



WHAT WE DO

The mission of the Intervention Research in Systemic Family Therapy topical interest network is to create a community of Systemic Family Therapy researchers through online networking and research conferences, and to disseminate research findings to therapists, policy makers, and the public in order to inform policy related to healthcare and mental healthcare.

JOIN US FOR OUR UPCOMING EVENT



Our 4th annual conference will be held in conjunction with the AAMFT Systemic Family Therapy Conference in Orlando, Florida, November 4-7, 2024.

Conference Highlights: Don't miss our engaging poster sessions, four paper sessions, and four workshops centered on intervention research. This year, we're focusing on "Translating Research into Advocacy". Please also join us for the Intervention Research in Systemic Family Therapy reception on Monday, November 4, from 6:00 to 7:00 PM in the America's Seminar Room on the Upper Level of the conference facilities in the Dolphin Hotel. Network awards will be presented at 6:30.

CHAIR'S MESSAGE

I'm so pleased with the progress that our Intervention Research Network has made in the four years since it was first started. I appreciate Adrian Blow, the first chair of our Topical Interest Network (TIN) and the current President-elect of AAMFT, having the vision and energy to get our network going. I love seeing the community of scholars and researchers that is developing with our TIN. I enjoy spending time with long-time colleagues, and I appreciate the opportunity to make new friends with young professionals and graduate students from programs across the country.

We currently have 150 members in our network—124 professionals and 26 students. As our TIN continues to progress, we invite other CFT researchers, faculty, and graduate students to join the network.

I look forward to seeing you in Orlando at the Systemic Family Therapy Conference. Be sure to attend our network's reception at the end of the first day of the conference, Monday, November 4th, from 6-7pm. The reception will give us an opportunity to mingle, and we have ordered some excellent treats. See you there!



Rick Miller, PhD

About Us

Chair: Rick Miller, PhD
Chair Elect: Lenore McWey, PhD
Secretary: Keeley Pratt, PhD
Treasurer: Amber Venum, PhD
Coordinator of Outreach and Engagement: Chi-Fang Tseng, PhD
Students and New Professional Representative: Janette Driscoll

Exciting News! We have newly elected officers starting their positions on January 1, 2025:

Chair: Keeley Pratt, PhD
Chair Elect: Amber Venum, PhD
Secretary: Mona Mittal, PhD
Treasurer: Kayla Reed Fitzke, PhD

Members in this Network will benefit from:

- Quarterly webinars on key topics including innovative methods, grant funding, and statistics
- Annual research conference with speakers from the SFT community
- Online community for networking, discussions and profiles of scholars
- White papers, research briefs, and blogs with the aim of disseminating SFT knowledge to the field, policy makers, and the public

MEET OUR LEADERSHIP TEAM

Rick Miller, PhD (he/him)



Current position:

Camilla Eyring Kimball
Professor in the MFT
Program at Brigham
Young University

**Current position in
the Intervention
Research TIN:** Chair

- **Research interests:** Therapist effects, effective therapists, couple therapy process research, CFT in China
- **What motivates you to contribute to the leadership of this community:** Research can be a lonely endeavor, so I want to help create a community of CFT researchers that enables us to collaborate, network, and share our common passions.
- **Your favorite research memory:** Getting my first publication in JMFT. My other favorite memory is each time one of my graduate students publishes their first article in JMFT.
- **After a long day of research, what favorite dishes would you want waiting for you at home:** Chinese stir fry, it doesn't matter what the specific ingredients are

Lenore McWey, PhD (she/her/hers)



- **Current position:** Professor and Editor of the Journal of Marital and Family Therapy
- **Current position in the Intervention Research TIN:** Chair Elect (but rotating off)
- **Research interests:** Underserved families, particularly families impacted by the child welfare system
- **What motivates you to contribute to the leadership of this community:** I strongly believe in the mission of this TIN. Plus, this team is so fantastic to work with!
- **Your favorite research memory:** Well, I'm not sure this qualifies as a research memory, but Doug Sprenkle's karaoke singing "We are family...therapists" at the inaugural MFT research summit was pretty epic.
- **After a long day of research, what favorite dishes would you want waiting for you at home:** Tacos, chips and queso, and a margarita (or two).

