



MAMFT Annual Conference 2019

Friday Workshop Presenter Bios

101: *Multicultural Awareness & Diversity: Practical Strategies for Reducing Cultural Offenses and Repairing Relationships.* Lambers Fisher, MS, LMFT, MDiv.

Lambers Fisher, MS, LMFT, MDiv is a marriage and family therapist, clinical supervisor, adjunct instructor and national speaker on the topic of multicultural awareness and diversity. For over 15 years, Lambers has counseled individuals, couples, and families from a variety of cultural backgrounds, in private practice, non-profit, as well as ministry environments. Lambers helps professionals in various fields feel more comfortable, competent and confident in their ability to meet the needs of whomever they have the opportunity to serve.

102: *Ethical Decision Making: Why, When and How Do We Do This?.* Kirsten Lind Seal, PhD, LMFT.

Kirsten Lind Seal, PhD, LMFT received her MA in Counseling Psychology and PhD in Couple and Family Therapy at the University of Minnesota. As Adjunct Assistant Professor at Saint Mary's University of Minnesota, she teaches Ethics and Research Methods in the MFT program. Her research has been published in the Journal of Marriage and Family Therapy, the Journal of Couple and Family Relationships, and Psychology Today. She has also published multiple case studies (in 2016, 2017 and 2018) in the Psychotherapy Networker. She presents locally, nationally and internationally on Ethics and Cross-Cultural issues. She maintains a private practice in Loring Park and appears biweekly on WCCO (CBS) TV's Midmorning show in Relationship Reboot, a segment dealing with relationships. Follow her on Twitter @drklseal.

103: *Co-Parenting After Divorce – Recognizing Signs of Escalating Conflict and Strategies to Course Correct.* Kalli MatsuhashiLebowitz, MA, LP, LMFT; Adina Lebowitz, MA, INHC.

Kalli Matsuhashi, MA, LP, LMFT is the owner of New Family Beginnings, a private therapy practice in Eagan. She is a licensed psychologist and marriage and family therapist, and has been working with individuals, couples, and families since 2002. Kalli loves working with couples, helping them to address the issues in their relationships, supporting them in creating greater connection and resilience. In addition to helping couples repair relationships, she also works with many high conflict post-separation and post-divorce families. These clients present unique challenges, many of which negatively impact the children in these situations. Kalli often collaborates with attorneys and other therapists to support these families in reducing conflict and moving forward in more positive directions.

Adina Lebowitz, MA, INHC is a health and wellness coach for divorced parents, enabling them to find the power within themselves to heal using the Integrative Nutrition Health Coaching model (food, exercise, spirituality, relationships, purposeful work). She is also a workshop facilitator for co-parenting thru Active Parenting curriculum.

104: *Understanding Chronic Pain: Trauma and Neurobiology.* Tabitha Webster, PhD, LMFT; Deborah Koons-Beauchamp, MBA, MFT Graduate Student.

Tabitha Webster, PhD, LMFT is Clinical Director and Assistant Faculty at Mt. Mercy University. She is a faculty advisor for Mt. Mercy's doctoral MFT program's neuroscience track. She is licensed in Iowa and Utah. Her clinical specializations, research and community outreach focus on childhood trauma, cross-cultural families and suicide prevention.

Deborah Koons-Beauchamp, MBA, MFT Graduate Student is a master's student at Mount Mercy University (Cedar Rapids, IA). She currently works as the Executive Director for the nonprofit, Wasatch Forensic Nurses (SLC, UT) which performs forensic exams for victims of rape and sexual assault, and is a certified sexual assault victim advocate.

105: *Court Involved Therapy: Stay Safe While Tap-Dancing through the Minefield!*. Judy Sherwood Millenacker, MA, LMFT, MBA; Michelle Millenacker, PsyD, LP.

Judy Sherwood, MA, LMFT, MBA has been working as an ADR (Alternative Dispute Resolution) professional in the family court arena for 15 years as a: custody & parenting time evaluator, parenting consultant, parenting time expeditor, Social Early Neutral Evaluator (SENE), mediator, child specialist. She is on the Supreme Court Rule 114 Roster, is a licensed MFT, and has two masters' degrees, including Marriage and Family Therapy.

Michelle Millenacker, PsyD, LP, formerly in Hennepin County Family Court Services and now in private practice, provides therapy and ADR services for clients, attorneys, and the courts. Educational credentials include a Doctorate in Clinical Psychology, and she is a Licensed Psychologist in Minnesota. She conducts custody and parenting time evaluations, mediation, is a child specialist, is a co-evaluator for SENEs, and often provides expert testimony in custody-related court matters.

