

**In this issue:**

**Families and Therapy**

pages F1 – F12

The articles in the Family Focus section this issue concentrate on the work of family therapists in a variety of contexts: feminism; healthcare; military families; gay, lesbian, and bisexual couples; DSM-5 changes; and career/practice development.

Next issue: Aging



**Annual Conference 2013  
November 6 - 9  
San Antonio, Texas**

Be a part of the NCFR 75th Anniversary this year as we celebrate our NCFR family history and our family successes.

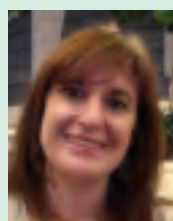
Read more on page 4.

## Conference testimonials

The best reason to attend the NCFR conference . . .

**Research up close, TCRM Workshops**

“These were not your typical conference paper panels, where everyone sat back and watched the show.” That’s how Kevin Roy, Ph.D., past chair of the Theory Construction and Research Workshop, describes his early TCRM experiences. TCRM offers an interactive review of research projects in progress, helping scholars develop research experience, skills and expertise.



**Family focused**

“I come to the NCFR conference because I want to know the latest research that intersects the fields of sociology, psychology, and demography on families. All my other meetings are too discipline-specific. NCFR is the only place I can go to get more information about families from multidisciplinary perspectives.” Claire Kamp Dush, Ph.D., The Ohio State University

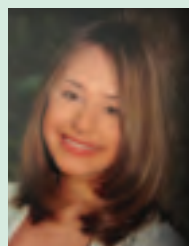
**Building awareness**

“NCFR has enriched me in many ways in learning more broadly about topics related to family and children. And it’s provided an avenue for letting people know who we are in family science.” B. Jan McCulloch, Ph.D., University of Minnesota



**Connection, renewal**

“My time at the NCFR conference is time to rejuvenate, to connect and to network with friends, colleagues and mentors and really to engage in the science and the practice that is going on across the nation and the globe.” Tammy Henderson, Ph.D., Oklahoma State University



**Getting started**

“The NCFR conference helped shape my professional identity,” says Heather Johnson, Samford University ’13. “I learned about potential job fields for a degree in Family Studies. My education and the conference compliment the knowledge I’m developing now as a graduate student.” Johnson is in an M.S.W. program at the University of Alabama. She was the 2012 recipient of the Outstanding Undergraduate Student Research Paper Award.

**Love the book? Don’t miss the movie!**

Dozens of NCFR members, presenters, and conference attendees have shared their conference experience on video. See the NCFR wecareaboutfamilies channel on You Tube. And there’s more...

- Dave Demo discussing the importance of the *Journal of Marriage and Family* as he concluded his five-year tenure as editor of JMF.
- The “Video Lexicon” series featuring family research/practice insights from many well-known members including Pauline Boss, Bill Doherty, Bob Milardo, Jean Illsley Clarke, and Stephen Russell.
- Recent plenary excerpts (and complete videos) by David Williams, Barbara Fiese, Ben Karney, Maria Cancian, and Joe Pleck.



[www.youtube.com/user/wecareaboutfamilies](http://www.youtube.com/user/wecareaboutfamilies)

# Report

## of The National Council on Family Relations

Mission Statement for Report:

*REPORT, the quarterly newsletter of the National Council on Family Relations, strives to provide timely, useful information to help members succeed in their roles as researchers, educators, and practitioners. Articles address family field issues, programs and trends, including association news.*

**President:** Elaine Anderson

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How to contribute to the NCFR Report: The NCFR Report is member-written. Articles accepted for publication will be edited using standard editorial practice, and given priority based on (1) relevance to the Family Focus theme, or (2) brevity due to space limitations, and (3) how articles form a complementary collection. For information and guidelines, contact the editor, Nancy Gonzalez, at [nancygonzalez@ncfr.org](mailto:nancygonzalez@ncfr.org). **The contents of Report articles represent the views of their author(s), which may not represent the position of the entire organization.**

To advertise in the Report, please see the specifications and price list at [http://www.ncfr.org/adrates\\_report.html](http://www.ncfr.org/adrates_report.html).

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Deadlines for each of the quarterly issues are: Spring issue—deadline December 21, Summer issue—March 21, Fall issue—June 21 and the Winter issue—deadline September 21. Send submissions to: Nancy Gonzalez at [nancygonzalez@ncfr.org](mailto:nancygonzalez@ncfr.org). For all submissions, please supply an email address to allow readers to contact you.

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## SNP conference sessions



“How-to” and career development sessions...open to all! Sponsored by Students/ New Professionals and NCFR section and affiliate leaders.

### Wednesday

***Making Research Relevant by Making Relevant Research***, 5:15-6:30 p.m. Stephen Small, Ph.D. Sponsored by Center for Family Resilience, Oklahoma State University, and the Family Policy and Research and Theory sections.

***Speed Mentoring Session***, 8:15-9:30 p.m. Seasoned professionals offer advice, quickly and efficiently, that relates to your career and academic plans.

### Thursday

***Student Affiliate Breakfast***, 7:30-10am. Form a student affiliate at your school! Learn more from student leaders and advisers. Sponsored by the Affiliate Councils Board (RSVP, [judyenschutz@ncfr.org](mailto:judyenschutz@ncfr.org))

***SNP Roundtables***, 5:25-6:30 p.m.

Increase Your Marketability in the Digital Century: ABCs of an Effective Online Course, I. Joyce Chang, Rebecca J. Ward

Effective Guidelines for Collaboration, Jennifer Rojas-McWhinney, Rachel Engler

The Courage to Publish: Inspiration for Budding Authors, Clara Gerhardt, David Knox

Preparing for Academia: What We Didn't Learn in Graduate School! Mary S. Green, Naveen Jonathan, Alexandra Schmidt

***University/Allied Association Receptions***, 6:15-7:45 p.m. The ultimate college fair . . . learn about degree programs at leading schools, meet faculty and students, hang out with alumni. Food, prizes.

### Friday

***Workshop: NIH Grant Writing 101***, 9:30 a.m.-12:30 p.m. Steven Kogan, Ph.D.

***Special Session: How to Become a CFLE***, 12:45-2:15 p.m. Dawn Cassidy, CFLE, and Maureen Bourgeois

***Workshop: Navigating the Publication Process***, 1:30-2:15 p.m. Sara Johnson and Lindsay Edwards, Editorial Assistants, *Family Relations*

***Workshop: Conducting a Systematic Literature Review for Publication***, 2:30-4 p.m. Alan Hawkins Ph.D., Jennifer Jay, M.A.