Keeley Pratt, PhD (she/her/hers)



- **Current position:** Associate Professor in Couple and Family Therapy and Human Development and Family Science (and Surgery and Pediatrics) at the Ohio State University
- **Current position in the Intervention Research:** Secretary (Starting as Chair in January 2025)
- **Research interests:** Family-based pediatric and adult weight management and metabolic and bariatric surgery (MBS) treatments for patients and their families.
- **What motivates you to contribute to the leadership of this community?** I have boundless energy around amplifying the scope of research and providing related trainings for systemic family therapists, specifically for family-systems informed clinical research and interventions. As leaders of the TIN, we have the fortunate challenge of keeping a pulse on new and novel methods, frameworks, and analyses to match the evolving landscape of families and systemic therapy in today's society. I feel very fortunate to work with the leadership team and our community members to continue to provide relevant and meaningful trainings and conferences to advance the science of our field.
- **Your favorite research memory:** Generally, my favorite research experiences all involve team science- working with researchers and practitioners with different training and scopes of practice to explore treatment outcomes or common barriers/challenges that patients and families experience. In these contexts, I get to be the "family expert", adding interpersonal relationship assessments and family components to interventions that otherwise would remain focused on individuals and behaviors (only).
- **After a long day of research, what favorite dishes would you want waiting for you at home:** At least (!!) two dozen raw oysters (with a mix of east and west-coast) with lemon, sautéed spinach with lemon, and Armenian Gata (sweet bread)... and if it is a Friday night a glass of Willamette Pinot Noir 😊

MEET OUR LEADERSHIP TEAM

Amber Venum, PhD (she/they)



- **Current position:** Professor of CFT at Kansas State University
- **Current position in the Intervention Research TIN:** Treasurer (Starting as Chair Elect in January 2025)
- **Research interests:** Systemic approaches to reducing risk and bolstering protective factors for current mental and relationship health outcomes during adolescence and emerging adulthood

- **What motivates you to contribute to the leadership of this community?** I believe that systemic research that is rigorous, inclusive, and focused on tackling wicked human challenges is essential for amplifying the impact of CFT.
- **Your favorite research memory:** I have so many, I don't know how to pick a favorite. All the memories I love were times when I was working with others with a shared passion and we were stuck... That feeling of synergistic curiosity when you've got a group of people invested in tackling a really meaningful challenge and you struggle together and wrestle through dead-ends until you find an innovative way forward that none of you would have found alone is my favorite thing. It's why I research.
- **After a long day of research, what favorite dishes would you want waiting for you at home:** Pizza (with a yeasty crust, homemade sauce, basil farmers cheese, smoked salmon, and sriracha), sushi (any kind with a healthy dose of soy sauce), nectarines, and rhubarb bars (grandma's recipe)

Chi-Fang Tseng, PhD (she/her/hers)



- **Current position:** Assistant Professor of CFT at Michigan State University
- **Current position in the Intervention Research TIN:** Coordinator of Outreach and Engagement
- **Research interests:** Culturally adapted couple interventions for Asian couples; Mental health access, barriers, and culturally responsive interventions for Southeast Asian immigrants and families

- **What motivates you to contribute to the leadership of this community:** When I heard about this opportunity, I jumped at the chance! I immediately asked Rick to join because I'd heard so many wonderful things about this incredible leadership team. Plus, I love clinical intervention research, and I'm excited to use this position to help shape meaningful trainings and conferences that can truly impact the CFT world.
- **Your favorite research memory:** I love those moments when a group of colleagues get together, passionately discussing research ideas, pushing each other's thinking, and then *bam*—what started as a chat over coffee (or maybe snacks!) slowly develops into a paper or research project.
- **After a long day of research, what favorite dishes would you want waiting for you at home:** A bowl of pho, a traditional Chinese hot pot with one side spicy, some BBQ—Korean or Texas-style, and finish it all off with a freshly made glass of mango juice!

