



Family Therapy E-News

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Editor:
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IFTA Spotlight:

Resilience in the Era of COVID

The novel coronavirus COVID-19 has taken the world by storm in ways most of us took for granted. But how do we respond to such a crisis? We can respond out of love and connection, or fear and disconnection. Most system and family therapists come at their work from a strengths-based perspective, so resilience may be a good framework to think about our role in this time.



What does it mean to be resilient?

Froma Walsh wrote that resilience is “the ability to withstand and rebound from crisis and prolonged adversity.” Researcher journalists Andrew Zolli and Ann Marie Healy frame it as “the capacity of a system, enterprise, or a person to maintain its core purpose and integrity in the face of dramatically changed circumstances.” And psychologist George Valliant describes the phenomenon as “a twig with a fresh, green living core. When twisted out of shape, such a twig bends, but does not break; instead, it springs back and continues growing.”

What does this mean for families?

Froma noted she had the strong conviction that “we as human being survive and thrive best through deep connections with those around us, those who have come before us, and those who will follow us, including all who have been, and could be, significant in our lives.” This is a uniquely international moment and as such, it is worth pausing for each person reading this to reflect on whom Froma might be referring to for each of us. After all, therapists must do their own work often before they can

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provide the space for others. Who – wherever they are in the word – has been significant to you? Perhaps you have been socially distanced from your aging parents or friends. Perhaps you have thought about reaching out to that old friend you often think about connecting with. Perhaps you finally wrote a letter to someone instead of an email or text. Perhaps someone you love has lost their job or has died. Resilience does not make the hurt or confusion any less; it helps remind us to connect in new and old ways with the people we want to call *Family*.

So what do we do as clinicians?

After we do our own work and ensure self-care and connection are in place in appropriate ways, we can then turn our resources of insight and presence to others in our stead. Regardless of your theoretical orientation or cultural background, the research on resilience seems to imply that balance and attunement matter most. We need to be connected but not codependent. We need diversity but not without cohesion. We need meaningful feedback loops to tell us if we are okay and if we are on the right track. We need optimism without naivety and skepticism without cynicism. We need safety. We need right-placedness. We need connection to a higher power (even outside of religion). We need opportunities and the motivation to take advantage of them, to shift, to reorganize. We need fluidity of thought and adaptability of emotion. Grieving clients, anxious clients, angry clients, depressed clients, and even our most privileged clients still need us to help empower them to make functional the dysfunctional. To bounce back.

IFTA Stories

Bill Nichols is calling out to any and all people who would be willing to provide memories, experiences, and histories of IFTA for a book he is compiling regarding this organization so many of us cherish. This is the perfect time to stop and reflect upon the good, the bad, and the ugly. Not with positive or negative judgment, but with honoring awareness of the past and how it will inform the future.

If you know Bill, feel free to reach out directly to him. I know he would appreciate it, especially the ones of you who have been coming for decades. If not, I can be a conduit for your stories and connections to IFTA to reach him. You can simply indicate you would like to be involved, or you can write your stories down directly. My email is DStillwell@ifta-congress.org.

Sometimes you will never know the value of a moment until it becomes a memory.

—Dr. Seuss

Where Will IFTA 2021 Be?



Stay tuned to email and Facebook to find out!



If you were supposed to present in Basel...

Since we were not able to come together for the 2020 IFTA Congress in Switzerland, we are going to create a page where we can link to your presentation in order to share it with all registrants (a bit of a virtual congress). Post your slides to a website like www.slideshare.net, create a YouTube video, or post it some other way. Then send us the link to it. Do not send us the file to post. We will link to it.

If you want to share your presentation for IFTA 2020, send us:

1. Title of the Presentation.
2. The name(s) of the presenter(s).
3. The link to your presentation.

We will create a page with these and email it out to everyone that was going to be at the congress in Switzerland.