### Saturday

***Special Session: Leadership Training Workshop***, 8:15-9:30 a.m. Patricia Hyjer Dyk, Ph.D.

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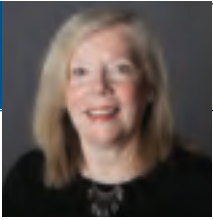
## NCFR Board innovation grants

The NCFR Board is facilitating a new Innovation Grants Program for 2013-14, which will support up to two \$10,000 grants.

The NCFR Innovation Grants initiative builds upon the rich heritage and ongoing commitment of NCFR to promoting innovative, interdisciplinary approaches to research,

theory, and practice to support the well-being of families. The proposed grant initiative represents NCFR's investment in facilitating the NCFR Global Ends of our organization.

Please go to <http://www.ncfr.org/awards/ncfr-innovation-grants> for the complete submission guidelines. ■



## NCFR activities bring innovation

by Elaine A. Anderson, Ph.D., NCFR President, [eanders@umd.edu](mailto:eanders@umd.edu)

I don't know about your institutions, but mine here at the University of Maryland is encouraging us all to push ourselves to be innovative. We have even developed a campaign to identify the "fearless ideas" that we want to develop and share with others. As our UMD President has said, "Innovation is our future."

So what is innovation--a term that we increasingly hear and may use frequently ourselves? As educators we say to our students, "I want you to come up with an innovative idea for your project." Or as administrators we may challenge employees to incorporate innovation in their approach to solving a problem. Even as therapists we might say to clients, "Let's come up with an innovative way to deal with that conflict." I looked up how Webster and now Wikipedia define innovation. They both said it means introducing something new. Further, they provided clarification with the explanation of a new method, idea, product or device. Finally, I found in all my explorations of this word that the terms *novel* and *newness* kept surfacing.

I do not believe that innovation necessarily means it is has never been done before. Rather, I would suggest that the innovative activity is something that is novel and new for you, or your family, or your organization. One may adapt an idea, method, or product that becomes an innovation for your specific situation.

You may recall that the NCFR Board is charged to assess and then generate ideas for new actions in which staff and membership might be engaged to meet the NCFR mission to develop and disseminate research, theory, and practice to support the well-being of families. Therefore, it is within this context that I want to comment on several innovative actions that NCFR has begun to implement. All of these specific outcomes have grown out of the work of the three NCFR Board subcommittees--Policy, Section, and International--that we formed two years ago.

Most of you should have seen the announcement of the NCFR Innovation Grants program that the NCFR Board has now launched for 2013-14. This idea grew out of the work of our Section Subcommittee made up of Maureen Perry-Jenkins (convener), Jennifer Hardesty, and Carolyn Henry. The Section Subcommittee was asked to consider new ways to increase the engagement and activities for our NCFR sections. They determined after much discussion with many members that a new idea was for NCFR to initiate a grants program, which would facilitate the NCFR Global End of providing knowledge and dissemination of innovative, interdisciplinary approaches to research, theory, and practice. Hence, the idea of the NCFR Innovation Grants was born--support for two \$10,000 innovation grants. As stated in the proposal call, activities that could be supported include research pilot projects; theory development and enhancement; policy initiatives; and outreach, engagement, and training opportunities. We also hope this pilot innovation grant program will engage members to submit groundbreaking and innovative interdisciplinary proposals to further the NCFR goals that support families.

A second innovation relates to the work of the Board Policy Subcommittee made up of Rose Allen (convener), Brad van Eeden-Moorefield, and myself. The Policy Subcommittee was asked to consider how best to elevate the role of NCFR in our policy discourse. The conversation often arises around

the NCFR role of educating our members and the public about policy issues versus advocating decision makers on specific policy positions. Because NCFR is a 501c3 organizational entity, it legally is limited in the amount of lobbying permitted. Thus as an organization, we have focused most of our policy work on educating others. The subcommittee had interviews with multiple NCFR stakeholders, and the Family Policy Section members were surveyed regarding new directions NCFR should undertake in the policy arena. The Policy Subcommittee, working with the leadership in the Family Policy Section and the NCFR staff, has drafted an NCFR Public Policy Plan. This policy plan is being designed to address the NCFR Global Ends to provide information about the policy-making process and the impact of policies on families and to raise the visibility of family research, theory, and practice to policy makers. When the NCFR policy plan is complete, in addition to identified new innovative activities, the tools to address these activities, the agent(s) to implement them, and the timeline for completion also will be outlined. Stay tuned for future updates.

The last area of activities where you are seeing new innovative actions for NCFR is on the international front. The work of the Board International Subcommittee made up of Paul Amato (convener), Joyce Chang, and Lyndal Khaw was to consider how NCFR could better address the needs and interests of our international members as well as other members who work in the international arena through research and practice. Specifically, members of the International Section provided suggestions to the subcommittee regarding possible activities worth implementation.

Some of the innovative and new activities for NCFR that grew out of the focus of this subcommittee include multiple recognitions given to international conference attendees through international badge ribbons, an international gathering place, mentoring members

*president's report continued on page 5*

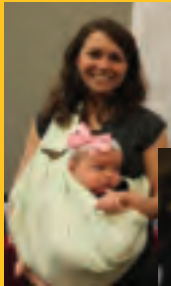


NCFR on Facebook is an easy way to keep up with family-related research, family life education resources, members in the news, NCFR announcements and opportunities, and much more. Updated often...you should visit, [www.facebook.com/ncfrpage](http://www.facebook.com/ncfrpage)



# FAMILY

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National Council on Family Relations . . . since 1938

## They say it's our birthday . . .

Which means it's your birthday, too. As part of NCFR, we all can celebrate 75 years of growth, outreach, and service.

So now join us at the **75th NCFR Annual Conference** for the official anniversary party (presented by host school Texas Tech University). Here are just some of the events and sessions that are part of our celebration.



### 75th Anniversary Address: Revolution in Intimate Life and Relationships in the Past 75 Years

A special presentation by well-known researcher, author, and speaker Stephanie Coontz. This is the signature session for the 75th anniversary celebration event. Sponsored by the University of Maryland.

### Anniversary Reception hosted by Wiley Blackwell

A warm-up for the gala fiesta and recognition of 75 years in print for the *Journal of Marriage and Family*. Sponsored by Wiley Blackwell, publisher of the NCFR journals.

### Anniversary Fiesta hosted by Texas Tech University

Following the Anniversary Address and Reception...food, fun, music, and memories as we celebrate in the Tex-Mex style.

### The NCFR History Project

Former NCFR executive director Mary Jo Czaplewski and IT Director Jason Samuels will demonstrate the NCFR history book, a living document that you can review and where you can post comments and add your personal perspectives. This special session is Friday, November 8, 2:30-4 p.m., immediately preceding the Stephanie Coontz presentation. For a preview, see [www.ncfr.org/history](http://www.ncfr.org/history).

