June 2014.

Evan Imber-Black, PhD
Moderator, "Families and Imprisonment," American Family Therapy Academy annual meeting Brief Presentation Group, Athens, GA, June 2014. Keynote speaker at the grand opening of AITA Family Institute, the first family institute in Shanghai. She presented on "Healing a Couple in Distress: Therapeutic Choice Points in Complex Couples Therapy," featuring clinical work from the Center for Families and Health. Shanghai, China, September 2014.
"Eschewing Certainties: The Creation of Family Therapists in the 21st Century," *Family Process*, September 2014 - currently on early view - will be the lead article in this issue and the featured article on the *Family Process* website.

Catherine Lewis, LCSW
"Providing Family Therapy to Families Involved in Foster Care," National Association of Social Workers (NASW), 2014 National Conference, July 2014. Presented on the impact of racism in foster care at the Child Welfare Court Improvement Project, October 2014.

Keren Ludwig, LCSW
Speaker on adolescents and divorce at an event for parents hosted by Untied.net, October 2014.

Jean Malpas, LMHC, LMFT
Training on Gender Inclusivity to public schools: Central Park East 2, East Village Community School, and 14 Street Y, September 2014.
Presented "Between Pink & Blue: Caring for Gender Expansive Youth and Families" to more than 400 attendees in Buenos Aires, Argentina and Santiago, Chile, October 2014
Honored with the 2014 Strategic Impact Grant from the Stonewall Community Foundation to open Spanish-speaking family support groups, October 2014. Co-sponsored first professional and family conference to support families of trans youth. "Gender Conference East," November 2014.

Marcia Sheinberg, LCSW, and Mary Kim Brewster, PhD
"Thinking and Working Relationally: Interviewing and Constructing Hypotheses to Create Compassionate Understanding," *Family Process*, July 2014.

Peter Steinglass, MD
"The Case for Utilizing Psycho-educational Multiple Family Groups (MFGs) in Medical Settings: Our 25-Year Experience with the Ackerman Institute MFG Model," Collaborative Family Healthcare Association Annual Meeting, Washington DC, October 2014.
"A Family Systems Therapy Approach to Those Struggling with Medical Problems," Grand Rounds Lecture for the Morristown Medical Center Department of Psychiatry, Morristown, NJ, May 2014.
"Thoughts about Substance Abuse and the Family: A Clinician-Researcher's Journey," The Zinberg Memorial Lecture, Harvard Medical School, Boston, MA, March 2014.

Fiona True, LCSW
Keynote speaker, "From Surviving to Thriving: Best Practices for Developing Resilience in Youth," at conference sponsored by Project Return, Ackerman Institute for the Family, and A Home Within, Westport, CT, September 2014.
Keynote speaker at the 35th Australian Family Therapy Conference, October 2014.

UPCOMING EVENTS

Breathwork and Meditation for Therapists: Integrate Stress-Reduction Techniques Into Your Practice
November 21, 2014
Richard P. Brown, MD

Two Approaches to Healing Ruptured Bonds: Ackerman Relational Trauma Therapy and Attachment Focused Family Therapy
December 5 & 6, 2014
Dan Hughes, PhD
Marcia Sheinberg, LCSW
Fiona True, LCSW

Gender & Family Project Holiday Party
December 8, 2014, 6-8 p.m.
Rennert's Gallery

Ackerman Institute's Holiday Party
December 10, 2014, 7-9 p.m.
3th Floor, Conference Rooms

Family-Based Treatment for Adolescent Eating Disorders: An Introduction to the Principles and Practice of the "Maudsley Method"
December 12, 2014
Katharine L. Loeb, PhD

Rekindling Intimacy: A Clinical Framework for Couples Therapists
January 16, 2014
Michele Scheinkman

SAVE-THE-DATE:
March 23, 2015
2nd Annual Fundraising Event
A Night of A Thousand Genders to benefit the Gender & Family Project