

Spiritual Focus • Networking & Outreach • Research, Theory & Publication • Clinical Application

AMCAP supports the principles and standards of The Church of Jesus Christ of Latter-Day Saints. However, it is an Independent professional organization which is not sponsored by, nor does it speak for the Church or its leaders.



Chris Anderson and Michael Satele in Auckland

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Fall 2013
Convention
Oct. 3-4, 2013

Joseph Smith Memorial Building, 9th Floor
15 E. South Temple, SLC, Utah

President's Message

AMCAP Colleagues:

At April Conference time, the regional LDSFS managers for Central and South America visited SLC for meetings. One afternoon was set aside for them to meet with representatives from AMCAP. We shared with the managers a DVD set of five presentations. José Aleson, the LDSFS manager in Lima, Peru, who supervises five Latin American countries, has seen the first set of videos and has expressed gratitude and enthusiasm for the material and the potential for good they represent.



LDSFS meeting in Sydney

With José's help, we are moving forward with translation into Spanish and soon, hopefully, into Portuguese. In April, four new presentations were recorded and more will be scheduled this summer.



AMCAP meeting in Sydney

Recently, my husband Chris and I traveled to New Zealand and Australia and met with LDSFS and AMCAP personnel there. We gave some presentations and shared the training materials developed so far. We spoke of AMCAP's almost-ready new website which will allow for many more benefits and better connectivity for members outside the Wasatch Front. In both countries, interest was expressed in starting new AMCAP chapters.

After last Fall's LDSFS/AMCAP event in Atlanta, Georgia, Manon Kraus took the initiative to organize an Atlanta AMCAP Chapter. Manon has already had some successful activities and is planning a larger scale event later this year. Thanks so much for your contributions, Manon.

Let me also take a moment to give a shout out to Robert Gleave and John Livingstone who volunteered to help with our APA accreditation application this spring. It's a huge project and we so appreciate this and their many other contributions to AMCAP over the years. And let me extend sincere thanks to all of you who are helping with AMCAP initiatives.

Finally, Barbara Gearig, our 2013 Convention Chair, and her committee are well underway to planning what should be another terrific Fall Convention.

Hope to see you there!

Lili Anderson, LCSW, Ph.D.

President, AMCAP



Photo courtesy of Eden Anderson

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Hope-

An Anchor to the Souls of Men (Ether 12:4)

Edward Callirgos, L.A.M.F.T., Column Editor

Our clients come from all backgrounds and beliefs, from different cultures and socio-economic backgrounds. The word “hope” is universally accepted by religious and non-religious individuals is therefore a useful tool in our professional practice.

The power and need for hope is found throughout the scriptures. We know that Heavenly Father wants his children to “hope for a better world” (Ether 12:4). Additionally we plead for hope in our hymns: “Bring hope to my desolate heart” (Redeemer of Israel V.6, Hymns of The Church of Jesus Christ of Latter-day Saints). So, it should not be surprising that in our professional roles as a psychotherapists, social workers and counselors we hear and see our clients searching for hope.

We are given an opportunity in our profession to work with individuals, families, couples and groups where pain, loss, and discouragement abound. As professionals we seek to help our client(s) by using a variety of interventions, including active listening, paradoxical, enactments, journals, rituals, and even miracle questions. All these interventions help our clients reframe their problems, find solutions, and increase support, closeness, and bonding.

As a result, our clients (maybe not all of them) have an increase of hope. The use of hope as an intervention may seem “beside the point” since interventions and the homeostasis of the individual or family can naturally produce hope. However, hope can be used as a focus of our intervention, allowing families, couples, individuals and groups to cultivate or invigorate this natural and God-given tool of resiliency and happiness.

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Here are some ways to utilize hope as an intervention:

- From an experiential perspective, have the client draw hope. Perhaps they can draw a circle and in the circle draw the things or write the words they hope for.
- From a narrative perspective, externalize hope and ask questions regarding its impact on the client. When is it present? When is it almost invisible? Etc.
- From a family of origin perspective, track hope in the family of origin using a genogram or time line.
- From an experiential perspective, give an in-session task for the family, couple, or individual to interact with hope. Examples include family theater, empty chair, enactments, collages, etc.
- From a mindfulness approach, explore hope and the meaning of hope in clients' lives. How does hope make them feel? What is the process of hope?