106/206: *Somatic Experiential Play Therapy.* Melissa Wetterlund, MA, LP, LMFT, RPT-S; Sara Werner, MA, LP, RPT-S, SEP.

Melissa Wetterlund, MA, LP, LMFT, RPT-S has been in the counseling field for 15 years. In her work with children she specializes in trauma, family issues, divorce, adoption, and blended family concerns. In addition, she enjoys marriage & family therapy, parent education, and individual identity work. She has done extensive training in the field of Somatic Experiencing, which she integrates in her work with both children and adults. In addition to her clinical practice, Melissa teaches and trains in Experiential Play Therapy independently and as an adjunct professor in Bethel University and Crown College's graduate programs.

Sara Werner, MA, LP, RPT-S, SEP has been in the counseling field for 24 years. An emphasis of her training with both children and adults has been in facilitating recovery from emotional, physical, and sexual abuse, as well as from other traumatic events, such as car accidents, injury, death or loss. She specializes in Experiential Play Therapy with children and co-teaches an Experiential Play Therapy training for other therapy professionals in the community. Sara is EMDR level II trained, a Somatic

Experiencing Practitioner, and a Registered Play Therapist - Supervisor. She is the founder and first president of the Minnesota Association for Play Therapy and also enjoys being an Adjunct Professor in the graduate program at Bethel University.

107/207: *A Relational Approach to Ethics*. Bruce Minor, MS, LMFT; Brier Miller, MS, LMFT.

Bruce Minor, MS, LMFT and Brier Miller, MS, LMFT both had experience in human services before they met, but it was finding the Family Therapy program at UW-Stout early in their relationship where they each discovered a passion for relational healing and a lifelong profession. Their careers have followed similar paths, beginning in nonprofit settings serving diverse and marginalized communities, leading to supervision and management, then to graduate teaching, private practice, and community leadership. They find their many differences, as well as their shared experiences, passion and commitment, have been a tremendous resource over the past forty years, and that their whole can indeed be greater than the sum of their individual parts.

201: *Culturally Responsive Awareness and Practices to Support Youth and Families of Color*. Dorothee Tshiela, MA, LPCC.

Dorothee Tshiela, MA, LPCC is a first generation African American outpatient therapist working at a community based clinic full with youth, young adults and families in high risk situations in East Saint Paul, as well as working at Cedar Valley Center for Child and Family Therapy providing outpatient therapy to clients from diverse backgrounds. Dorothee uses a culturally aware, trauma-informed approach to empower her clients, and works collaboratively within the community to build healthy therapeutic relationship. Her areas of interest include immigration stressors, family systems, women's issues, cultural issues, self-care, trauma, depression and anxiety.

202: *Calm the Individual, Calm the Family - Calm the Family, Calm the Individual*. Stanley ThieleFranklin, MA, LMFT, LP; Samantha Franklin, MA, LMFT.

Stanley Thiele, MA, LMFT, LP is an experienced practitioner with extensive experience in both treating individual mood disorders and working with families. He is also the co-developer of the Mood Management system of treating individual mood disorder and is the founder and co-developer of Dashometrics LLC, a psychological assessment business focused on the practical needs of mental health providers. He has also been employed at the Associated Clinic of Psychology in Minneapolis for the past twelve years.

Sam Franklin, MA, LMFT has worked in a variety of settings, such as clinics, schools, residential settings, and has also provided community based mental health services. She has provided case management and therapy services to at-risk youth and their families, as well as facilitated DBT and other therapy groups for adolescents and adults. Sam currently provides couples and family therapy, as well as works from a systemic lens when providing therapy to individuals in her private practice.

203: *The Four A's of Forgiveness*. Derek Ball, PhD, LMFT.

Derek Ball, PhD, LMFT is a Licensed Marriage and Family Therapist who has worked with couples and families for over twenty years. He has presented on the topic of forgiveness both in the US and internationally. He earned both his Master's degree and his PhD from Purdue University and currently teaches at Wheaton College in their accredited Master's MFT program as well as having a full time practice. In addition, Dr. Ball is the Executive Director of the Illinois Affiliation of Marriage and Family Therapists.

204: *A Systemic Perspective of Substance Use Therapy.* Melissa Mrozek, MA, LAMFT, LADC; Nikki Knudson-Dalal, MA, LMFT, LADC.