### History on display

NCFR history and highlights will be depicted through artifacts, signage, stories, and more throughout the venue during the conference.

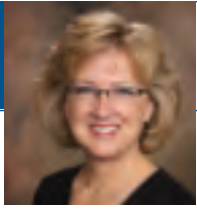
### Distinguished guests recognition

Special seating and recognition at plenary sessions for past and current officers; fellows; award winners; CFLE leaders; and friends of NCFR.

### Family Studies Today

Three conference sessions that address the state of our profession and the academic discipline:

- University Administrators Forum; Larry Ganong, convener (Thursday, 12-1:15 p.m.)
- Symposium: Developing and Articulating Family Scholarship; Anisa Zvonkovic, Peggy Meszaros, April Few-Demo, Katherine Allen (Friday, 8-9:15 a.m.)
- Disciplinary Identity and Development—Open Discussion Forum; Jason Hans, convener (Friday, 12:45-2:15 p.m.)



## Summer reflections

by Diane Cushman, Executive Director, [dianecushman@ncfr.org](mailto:dianecushman@ncfr.org)

### NCFR members work with families

Over the Memorial Day weekend, friends Mark and Brenda visited the grave of their young son, Donnie.\* He died many years ago, the victim of a tragic accident in the home that left all of us young parents grief-stricken. There is no funeral like that of a child. So much potential, so much life, and such innocence. The grief continues today as the graveside visit evoked tears and pain.

In October 1989, three months after our son Michael was born, 11-year old Jacob Wetterling was kidnapped while returning home from a short bike ride to the local convenience store with his brother and a friend in the small town of St. Joseph, Minnesota. Twenty-four years later Jacob is still missing, and his parents are still searching.

Our longtime member, Dr. Pauline Boss, has been instrumental in helping families cope

with the tragic loss of a loved one. From the unknown whereabouts of family members who have been kidnapped to unrecovered victims of tsunamis, Dr. Boss, is using her theory of ambiguous loss to help people learn to live with their grief.

This issue's Family Focus is filled with articles written by our members who teach about and practice couple and family therapy. From Dr. Boss's article on the myth of closure to Drs. Christi R. McGeorge and Tom Stone Carlson's article on training therapists to work with lesbian, gay, and bisexual clients, you will find a resource-rich tool to use in your practice and classrooms.\*\*

### 2013 annual conference . . . the 75th is shaping up to be a winner (they all do)!

Confirmed plenary sessions:

- Deana Pollard Sacks, J.D., L.L.M. on *Mitigating Media's Harmful Effects on*

*Youth: The Importance of Proactive Parenting and Counterspeech*

- America Bracho, M.D., M.P.H., *Involving Community Members (Promotores) in Children's Well-Being*
- Kristin Moore, Ph.D., *What is Child Well-Being? Does It Matter How We Measure It?*
- Stephen T. Russell, Ph.D., *LGBTQ Youth Well-Being: The Role of Parents and Policy*

The special 75th Anniversary Address by Stephanie Coontz, titled *Revolution in Intimate Life and Relationships in the Past 75 Years*, precedes our NCFR Anniversary Celebration Fiesta on Friday evening.

Special session topics include: Pauline Boss speaking on ambiguous loss; "Pathways to Prison"; research methodology with Richard Lerner; feminist research; building family programs in Honduras; Latino(a) families in later life; the legacy of Jessie Bernard; health disparities; research and relevancy; and leadership training featuring Patricia Hyjer Dyk.

Come to San Antonio a day earlier and take part in one of three pre-conference workshops:

- Introduction to MAXQDA by Áine Humble
- Evidence-based/Evidence-informed Practices and Programs sponsored by the Education and Enrichment Section and Certified Family Life Education
- Theory Construction and Research Methodology

All three workshops are scheduled for Tuesday, November 5 (TCRM continues on Wednesday). Log in and register online at [my.ncfr.org](http://my.ncfr.org). Already signed up for the conference? You can log in and add these events to your registration.

### Staffing changes at NCFR

Throughout my work life, I have had the pleasure and luck of working with some extraordinary people. For some of that time

*executive review continued on page 7*

\* All names have been changed to preserve privacy.

\*\* Contact the NCFR office to purchase additional copies of this and past issues of Family Focus.

### president's report *continued from page 3*

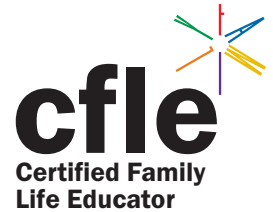
matched with international attendees, special welcomes from the President and the International Section Chair and the Student/New Professional leaders, registration assistance to participants from developing nations, and confirmation-of-participation letters.

Additionally, the spring issue Family Focus section of *NCFR Report* was on Global Families; Zippy news regularly includes international announcements; Mihaela Robila has joined Marilyn Bensman to represent NCFR with the United Nations; and the NCFR website and PowerPoint copy have been updated to remove U.S-centric language and better reflect the international scope of our organization (with other print and online materials currently being revised). These are examples of innovative and new international actions for NCFR. The Board is committed to continue work in this area and in the future will focus on the possible development of international partnerships.

So let's return to innovation. Scott Berkun, author of *Mindfire: Big Ideas for Curious Minds*, says that innovation should be for positive change. I believe that all of the innovation within NCFR that I have discussed will provide positive outcomes not only for the NCFR membership but ultimately also for the families that are the focus of our work. It has been said, "Innovation depends on a vibrant community of researchers and practitioners working collaborative to advance the frontiers of knowledge and practice." NCFR has such a community of members who continually develop and deliver creative innovative ideas. The Board appreciates everyone's input of suggestions for our initial series of innovations. We welcome your thoughts and encourage you to continue sharing ideas with the Board, the NCFR staff, or the section chairs. ■



## An Ounce of Prevention – Sessions at the 2013 NCFR Annual Conference



by Dawn Cassidy, M.Ed., CFLE, Education Director, [dawncassidy@ncfr.org](mailto:dawncassidy@ncfr.org)

The theme of NCFR’s Annual Conference in San Antonio Texas, *Well-being of Children and Youth in Families and Communities*, is in many ways the “theme” or mission of NCFR.

NCFR is all about the well-being of children, youth, families and communities. Specifically, family life education and the Certified Family Life Educator (CFLE) program is focused on influencing the well-being of individuals and families through an educational and preventive approach.

There will be many sessions at the conference focused on the theme but I want to bring your attention to two in particular that will be centered largely on the concept of prevention.