Please send your link and information to: iftasecretariat@aol.com

Editor Position Opening Announcement

- The International Family Therapy Association (IFTA) announces the position of Editor of the Journal of Family Psychotherapy, commencing in January, 2021, following the editorship of Christian Jordal. The Journal, whose name will be changing to the International Journal of Systemic Therapy on January 1, 2021, is a unique, peer-reviewed journal designed for practicing clinicians as well as academics that offers empirical studies, treatment reports, theoretical discussion, and strategies in clinical practice from family psychotherapy scholars from around the world. The Journal offers empirical studies, program reports, strategies in clinical practice, and theoretical discussions and essays. Additional specialty sections include Family Therapy Around the World, Intervention Interchange, Family Therapy and Mental Health, and Media Reviews. The Journal also regularly publishes special issues on various topics guest-edited by experts in diverse areas of family psychotherapy. The Journal is editorially and administratively managed by IFTA, and published by Taylor & Francis.
- The Editor reviews initial submissions, assigns appropriate papers to peer reviewers, and makes the final publication decision. The Editor, along with the IFTA Publication Committee, develops and implements a vision for the journal. Editor will provide an annual report to the IFTA Board of Directors.
- The Editor serves at the pleasure of the IFTA Board of Directors for a three year term.

Qualifications:

- Recognized scholar in any of the family psychotherapy disciplines, with a demonstrated record of publication
- Research and publication interests consistent with the mission of IFTA
- Excellent writing skills
- Excellent organizational skills
- Editorial experience preferred
- Past or current involvement with IFTA or international family psychotherapy preferred

To apply, please send:

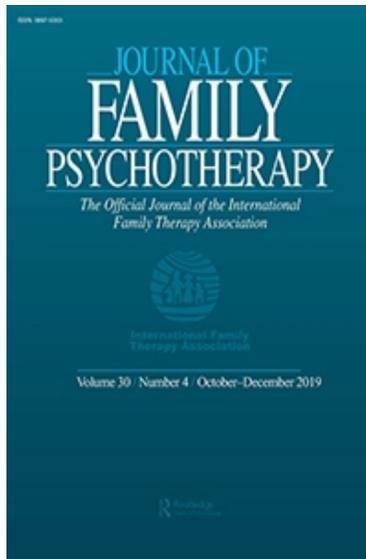
1. A cover letter, stating your intention to apply for the editorship of the Journal, along with your contact information.
2. A personal statement, which addresses your qualifications for the position, other qualities and characteristics which would contribute to your success as a journal editor, and your hopes and vision for the future of the Journal of Family Psychotherapy.
3. Vita

Candidates may be asked to provide copies of selected publications and references later in the selection process. Please send or email items by **June 15** to:

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Safety, Feasibility, Fidelity, and Perceived Benefits of an Intervention for Parents with Mood Disorders and Their Children — “Let’s Talk About Children” in Japan

By Ric Ueno, Hirokazu Osada, Tytti Solantaus, Akiko Murakoshi, & Takeshi Inoue

Process-research to Practice in Emotionally Focused Couple Therapy: A Map for Reflective Practice

By Lorrie L. Brubacher & Stephanie A. Wiebe

The *Journal of Family Psychotherapy* is freely available online to IFTA members.

In Memoriam

In future issues, we are going to celebrate and remember members of the systemic and family therapy realm whose anniversaries of their passing occur this year (Bateson and Erikson’s 40th, and Bowen and Bowlby’s 30th). If you have someone you would like to highlight from your own culture, please let me know and I will work with you to write something for them.

Research

Please send information to the email below regarding possible opportunities for research you may have. We welcome a variety of projects and topics. They just need to be connected to systemic therapy and ideally have either a cultural or international component to them.

Correction

Linda Hershman’s last name was misspelled in the previous issue. She has also since decided to self-publish her work and appeal to a broader public audience. You can find her at couplesandfamilywellnesscenter.com/



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Therapy Association**

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