Melissa Mrozek, MA, LAMFT, LADC and Nikki Knudson-Dalal, MA, LMFT, LADC are both licensed alcohol and drug counselors who have worked in chemical dependency treatment facilities.

205: *Supervising in Difficult Times.* Alex Iantaffi, PhD, MS, SEP, CST, LMFT.

Alex Iantaffi, PhD, MS, SEP, CST, LMFT is an AAMFT approved supervisor and works with practicum students as well as prelicensure professionals. As well as engaging in individual and dyadic supervision, the presenter runs a trauma-informed, social justice centered and somatic-focused monthly supervision group. The presenter has extensive clinical experience as a systemic therapist first in the UK and then in the US. As well as being an LMFT, they are an AASECT certified sex therapist and somatic experiencing practitioner. They have experience working in a range of clinical settings.

301: *Parenting Plans: Child-Centered Roadmaps for Safe and Respectful Co-Parenting.* Brian Burns, MS, LMFT; Deborah Clemmensen, M.Eq., LP; Rachel Livingston, MA, LMFT.

Brian Burns, MS, LMFT has advanced training in child centered parenting plans, co-parenting dynamics, couples therapy, reunification therapy, mediation; 20 years experience working with divorcing parents in therapy and educational classes; 10 yrs experience in mediation and parenting planning; and is a member of The Collaborative Law Institute of MN.

Deb Clemmensen, M.Eq., LP has 20+ yrs experience working with parents in divorce; is a local and national trainer in conflict resolution and child-centered parenting planning; and is a member of the Collaborative Law Institute of MN.

Rachel Livingston, MA, LMFT received a master's degree in Counseling and Psychotherapy from Adler Graduate School and a bachelor's degree in Journalism and Mass Communication from Drake University. Rachel provides counseling services to individuals, couples and families for a variety of reasons. Many of Rachel's clients are navigating transitions and struggles in their relationships, dealing with grief and loss, and trying to cope with divorce related issues like infidelity, co-parenting and blending families. In addition to her counseling practice Rachel offers divorce support services to families. As a qualified neutral under Rule 114 on the Minnesota Supreme Court's Roster of Qualified Neutrals, Rachel provides Mediation and court-appointed Parenting Consulting (PC) services. She is also a Collaborative Law Family Specialist. As a Mediator and Family Specialist, Rachel helps divorcing parents create well-thought out parenting plans as part of their divorce process. The parenting plan is one of the key elements in a divorce decree. Rachel understands that it can be difficult to parent together while deciding to live

apart. She has helped hundreds of couples discuss, resolve, and reach agreements about how to tell children about a divorce; parenting time schedules; holiday schedules; decision making for their children; communication issues; introduction of significant others; and other important co-parenting and parenting topics. Following a divorce Rachel provides Parenting Consulting services to parents who need additional help reaching agreements or following the agreements in place. She is obligated by a court order to make decisions for the children if parents are unable to reach agreements on their own. And for co-parents who do not want or need a court order following a divorce, Rachel provides Co-Parenting Mediation to help them resolve conflict and work through the emotional triggers that often times last longer than the divorce process, so that they can reach agreements on their own. Rachel lives in Excelsior. She is the mother of four children, two girls and twin boys, and she is a new “empty-nester.” Rachel enjoys time with family and friends, anything having to do with being on or near the lake, and time with her two dogs. Rachel has always wanted to be a counselor and she continues to find joy in her work. Rachel’s personal experience with her own divorce twelve years ago fueled another passion in her to help families move forward in healthy ways, during and following a divorce.

302: *Attachment and Sexual Offending.* Christine Dudero, MA, LMFT.

Christine Dudero, MA, LMFT is a Licensed Marriage and Family Therapist. She holds a master of arts in Marriage and Family Therapy from Argosy University, a bachelor of arts in Psychology and English from Hamline University, and is currently pursuing a masters level certificate in Forensic Behavioral Health from Concordia University. Christine began working in mental health in 2010, and has worked in a variety of settings, including school based mental health, day treatment, outpatient mental health, residential treatment, and corrections. Christine currently works at the Hennepin County Home School with juvenile males that have committed a sexual offense. Christine is trained in Eye Movement Desensitization Reprocessing (EMDR) Therapy, Dialectical Behavioral Therapy (DBT), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Christine has also been the MAMFT Newsletter editor since 2016.

303: *MFTs as Agents of Social Change: Bridging the Political Divide through a Live Demonstration of Macrosystemic Assessment and Intervention.* Lucas Volini, DMFT, LMFT; Acacia Gammage, MA.