### Evidence-based/Evidence-informed Practices and Programs pre-conference workshop

The CFLE Advisory Board has partnered with members of the Education and Enrichment Section pre-conference sub-committee to coordinate a special pre-conference workshop on *Evidence-based/Evidence-informed Practices and Programs*, Tuesday, November 5, 9 a.m. to 4 p.m.. The workshop will provide practical information and interactive discussion for family practitioners that will enhance their understanding and utilization of evidence-based and informed programs and practices. There will also be information on how to develop and market an evidence-based program. Additionally, representatives from several evidence-based programs will share information about the process followed in order to be identified as an evidence-based programs. Information on several programs will be on display.

Federal, state and local governments and other funding organizations are showing increased interest in the effectiveness and accountability of the programs they support, making the ability to promote a program as

“evidence-based” increasingly important. This workshop will be beneficial to anyone involved in program development.

### Family Life Education and the Affordable Care Act – Focused Dialogue Session – Part 2

Last year the CFLE Advisory Board sponsored a special Focused Dialogue session, facilitated by Ellen Taner, on the concept of incorporating family life education into the Affordable Care Act. The session drew a standing room only crowd that observed an energized discussion of the various strategies available to make family life education “the norm.” The conversation was organized around the topics of *Funding Sources, Research, Policy Making, Technology/Media*, and *Partners*. The final check-out

regarding what people were taking away from the dialogue and what called them to action was inspiring!

Over the past year Ellen Taner has continued to advocate for family life education through her participation at a number of conferences and through conversations with key players involved in determining the best strategies for addressing physical and mental health in America. The goal of our advocacy effort is to develop a strategic framework for a sustainable system for the provision of evidence-based programs and practices for families. This framework would include the recognition and training of a competent and available workforce including Certified Family Life Educators.

*cfle directions continued on page 7*

## Certified Family Life Educators

The following is a list of Certified Family Life Educators designated between April 1 and June 30, 2013. Provisional unless otherwise noted.

<b>Arkansas</b> Melissa Hall Madison Stewart	<b>Michigan</b> Stephanie Conrod Angela Grissom Whitney Harper FULL Rebecca Hodgman Dawn Jacobson Jeffrey Love Sarah McQuitty Angela Rowell Jodie Smith Rebecca Smith FULL Cölette Spirdione Janae Ward Benjamin Williams	<b>New Mexico</b> Linnea Shah Martinez	<b>Pennsylvania</b> Sarah Narehood
<b>California</b> Sarah Brown Christopher Tashjian	<b>Minnesota</b> Stephanie Boysen Kendall Carlson	<b>New York</b> Tracy James Jaclyn Thompson	<b>Tennessee</b> Ciarra Allen Kasie Weese Courtney Wilson
<b>Connecticut</b> Robin Ehle-Meyer	<b>Nebraska</b> Jennifer Swift	<b>North Carolina</b> Janae Crews Zandy Evans Deandra Keys Stills Courtney Scott	<b>Texas</b> Chris Robey Chelsea Smith Shacqueline Thomas-Davenport
<b>Georgia</b> Yvonne Himes Melissa Kozak	<b>Nevada</b> Elizabeth Baird Lauren McCoy	<b>Ohio</b> Sereena Creamer Anthony James FULL Heather Weaver FULL	<b>Utah</b> Rachel Brown Nancy Hansen Lacey McFarland Sarah Skaggs Jason Snyder Sara Turner
<b>Hawaii</b> Michael Cheang FULL		<b>Oklahoma</b> Felice Flowers Sada Knowles Kaydee Newton Paula Tripp	<b>Wisconsin</b> Stacy Mattson
<b>Illinois</b> Alyssa Andree		<b>Oregon</b> Jennifer Alexander	<b>Canada</b> <b>Alberta</b> Silvia Adams
<b>Kansas</b> Jamee Hartenstein Jillian Hawks			
<b>Maryland</b> Patricia Libby			



**cfle directions** continued from page 6

We are fortunate to have Ellen Taner available to facilitate a second Focused Dialogue Session to continue the conversation in San Antonio. The Focused Dialogue session will be held on Wednesday, November 6, 11:45 a.m. to 1:45 p.m. If you are involved in family life education in any way, I hope you will attend this important event.

Both of these events, in addition to many more to be held at the NCFR Annual Conference, will further the conversation and ideally result in action that will help to increase awareness of the wisdom and value of taking a preventive approach to many societal problems. I recently came across a quote by Albert Einstein: “Intellectuals solve problems, geniuses prevent them.” NCFR is in the position of being able to do both. ■

## executive review

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I have found myself part of a highly functioning team. Invariably those teams have changed far too soon when one person or another moved on to pursue other interests or was reassigned to other work. I have learned to appreciate excellent team work in the moment, knowing that with so many variables it can be here one day and gone the next.

This is the case with NCFR. We have assembled an extraordinary team of association professionals and now find ourselves in the process of reconstituting “team” as Nancy Gonzalez moves into another role. After nine years with NCFR Nancy has decided to take time out to focus on life. (Be sure to read her column where she shares her life changes with us!) We aren’t losing her, just changing our relationship, as we will continue to work with Nancy on *Report* and other tasks that she does so well. While she won’t be with us every day, she will be only an email away and on occasion will make use of our extra work space in the office. Nancy will serve as mentor to our new hire to ensure a smooth transition and to share what she has learned about NCFR and our members as the true mentor she is. We wish Nancy well and will continue to treasure her contributions to NCFR. ■

# NCFR Annual Conference Major Sponsors

NCFR appreciates the support provided by our major conference sponsors.

Sponsorships are still available for the Cyber Café, TCRM Workshop, New-comers Reception, Legacy Circle, SNP Workshops, Affiliate Council Workshops, and some Special Sessions. Inquire immediately, [charlescheesebrough@ncfr.org](mailto:charlescheesebrough@ncfr.org); 888-781-9331 ext 2885.

### President’s Reception/Anniversary Reception

Wiley Blackwell

### 75th Anniversary Celebration Host

Texas Tech University

### Major Presentation Sponsors

Auburn University  
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### Special Session, Workshop, Section Sponsors

North Dakota State University—Pauline Boss Special Session, FT Section Meeting

### CFLE Reception

Western Michigan University  
(Platinum Sponsor; additional sponsors welcome)

### Services and meetings

University of Georgia--Gathering Place

### Special contributors

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CHILD AND FAMILY DEVELOPMENT

Family Social Science

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+ HUMAN DEVELOPMENT

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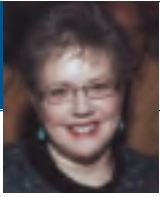
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## Windows and doors

by Nancy Gonzalez, CFLE, Editor, [nancygonzalez@ncfr.org](mailto:nancygonzalez@ncfr.org)

I've started writing this column at least five times. What I have to say is difficult. I think I should state my central point now and then fill in the details. Here it is: My employment status with NCFR will be . . . changing.