In using some of the above suggestions, keep in mind the individual needs of your clients and the possible contraindications.

Regardless of our client's origin or cognitive constructs, the importance of hope is one common element found throughout the resiliency of the human race. It is my hope that this handout is a benefit to all those that read it, and that we can encourage our clients to seek hope in their times of trial.



Photo courtesy of Eden Anderson

AMCAP's Mission Statement

AMCAP's mission is to provide information and support for the LDS mental health professional in four areas:

- 1. Spiritual Focus**
- 2. Clinical Application**
- 3. Networking and Outreach**
- 4. Research, Theory, and Publication**

As AMCAP members, we strive to center our personal and professional lives upon Jesus Christ by serving our brothers and sisters in need.

AMCAP Website Committee

The AMCAP Website Committee is looking for members to help make AMCAP's website a more powerful, continuously updated resource.
No prior website training or experience is required.

We hope over time to build a geographically diverse committee, with members from many parts of the U.S., and of the world. We are striving to create a frequently-updated, continuously expanded site "to provide information and support" to all AMCAP's members world-wide. We also seek to create and share resources that can help priesthood leaders, individuals and families, counselors and others searching online to find reliable, gospel-centered information to help resolve emotional challenges.

Requirements for service:

- Two or more hours of availability per month (commitment time varies).
- Current AMCAP membership - Professional, student, associate, or International.
- A desire to extend AMCAP's visibility and power for good.
- Basic computer and internet skills - basic Microsoft Word, e-mail, e-mail attachments.
- A willingness to learn new skills.

If you are willing to serve, please email us at mail@ldsamcap.org

MEMBERSHIP APPLICATION OR RENEWAL FORM 01-2008

New Membership

Renewal Application – AMCAP # _____

Please send me a copy of the Bylaws
(also located on the website)

First Name	Initial	Last Name	Home Phone
Home Address		City	State Zip Code
Highest Degree		Current License Type	License #

I am applying for the following membership category:

Professional Member	\$ 60.00 annual fee	
	\$750.00 lifetime	
Student Member	\$ 30.00 annual fee	
Retired Member	\$ 30.00 annual fee	
International Member (available outside the U.S. and Canada only)	\$ 30.00 annual fee	
Associate Member (non-voting) <input type="checkbox"/> Bishop <input type="checkbox"/> Other		
Institution (single, non-voting representative)	\$ 60.00 annual fee	
Total \$		

Employer			
Work Address	City	State	Zip Code
Work Phone	Position		
Fax Number	Email Address	Website Address	

Specialties

Please send mail to my work address Please send mail to my home address
 I am currently providing therapy to individuals. I am not currently providing therapy to individuals.

****Please circle any of the above information that you DO NOT WANT included in the AMCAP directory or the Internet Directory.**

****AMCAP occasionally (1-2 times per year) is contacted with a request to use our membership list as a way to contact LDS therapists to request their participation in research. This research is typically based on spirituality topics or need for a religiously based subject group. If you are willing to have your name released for such purposes, which often helps students complete thesis and dissertation projects, please indicate by checking yes here: ____ Yes, I am willing to be contacted with a request to consider participation in research.**

As a member of AMCAP, I agree to support the purposes and ethical guidelines of AMCAP as stated in the Bylaws. The above information is accurate to the best of my knowledge.

Applicant's Signature: _____
 Name on Credit Card: _____
 Expiration Date: _____
 Card #: _____

Send application and fees to: AMCAP, P.O. Box 540385, North Salt Lake, UT 84054
 You may also register online at www.amcapstore.com or fax to 801-931-2010

You may pay with a credit card on our website or send the form with credit card information to the address above.

AMCAP LEADERSHIP 2013

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If you are interested in volunteering with AMCAP or have questions about available opportunities, please contact Emily Coombs, M.Ed., at mail@ldsamcap.org. If you have questions related to the Networker, you can contact Nicole Armstrong, M.S., at ldsamcapnetworker@gmail.com.

Please note that the opinions expressed in the Networker do not necessarily reflect the view of AMCAP members, officers, AMCAP Networker editorial staff, or officers of The Church of Jesus Christ of Latter-day Saints.