Lucas Volini, DMFT, LMFT’s research agenda at SCSU focuses on the establishment of macrosystemic assessment and intervention within the MFT Profession. He is the chair of the Macrosystemic Assessment and Intervention Interest Group with the American Family Therapy Academy and has presented on the topic nationally. Currently, he is collaboratively writing a comprehensive position statement with the American Family Therapy Academy as a joint initiative of AFTA's Human Rights and Family Policy Committee and the Macrosystemic Assessment and Intervention Interest Group.

Acacia Gammage, MA is a doctoral student at Northcentral University working toward completion of her PhD in Marriage and Family Therapy. She currently practices full time at GAP and focuses her research on macrosystemic patterns that strain African-American families. Further, Acacia and Lucas are currently establishing an online community with the mission to rehumanize multicultural discourse by demonstrating civilized engagement around highly sensitive topics and developing a series of interdisciplinary educational videos.

304: *Online Dating and Relational Embodiment.* Samantha Woller, Graduate Student.

Samantha Woller is a graduate student in St. Cloud State's MS in Marriage and Family Therapy graduate program with an undergraduate degree from the University of Minnesota (Duluth) in Psychology/Philosophy with a focus on women's issues. Throughout her career, Ms. Woeller has worked closely with PAVSA (Program to Aid Victims of Sexual Assault), Safe Haven and Anna Marie's Alliance. In addition, throughout Ms. Woller's career, she has worked with couples and families.

305: *Enhancing the Authentic Use of Self in Therapy: Concepts and Strategies.* Anthony Mielke, DMFT, LMFT; Marshall McElhinney, Graduate Student.

Anthony Mielke, DMFT, LMFT is an Assistant Professor of Marriage and Family Therapy at Mount Mercy University in Cedar Rapids, Iowa. He is also a Licensed Marriage and Family Therapist in Minnesota and Iowa, as well as an AAMFT Approved Supervisor Candidate. Dr. Mielke received his MA in Marriage and Family Therapy from Saint Mary's University of Minnesota in 2013 and his Doctorate in Marriage and Family Therapy (DMFT) from Argosy University in 2018. Dr. Mielke's academic interests include men and masculinity, self-of-therapist model development, the application of cybernetic and systemic theory at the organizational and macrosystemic levels, leadership, and existential psychotherapy. Additionally, Dr. Mielke is developing a Leadership in MFT specialization in Mt. Mercy's PhD program, is active in political advocacy leadership as the AAMFT Family TEAM Chairperson in Iowa, and continues development of the Ecosystemic Masculinity Paradigm, a systemic existential approach to masculine psychology. Dr. Mielke's clinical experiences include providing in-home therapy services to individuals and families, intensive adolescent day treatment, outpatient therapy, and individual, couple, family, and group therapy in a variety of settings. Dr. Mielke is currently in private practice in Cedar Rapids, IA and specializes in working with couples, families with adolescent children, and men.

Marshall McElhinney is a graduate student at Mount Mercy University in Cedar Rapids, Iowa. He currently works as an intervention counselor for Linn County Juvenile Detention and Diversion Services providing individual and family counseling services focused on providing behavioral health interventions and skills to youth involved with the juvenile court system. He also has been involved with residential care services and community outreach with youth involved in the juvenile justice system.

306/406: *Safety Net, Please!.* Michelle Peterson, MS, LMFT.

Michelle Peterson, MS, LMFT is an MFT Board Approved and AAMFT approved clinical supervisor and family therapist in private practice in Edina, MN. Michelle has been a supervisor and has been providing trainings in ethics since 2004. Michelle trains therapists with a focus on practical application of the ethics code and State of MN statutes and rules.

307/407: *Cognitive Behavioral Play Therapy: For All Ages!.* T. Rob Winkler, MA LP, RPT.

T. Rob Winkler, MA LP, RPT is the owner & founder of Playmore & Prosper in Plymouth, MN. As a Registered Play Therapist with great appreciation for bringing theory to life through activity, he works first to establish a foundation built from Client Centered Play Therapy. He become prescriptively more

directive to invite people into growth opportunities through creative interventions framed through Cognitive Behavioral theory and Neurologic research. He has a natural way of narrating activity and play which extends his presence and allows him to bring awareness to what he calls "living cognitions." Often times before we are able to hold a mental understanding, we must experience it, and the experience is a "living cognition" waiting to be consolidated into a mental understanding and tool to be used for other situations. This is especially true for children & adolescents. A "living cognition" remains an experience until we are made aware of it and given suggestion for how to generalize it to other situations. Metaphor is used to make the "living cognition" a working tool which can be applied to other situations for guiding behavior, problem solving, and mental understanding. Winkler embraces himself as a guide into activities which can offer positive & helpful "living cognitions" and promote a personal growth experience! Winkler is currently an approved provider by the Association of Play Therapy to offer play therapy training. He has been training play therapy and CBPT through his agency for the past two years. He gave a CBPT presentation spring of 2018 at the MACMH conference in Duluth, and received positive feedback.