Now let's go back a few years to the retirement of our longtime conference director, Cindy Winter. If you were an NCFR member then, you no doubt remember Cindy's grand retirement party at the annual conference. What happened with Cindy thereafter is both wonderful and hilarious. She retired, but we wouldn't let her go! Week after week, month after month, a project or function in the office always popped up that was work Cindy could do best. Our Executive Director, Diane Cushman, kept Cindy tethered to the office with short-term gigs that grew. It became an office joke about how well Cindy was retiring. After a few months, it was clear that this "temporary" and "retired" employee was neither of these things. Cindy isn't the rocking chair type. And we still needed her. The organization still has Cindy's wisdom nearby. And Cindy has a not-quite retired life that is vital to her well-being. Everyone wins.

By the time this column is in print, we will have hired, or will have almost hired, my replacement. I'd like to be transparent as to why.

As far back as I can remember, I have suffered generalized anxiety that has been quite disabling at times. As NCFR members, you probably know that in addition to the psychic maelstrom and depression, there are a myriad of physical manifestations of anxiety, too. I won't go into all of them. Above all, the most crippling of them for me has been the soul-crushing insomnia. I have tried everything. I've done meds, no meds, exercise, no exercise, counting sheep and "talking to the Shepherd." I've tried warm milk, chamomile, melatonin, progressive relaxation and mindfulness training. I had an expensive hospital overnight sleep study which was inconclusive except that I was told that my REM sleep onset is slower than

that of most people. I have a high-tech mattress. I sleep with two air-circulating fans in the room to produce white noise and minimize distractions. Like a scientist, I have experimented with all of these, changing one variable each time, so that I could figure out what helps and what doesn't. With all this data, it still boils down to the fact that I sleep just two or three hours at a time. The last full night's sleep I had was in March 2009. Imagine tending to a newborn—only the baby never grows up.

I've been with NCFR nine years. Back when I started I was—obviously—younger and could cope with this bizarre disability better. But a couple years ago, the insomnia got even worse. After a bad night, I was an absolute zombie. My zombie days were becoming more frequent. My short-term memory really took a hit. It began to affect my work which made for overwhelming guilt. The guilt fed the anxiety in a vicious cycle.

Now it's clear—and this is so very humbling—that I can no longer cope with a full-time job. Diane and I came to the realization in June. We both cried. She said she can't imagine NCFR without me . . . and I can't imagine my life without NCFR. That's when the "Cindy Solution" occurred to us both. I would spin off as a consultant, do the NCFR

work that suits me best, and free up needed resources to hire someone who can do the things I can't. I am so excited at the prospect of mentoring a replacement and cheerleading from the sidelines as he or she takes NCFR to new levels. There is no shame in having a mental illness. What would be a shame, though, is not to acknowledge it to the detriment of myself and, most of all, NCFR.

I will continue to have my NCFR email address and, since most members aren't in Minneapolis, it's quite possible that no one will even notice I'm not in the office full time anymore. I will continue my work editing NCFR Report. What else I do depends on the skill set my new coworker will bring to us. What I can bring to the table is nine years' experience in the organization and a love of NCFR—you can't buy that on the open market. I will also make a great pinch hitter. If, for example, one of our staff is out for medical or parental leave, I will have the flexibility to swoop back in and help out on a short-term basis. Management gurus say that the organization that cultivates a contingent workforce like this is smart.

Diane reminded me that when life shuts a door, it always opens a window. I don't know what lies beyond the curtains, but it's time to pull them back. ■

## Thank you donors

*NCFR thanks the following persons for their generous donations to the organization.*

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# Education and Enrichment Section



by Jacqueline Kirby Wilkins, Chair, [wilkins.201@osu.edu](mailto:wilkins.201@osu.edu)

Did you know that the Education and Enrichment Section (EE) is one of the longest, continuously running sections of NCFR? While the name has changed a few times over the years, the goal of this section has always been to gather together professionals who provide prevention education on a wide variety of family life topics (e.g., parenting, marital enrichment, healthy family relationships, divorce education, etc.), develop and implement teaching materials (programs/curriculum), design and train professionals on effective methods for teaching and evaluating family life programs, and perform research. The EE section hosts the following focus groups: Co-Parenting and Divorce Education, Families and Technology, Grief and Families, Parent Education, and Sexuality.

This year the EE section will be sponsoring the Ernest G. Osborne Award and three Student Proposal Awards. The Ernest G. Osborne Award is given in memory of Ernest G. Osborne, three-time NCFR President and Professor of Family at Teachers College at Columbia University. He excelled at innovative teaching methods. The award recognizes

and encourages excellence in teaching of family studies and distinguished service to families through teaching at any level; including outstanding teachers in the field of family studies and individuals who have demonstrated outstanding leadership and excellence in the teaching of family relationships. The three students with the highest scoring proposals submitted to the EE section are awarded \$200 cash travel awards annually, along with up to \$95 towards a NCFR Annual Conference registration fee to accept the award, and a certificate. Awards are presented at the EE Section Annual Meeting.

Looking for a great professional development experience? The EE section and CFLE are co-sponsoring a full-day pre-conference workshop on November 5 that addresses evidence-based/evidence-informed practices and programs. The workshop will provide practical information and interactive discussion for youth, family, and community practitioners that will enhance participants' understanding and utilization of evidence-based/evidence-informed programs and practices. The workshop will also increase

participant awareness regarding how they might develop and market their own evidence-based program.

Actual evidence-based/evidence-informed programs will be showcased, and representatives from recognized registries of evidence-based programs will provide insight into how you can succeed in getting your program entered into an evidence-based registry. Dedicated time will be made available for networking with other practitioners. A meeting room will be made available for an Extension Professionals meeting following the workshop. Already registered for the conference? Don't worry, you can now go back into your registration and add this event! The cost is only \$40 and includes lunch.

The 2013 Education and Enrichment Section Annual Meeting is scheduled for Wednesday, November 6, 8:15-9:45 p.m., in San Antonio, Texas. We hope you will join us to learn more about our section and to network with other professionals with similar interests. If you have any questions about the EE section, please feel free to contact me, Jacqueline Kirby Wilkins, at [wilkins.201@osu.edu](mailto:wilkins.201@osu.edu). ■

# Feminism and Family Science Section News



by Elizabeth Sharp, Chair, [sharp.eliz@gmail.com](mailto:sharp.eliz@gmail.com)

The FFS section is as busy and vibrant as ever! We have several thought-provoking sessions planned for the 2013 Annual Conference. Listening to concerns aired during the 2012 NCFR Feminist Theory Discussion, the FFS officers have responded by planning a dynamic 2013 conference. We are promoting more interaction among audience members and presenters and have asked FF section members to (re) read specific writings by feminist family scholars before attending sessions in November. See FF spring newsletter for more details : <http://www.ncfr.org/sections/ff/news/feminism-and-family-studies-section-spring-2013-newsletter>.

