

# The Rocky Mountain Family Therapy Network Newsletter

October 2018

## Message from the Chair

John F. Stinebaugh LMFT (CO and WY)

Admittedly, I have some peculiar interests. Yes, I am talking about my strange love of Japanese rap music and French action films, but also in how things work...especially groups of people. Early on in my life I found that I loved to figure out how things fit together and even more, how to fix them, or combine them in new ways. I don't know if this is a genetic quality, a result of loving Legos, or that my first radio given to me by my dad was broken and if I wanted music, I had to figure out how to make it work. Whatever the reason, I find myself now working in agencies to help create and modify teams of people doing something far better than making music; helping others make changes in their lives.

This desire to work with systems is part of why I was interested in being a leader in the Rocky Mountain Family Therapy Network. It is not often, that you get to begin a new project like RMFTN following on the heels of a successful group like COAMFT. I would be remiss if I did not acknowledge the amazing leaders and dedicated volunteers who made COAMFT a success for many years and have set the stage for RMFTN to be a success. To be sure, this is one project where major overhauls and big fixes aren't needed.

However, we would also be remiss if we did not take this opportunity to examine new possibilities and horizons. One major change we have underway already is the inclusion of Wyoming in the RMFTN. Many people, both those seeking and giving services, regularly cross over between the two states. Therefore, working together in partnership will only make us stronger. Additionally, we have leaders and volunteers from all over Colorado and Wyoming, meaning future meetings and trainings will be able to reach people who may not have felt as included previously. Since a central goal of RMFTN is to be inclusive of all kinds of MFT's within our geographic area, this is an exciting opportunity.

If there is one thing I have learned in my various roles, it is that the end result is often very different from the original idea. Failures and success alike can cause changes in direction and improve on initial concepts that need refinement. I have no doubt that over the next few years we will continue to grow and change as we gain input and insight from our members. I welcome that. More importantly I welcome you to our new network and invite you to participate. Whether that is by writing an article for our newsletter, helping us to host or present at a lunch and learn, joining a committee, or offering ideas, I encourage everyone to make this network yours.

I look forward to our shared future in the Rocky Mountain Family Therapy Network.

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John F. Stinebaugh  
Chair

## Meet the Leadership Team



Aaron Anderson  
Chair Elect



Linnea Tobias  
Treasurer



Carol Mascarenhas  
Secretary

## The RMFTN Story

Our story isn't a long one. Back in 2015, AAMFT began discussing with the membership the idea of restructuring away from state divisions. They proposed something similar to how many other national professional organizations work: networks or groups centered around particular topics, areas, or treatment modalities.

Colorado's state division, the Colorado Association for Marriage and Family Therapy, had consistently been a strong presence in the Rocky Mountain region for MFTs. It provided incredible value and support to its members through networking, continuing education, conferences, newsletters, and legal updates. Both leadership in the organization, as well as members recognized the value COAMFT provided as well as the desire and need for some organization to continue. After long deliberation, the decision to support the development of a network was made.

In February of 2018, COAMFT leadership met with interested members to formally develop the application for a new network. Discussion around the need for broader geographic support of MFTs beyond just Colorado was raised and the decision to expand it to a regional network was made. By the end of the day, those serving as the inaugural leadership were selected and both the mission and goals for the Rocky Mountain Family Therapy Network were sketched out. Shortly after, the application was submitted to AAMFT. On May 18th, 2018, we received formal word from AAFMT that the network was approved.

Since we are brand new, there isn't more to our story yet. However, we are excited to move forward and begin creating a new chapter with you. If you're interested in helping to write that history, we'd love to have you join us!

## Our Mission Statement

We are a vibrant community of relational and systemic practitioners who are dedicated to maintaining the strength, visibility, and relevance of marriage and family therapy in the Rocky Mountain region by providing opportunities for local networking, ethical development, and ongoing growth of our members throughout their professional lifespans.

## RMFTN FAQs of the MONTH

- **Who can join?** Anyone who is a member of the AAMFT can choose to join RMFTN
- **How do I join?** You can choose to join at the time you renew your dues with AAMFT. You will be able to elect to join as many interest networks as you'd like and/or the Family TEAM.  
[https://www.aamft.org/AAMFT/ENGAGE\\_and\\_Network/ENGAGE\\_and\\_Network/default.aspx?hkey=47599c63-71dd-4de1-aa26-582d800f0325](https://www.aamft.org/AAMFT/ENGAGE_and_Network/ENGAGE_and_Network/default.aspx?hkey=47599c63-71dd-4de1-aa26-582d800f0325)
- **What does it cost?** Each interest network is a separate fee that are \$10 for students and \$25 for members.
- **Do I have to join an interest network?** Nope! Under the new system all membership in interest networks is optional.
- **What if I want to do advocacy work?** The Family TEAM is a place for advocacy and is supported by RMFTN. Ask John Stinebaugh for more information about joining!

## Areas we can use your help!

### Newsletter:

RMFTN wants to hear from MFTs all over our area in their various roles. They want to hear what you are working on, what you have discovered, and your unique stories. We give you the opportunity to write and share a brief article in the newsletter. If you have an idea, write it up and we will work on including it.

### Online Engagement Network and Library:

This would allow to bridge access to one another, a place for conversation and connections for mentorships, supervision, and peer-to-peer consultation. Our goal is to provide mobile access for these connections. If you want to help us begin this process let us know!

### Lunch and Learns:

We want to provide Lunch and Learns on various topics hosted throughout our area. Let us know if you have something that you think would be a good topic or would like to help find some new venues to host them!

### Leadership Development:

One of our main goals is to begin creating future leadership for both our network and the field of Marriage and Family Therapy for the future. We will be working on hosting some trainings and would love to involve you in our meetings and committees.

### Resources Exchange:

We want to further the impact and influence that MFTs have with stakeholders through activities such as creating informational resources and efforts towards increasing the understanding of MFT work within our area. We are open to any ideas and support to help us expand this idea!

## Important Links and Contact Info

<https://www.rockymountainfamilytherapy.network>

<https://www.facebook.com/RMFTNetwork/>

Contact Chair John Stinebaugh with any questions or concerns at [jfstinebaugh@gmail.com](mailto:jfstinebaugh@gmail.com)