401: *Addressing the Historical, Social and Cultural Trauma of the Gender Binary in the Therapy Room.* Alex Iantaffi, PhD, MS, SEP, CST, LMFT.

Alex Iantaffi, PhD, MS, SEP, CST, LMFT is an LMFT, AAMFT approved supervisor, AASECT certified sex therapist and somatic experiencing practitioner with over a decade of clinical experience. They are also a writer with a significant body of scholarly work in this area. Alex is also committed to disseminating scholarship to the general public and is the co-author, with Meg-John Barker, of *How to Understand Your Gender and Life Isn't Binary*, both published by Jessica Kingsley. They have a forthcoming publication, in 2020, also with Jessica Kingsley, of a book for mental health practitioners on the topic proposed. Alex is also the host for the podcast *Gender Stories*, which invites listeners to engage critically and reflectively with the idea of gender in their own lives.

402: *Racism and Stress-Related Trauma.* Tabitha WebsterWilliams, PhD, LMFT; Flora Williams; Andrew Norwood.

Tabitha Webster, PhD, LMFT is Clinical Director and Assistant Faculty at Mt. Mercy University. She is a faculty advisor for Mt. Mercy's doctoral MFT program's neuroscience track. She is licensed in Iowa and Utah. Her clinical specializations, research, and community outreach focus on childhood trauma, cross-cultural families and suicide prevention.

Flora Williams is a masters student and soon to be a doctoral student at Mt. Mercy University. She is a certified caregiver for veterans and is a strong voice for quality services for vulnerable populations. Flora's therapy practice advocates for equality for all minority identity groups and marginalized individuals.

Andrew Norwood graduated from Argosy University and currently practices in Kaysville, Utah. Andrew is a veteran of the United States Air Force, serving the country for seven years. As a therapist, he values and prioritizes developing a strong and authentic relationship with his clients, and specializing in trauma treatment.

403: *The Worth of Blame: The Intersection between Systems Theory and Responsibility.* Kile Minnis, MS, LAMFT.

Kile Minnis, MS, LAMFT, due to the theoretical nature of the argument at hand, gained most of his knowledge through personal study of Bateson's work, the classical MFT theorists, existential philosophy and Buddhist philosophy.

404: *Providing Culturally Competent Systemic Care to Indigenous Americans.* Patrick Parker, MA, LMFT; Donna La Chapelle; Takayla Lightfield.

Patrick Parker, MA, LMFT is a descendant of White Earth Nation and is an LMFT in the state of Minnesota. He provides individual and family therapy in St Louis Park and is also a preclinical supervisor for MFT's and LPC/LPCC candidates.

Donna La Chapelle is an Elder in Residence at the Native American Community Clinic, (White Earth Ojibwe-Dakota). Donna's passion is to teach and share all that she has learned from her elder's through a cultural lens that encompasses history, ceremony, song, and language. Donna is a faculty member for the Center for Mind and Body Medicine, Washington DC and carries a Certificate in Aboriginal Focused Oriented Therapy.

Takayla Lightfield, Health Educator at Family Spirit Home Visiting Program (Cheyenne River Sioux Tribe, Mnicoujou Lakota) has been serving the American Indian communities in South Dakota on her reservation and here in the Twin Cities for the last six years. Takayla is a trained labor and delivery doula and Indigenous Breastfeeding Counselor.

405: *Effective Strategies for Emotionally Disconnected Men.* Nick Wallace, MA, LMFT; Kyle Zrenchik, PhD, ACS, LMFT.

Nick Wallace, MS, LMFT, the main presenter, is an LMFT, focusing on couples therapy and individual therapy with men. He has developed and leads an intensive therapy program for men that directly helps men engage in emotional growth and healing.

Kyle Zrenchik, PhD, ACS, LMFT, the second presenter, is a local sex and relationship therapist and LMFT that works with individuals and couples, and has a particular passion for male clients. He has had various experiences presenting at local, regional, and national conferences.