We are resurrecting feminist roundtables and hosting a discussion on queer and feminist theories and a workshop on how (specifically) to use feminist framing in research. We are also sponsoring several paper symposia and poster symposia (with discussants).

With co-sponsorship from the Theory and Research Section, we have invited Dr.

Michael Kimmel to present at NCFR this year. He will be presenting on Wednesday, November 6, 2013. Keeping the historical legacy of NCFR in mind, he will talk about one prominent NCFR member -- Jessie Bernard—and her impact in the social sciences and on his own work. We encourage all NCFR members to (re) read his work, including his edited book, “The Jessie Bernard Reader” before the conference.



We also will be selling tote bags and two members are hosting an informal book club discussion in San Antonio. Details about these items and updates about the Alexis Walker Awards, results from the 2012 Live Auction, and more updates are available in our spring newsletter (see link above).

Our Section meeting is 7 a.m. on Thursday, November 7. We are planning a less “business-y” meeting this year, with a focus on

Jessie Bernard previous winners, early morning treats, and much more. **The FF officers and I promise it will be worth your while to get out of bed at the crack of dawn!** ■

*FFS Executive Committee (from left): Elizabeth Sharp, Kristen Benson, Kimberly Crossman, Janel Leone, Libby Balter Blume*



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# News from the Religion and Family Life Section



by Joanne Roberts, Ph.D., CFLE, Chair, [jroberts@hsutx.edu](mailto:jroberts@hsutx.edu)

As we look forward to fall, I hope you have our annual conference in your plans. This will be an exciting time as we celebrate 75 years of NCFR in the beautiful city of San Antonio. This year's program highlights some interesting research and practice related to family and religion. Our section is sponsoring a special session on Thursday morning with Dudley Chancey, a long time section member. Dudley is an associate professor of youth ministry at Oklahoma Christian University and an outreach program leader for at-risk children in Honduras. He has spent years developing family programs in Honduras and will be presenting a session titled "Building Family Programs in Honduras."

One of our section goals has been to provide more opportunities for family practice sessions and we think Dudley's program provides this opportunity. It should be relevant for professionals working with families in any setting, as well as researchers and teachers. Our section is also cosponsoring a special session on Wednesday morning with the Education and Enrichment, Ethnic Minorities, and Family Policy sections. The presenters are Beth Quill and Joyce Arditti and the title of their session is "Pathways and Detours to Prison."

One of our section goals has been to increase the number of proposals submitted to our annual conference. This year we had a 35% increase over last year's submissions and we are pleased to report that the quality of the submissions has remained high. Our section has been allocated two paper sessions: one on Thursday afternoon and the other on Friday morning. We also have several roundtable and poster presentations.

The Religion and Family Life section meeting is scheduled for Thursday evening from 7-8:15. In honor of NCFR's 75th anniversary, we are going to recognize former Religion and Family Life Section chairs. If you are a former chair of the section, please let me know if you plan to attend the section meeting. In order to spend some time hearing from some of our former chairs, we are going to dispense with our regular business meeting and conduct our basic business prior to the conference via email. As always, we will recognize the outstanding paper award winners.

One of our section's goals has been to make our section bibliography available to NCFR members. Almost four years ago, Dave Dollahite and one of his graduate students compiled a bibliography related to family, religion and spirituality. With the help of Jason Samuels, the section bibliography is now available on the NCFR website. The resources can be accessed through the Professional Resource Library or the section website. The resources are listed chronologically in the Professional Resource Library and topically on the section webpage.

We are soliciting current resources to add to the bibliography. If you know of or have published materials that are relevant to the bibliography, please send me a complete citation and we will add it to the bibliography.



*Chair-Elect Loren Marks (center) with the 2012 Religion and Families Section Award winners, Michael Goodman, Outstanding Paper (left), and Yaxin Lu, Student/New Professional Outstanding Paper (right).*

It is not too early to start thinking about submitting a proposal for the 2014 annual conference. We would like to see the number of submissions, both professional and SNP, continue to increase. Nos vemos pronto!

## FS Section needs to be renamed: Win a Starbucks gift card!



by Bahira Sherif Trask, University of Delaware, [bstrask@UDel.edu](mailto:bstrask@UDel.edu)

We are seeking suggestions for a new name for the Family Science Section! As chair of the section, I have been taken aback by the high number of conference proposals that are sent to this section but actually do not fit the stated focus on pedagogy and administrative issues. I think much of the problem stems from having an unclear name.

Currently, Family Science is a catch-all for research, theory, relationship studies, technology, pedagogy and administrative concerns. Many submitters are unsure where best to submit their proposals to and they then send them to Family Science. This results in a great deal of shuffling of proposals and presentations. If we could infuse clarity right at the start of the process, we

would save ourselves a great deal of effort. This would also assist submitters since they would know from the start if this is the correct section to send their work. Proposals stand a much better chance of being accepted if they go to the appropriate section right from the beginning.

I have decided to turn this into a naming contest! Please send me your ideas for names this summer. I have received a couple so far, but nothing that really stands out. After I receive all the suggestions, I will compile them in September, send them out to our membership and have folks vote. The winner will receive a \$15 gift card. So, please **get creative** and start coming up with names! ■



# Family Life Education Publications and Products

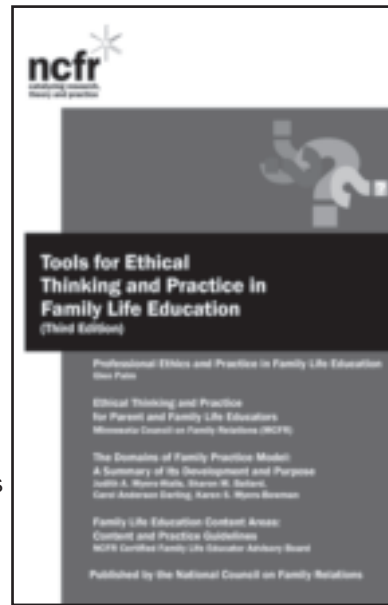
## Tools for Ethical Thinking and Practice for Family Life Educators (Third Edition)

This popular NCFR publication is useful for teaching about professional ethics in the classroom as well as a resource for practicing family professionals. This third edition includes a new article, *The Domains of Family Practice Model: A Summary of Its Development and Purpose*. The third edition also includes an article on Professional Ethics and Practice and Family Life Education Content Areas: Content and Practice Guidelines which combines content from the University and College Curriculum Guidelines, the FLE Lifespan Framework and the CFLE Exam Content Outline into one document. The updated ethical thinking and practice guidelines developed by the Minnesota Council on Family Relations includes a helpful case study process.

42 pages. 2012

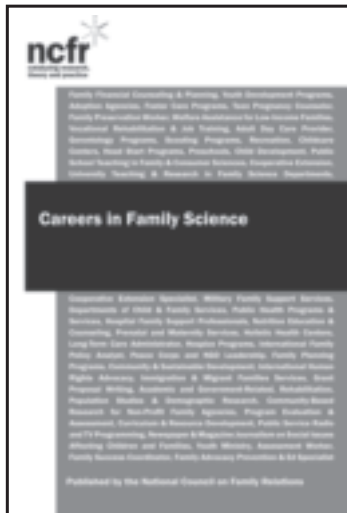
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## Careers in Family Science

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This booklet provides information on Family Science as a discipline and profession. It includes information helpful when considering undergraduate and graduate degree programs as well as career options for each degree level. An article on the job search process provides tips for resume preparation and the interview process. Helpful profiles of NCFR members and CFLEs working in the field provide real-life examples of family career options. 2009

ISBN 978-0-916174-71-2. Item# CF 0311

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# Family Therapy Section news



by Christi McGeorge, *Christine.Mcgeorge@ndsu.edu*

Greetings from the Family Therapy Section! The Annual Conference this year will be an exciting one as NCFR celebrates its 75th anniversary and the Family Therapy Section awards the second Kathleen Briggs Mentoring Award.

The purpose of the Kathleen Briggs Award is to recognize an outstanding mentor of students and new professionals in the area of family therapy. This will be done in honor of Dr. Kathleen Briggs, a long-time section member and leader, who was committed to mentoring family therapy graduate students and new professionals. The award recipient was selected based on his contributions to the professional and personal development of graduate students and new professionals and his involvement and demonstrated leadership in field of family therapy.

I am excited to announce that Dr. Fred Piercy is the winner of the 2013 Kathleen Briggs Award. We had several deserving nominees and the executive committee had a

difficult time selecting a winner. We will be honoring Dr. Piercy and all of the nominees at the Family Therapy Section annual meeting on Thursday, November 7, 8:30-10 p.m. I would like offer a special thanks to all of the nominators who wrote such wonderful letters. We are lucky to have such amazing mentors in the Family Therapy Section!

In recognition of the second Kathleen Briggs Mentoring award, we will be engaging in a very special mentoring activity during the section meeting that will involve some of the preeminent scholars in the field family therapy. Specifically, we will dedicate the majority of our section meeting to a round table mentoring activity which will allow section members to ask questions of these legacy scholars. Some of the scholars who have agreed to participate as mentors include Drs. Pauline Boss, Bill Doherty, Suzanne Bartle-Haring, Carmen Knudson-Martin, Leigh A. Leslie, Fred Piercy, Karen S. Wampler, Richard Wampler, and Joseph

L. Wetchler. I think this will be an exciting section meeting that you will not want to miss. I am very grateful to all of the legacy scholars for their willingness to participate in this mentoring activity and share their wisdom with all of us.

In addition to recognizing all of the scholars nominated for the Kathleen Briggs Award and the amazing round table mentoring event, the section will also be holding a silent auction fundraiser for the Briggs Award. We are seeking donations of books that section members have written or written a chapter in, so if you have a book you would like to contribute please email Christine. [McGeorge@ndsu.edu](mailto:McGeorge@ndsu.edu). We have already received a number of wonderful book donations, please consider bring your check-books to the conference! The book auction will occur during the section meeting so come early to check out the books and enjoy some desserts.

While the Family Therapy Section meeting is going to be very exciting, there will also be many wonderful sessions to attend at the conference. For instance, the Family Therapy Section is sponsoring a special session by Dr. Pauline Boss entitled “The Myth of Closure” on Friday, November 8, 9:30-10:45 a.m. We are also sponsoring two workshops with one focused on using supervision to permanently changing therapist and client habitual patterns and the other on utilizing narrative therapy principles to work creatively and collaboratively with children and families.

Finally, for this issue of *NCFR Report* the Family Focus section is on Family Therapy. Some of the legacy scholars who will be participating in our mentoring activity at the conference have written articles for this section. These articles will give you some insight into some of their current work. A big thank you to all the members of the section who wrote articles.

I look forward to seeing you in San Antonio, Texas, for what will be a truly outstanding conference.

## Conference Sponsor

NCFR thanks North Dakota State University, Department of Human Development and Family Science, for sponsoring the Pauline Boss Special Session, “The Myth of Closure,” and hosting the Family Therapy Section meeting.

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## Conference Highlights: Family and Health Section



by M. Elise Radina, Chair, *radiname@MiamiOH.edu*

In just a few months we will be gathering along the beautiful River Walk in San Antonio, Texas. The Family and Health Section is again excited to offer an action-packed, informative, and fun program. There are a wide variety of types of presentations and activities sponsored by the section including nine paper sessions, two symposia, two workshops, two special sessions, several posters, and “Lightening Paper” presentations, similar to Pecha Kucha sessions. (Search “pecha kucha” using your favorite search engine for info on what these exciting sessions will be like!)

Our section meeting is scheduled for the evening of Wednesday, November 6. We will be sending out minutes and other business to take care of via the listserv prior to the meeting. We are planning something special during our section that will include minimal “business” and maximum fun, celebration, and networking. Please plan to join us!

We are also looking forward to offering another FUNdraiser this year. Last year’s 5K Run/Walk was a great success. Thanks to everyone who took part. Last year we were able to donate \$200 to BorderLinks! We want to continue this focus on group fitness and health while also raising money to support a local organization that serves families. This year we are excited to try Zumba! If you have never tried a Zumba class you are in for a treat! Check out [www.zumba.com](http://www.zumba.com) to see what it is all about. Personally I find that it is a lot of fun and I end up laughing my way through a workout because I am so uncoordinated. Zumba will take place Saturday morning, November 9. We plan to have a wild time while working out . . . what a way to start the last day of the conference, right?

If you have questions or suggestion for the section, please contact me at *radiname@MiamiOH.edu*. See you in November! ■

The Southeastern Council on Family Relations held its annual conference on February 21-23, 2013 at the Embassy Suites-Hoover in Birmingham, Alabama. The theme was “Making a Difference for Families in the Southeast” and we forged a new partnership this year by conferencing with the Alabama Association for Marital and Family Therapy (ALAMFT).

We were blessed with several presenters who have distinguished histories in NCFR, including NCFR’s president, Dr. Elaine Anderson, who spoke on “Advocating for Families: The Development of a Family Policy Lens.” Dr. Jay Mancini, Head of the Department of Human Development and Family Science, and Director of the Family and Community Resilience Laboratory at the University of Georgia, delivered our opening plenary address, entitled “When Vulnerability & Resilience Intersect: Pathways of Individual and Family Transitions.” Dr. Amy Rauer, Assistant Professor in Human Development and Family Studies at Auburn University and an adjunct behavioral scientist at RAND, delivered a third major address entitled “From Golden Bands to the Golden Years: The Critical Role of Marriage in Older Adulthood.”

We were able to take advantage of economies of scale by conferencing with ALAMFT, and this collaboration provided over 250 attendees an opportunity to select from nearly 30 breakout sessions over the three days, including two poster sessions and three special series for clinical attendees focused on working with military families, ethics, and couples on the brink of divorce (over 15 CEUs). The venue and location were very highly rated, as was the catered luncheon on our opening day (mentioned by our numerous student attendees).

The extensive networks of the two organizations and the efforts of both boards to promote the conference allowed us to attract a very diverse group. Program evaluations were very positive, with 72% of respondents (n=96) reporting the conference was “good” or “very good” compared to similar conferences, and 18% of attendees reporting they had never attended a conference similar to this one.

A large majority (93%) of respondents reported they would recommend the conference to others.



SECFR 2013 officers (from left): Lysa Parker, president-elect; Claire Kimberly, secretary; Jonathan Davis, president; Cassandra Kirkland, treasurer; Margaret Machara, membership chair. Below: Samford student Ashley Blankenship and NCFR President Elaine Anderson on campus at Samford University (joined on the right by a likeness of university benefactor Ralph W. Beeson).

We also installed our new officers (see [www.secfr.net](http://www.secfr.net) for a complete list). We are also pleased to report that both organizations were able to add to their balance sheets from this conference, which is especially important for SECFR as a young affiliate.

Please visit our website ([www.secfr.net](http://www.secfr.net)) for more information, including the full program and links to presentations from the conference.



## On the bookshelf

Paul C. Rosenblatt, Elizabeth Wieling. *Knowing and Not Knowing in Intimate Relationships*. 2013. Cambridge University Press

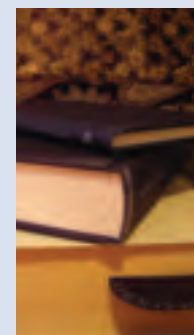
Robert E. Larzelere, Amanda Sheffield Morris, Amanda W Harrist, (Eds.) *Authoritative Parenting: Synthesizing Nurture and Discipline for Optimal Child Development*. 2013. American Psychological Association Press

Nancy Landale, Susan McHale, Alan Booth (Eds.). *Families and Child Health*. 2013. Springer

Linda Nielson. *Father-Daughter Relationships: Contemporary Research and Issues*. 2012. Routledge

Brian Ogolsky, Sally Lloyd, Rodney Cate. *The Developmental Course of Romantic Relationships*. 2013. Routledge Academic Press

Robbyn R. Wacker, Karen A. Roberto. *Community Resources for Older Adults: Programs and Services in an Era of Change* (fourth edition). Sage





# Elections Council seeks leaders for NCFR

NCFR's future is inextricably tied to the quality and dedication of its leaders. We need you!

As we approach the annual conference in San Antonio, Texas, the Elections Council asks you to think about the leadership opportunities in NCFR that would be a good match for you. Speak with colleagues, mentors, section leaders, or Elections Council members about your desire to serve and your willingness to be nominated for a position. Also consider nominating colleagues who you think would be a good match for the positions available in the next election cycle:

- Board President-elect (2015-2017; President 2017-2019)
- Students/New Professionals Board Representative-elect (2015-2016; Board Rep 2016-2018)
- Affiliate Councils President-elect (2015-2017; Affiliate Councils President 2017-2019)
- Program Chair-Elect (2015-2016; Program Chair for 2017)
- Two Elections Council members (2015-2018)
- Three Fellows Committee members (2015-2018)
- IDC Students/New Professionals Representative (2015-2017)

Each year we begin our work on the next election cycle at the annual conference, asking sections to nominate potential candidates for the organizational level positions that need to be filled, and encouraging individuals to nominate either themselves or others.

Last year we were more than pleased at the number of candidates who offered to run for office, and we are excited about the outstanding list of potential candidates we have before us. We are now in the process of contacting potential candidates to ask them to run in the 2014 election.

In the spring, we will meet to identify and discuss possible candidates for 2015 who have been identified by nomination or who appear on lists of members who have previously served in leadership positions across the organization. We consider not only the experience of individual candidates, but also the structure of the overall slate, asking ourselves if we are building a slate that reflects the strength and diversity of the organization and its members.

The Elections Council's responsibility is to help NCFR members match their leadership abilities to the leadership opportunities that abound within our organization, and we take seriously the NCFR Board's charge to find the right people who are willing to have their names placed on the ballot each year. We are guided by the operating values outlined in the NCFR by-laws and the Elections Council Policies and Procedures. Our desire is to build a slate that represents the entire NCFR membership and that reflects and promotes the mission and goals of NCFR.

## NCFR Elections Council

Alan C. Acock, Laura A. Sanchez (co-chairs); April Few-Demo, Abbie E. Goldberg, Gary W. Peterson, Mihaela Robila (members); Joyce Chang (NCFR Board representative) ■

## NCFR REPORT - A MEMBER FORUM

The *NCFR Report* is a quarterly magazine for members designed to encourage member-to-member dialogue; to inform colleagues about our research and to discuss research application for practitioners and policy professionals. Through the *Report*, NCFR also builds our community by reporting on people, events and organizational news.

Unlike the content of our scholarly journals, the articles in *NCFR Report* have not been peer-reviewed. In the spirit of open debate and academic freedom, *NCFR Report* is a member forum for exchanging ideas. The opinions or findings expressed are those of the author(s), which may or may not represent the official position of NCFR as an organization nor the prevailing scientific consensus on the topic.

Author email addresses are provided to encourage readers to offer comment to writers. Members may access the content of our scholarly journals on-line at [www.ncfr.org](http://www.ncfr.org). To join NCFR, click on our convenient on-line membership application at [www.ncfr.org](http://www.ncfr.org). Journalists with media inquiries are invited to contact Nancy Gonzalez at 763-231-2887 or via email at [nancygonzalez@ncfr.org](mailto:nancygonzalez@ncfr.org) for information on our scholarly research.



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