Janette Driscoll (she/her/hers)



- **Current position:** PhD candidate in CFT at the University of Minnesota
- **Current position in the Intervention Research TIN:** Students & New Professionals rep
- **Research interests:** parenting interventions and supports, autonomy development, and early adolescence
- **What motivates you to contribute to the leadership of this community:** I am excited about the TIN's efforts to integrate research and practice. I like that the TIN works to support individual families while also furthering our collective knowledge base. I believe this work is best done in community, particularly for those of us earlier in our career who need those connections. I'm glad to be part of the community-building efforts!
- **Your favorite research memory:** Taking specific quotes and themes from a qualitative study on parenting, and using them to design a new intervention protocol for parents. It's extremely satisfying - much like watching a cookie decorating video. I can't explain it, it just is!
- **After a long day of research, what favorite dishes would you want waiting for you at home:** a Mediterranean bowl with pita & hummus on the side, and a molten lava cake with ice cream. Plus, a few Spindriffs for my late night work session.

OUR STUDENTS AND NEW PROFESSIONALS COMMITTEE MEMBERS



Luca Codeca' (he/his)

4th year PhD candidate in the MFT program at Brigham Young University

- **Research interests:** Couple therapy effectiveness, premature termination, Milan approach
- **What motivated you to join the Intervention Research TIN:** As an international student, I would like to bring the voice of the international student community to the AAMFT.
- **What's your favorite way to de-stress after a long day?** Trail running

Justin Romney, PhD (he/his) **Assistant Professor in the CFT program at University of Louisville**

- **Research interests:** The systemic impact and treatment of autism spectrum disorder
- **What motivated you to join the Intervention Research TIN:** Networking with like-minded researchers and clinicians. Navigating the first two years of academia I realized the importance of mentors and support. I want to help establish mentors to help new professionals learn how to navigate academia.
- **What's your favorite way to de-stress after a long day?** Playing board games



Tatjana ("Tot-yah-na") Farley, PhD (she/her) **Current Program Director in the MFT program at Appalachian State University**

- **Research interests:** Anger and aggression among youth; recently perinatal mental health
- **What motivated you to join the Intervention Research TIN:** I have always wanted to continue to work towards bridging the gap between practice and research. Being the program director of a masters program that does not have a heavy emphasis on research, I want to stay connected to show my students how cool and clinical research can be.
- **What's your favorite way to de-stress after a long day?** Running! Movement always seems to help me feel more grounded



OUR STUDENTS AND NEW PROFESSIONALS COMMITTEE MEMBERS



Adi M. Siegmann (he/him)

2nd year master's student in the CFT program at Kansas State University

- **Research interests:** Male sexual violence victimization; I work in an intimate partner violence research lab to expand my understanding of the topic.
- **What motivated you to join the Intervention Research TIN:** I found the opportunity to work with new and standing professionals from across the country a wonderful way to pair my learnings of the field with my current education.
- **What's your favorite way to de-stress after a long day?** Cracking open a book after steeping a cup of tea alongside my cat, Norman

Maggie Smith, PhD (she/her) Assistant Professor in the Department of Family Medicine at UT Southwestern University



- **Research interests:** The role of family and primary care in weight stigma and weight stigma prevention and development of systemic weight-neutral interventions in primary care. My goal is to improve health outcomes and decreasing health disparities for LGBTQ+ individuals
- **What motivated you to join the Intervention Research TIN:** I am passionate about the power of systemic interventions to address public health and want to empower MFTs to strengthen their research skills and efforts to contribute to this goal through evidence-based practice.
- **What's your favorite way to de-stress after a long day?** Reading, hanging out with my cat, and watching Real Housewives! Plus watching Auburn sports, though jury is still out on if that is a de-stressor or a stressor



Maya S. Iturra, PhD (they/them) Graduated in 2022 from Antioch University MFT program

- **Research interests:** Social justice, Latine populations, Co-occurring issues, mix methods
- **What motivated you to join the Intervention Research TIN:** Desire to increase MFTs to engage in research
- **What's your favorite way to de-stress after a long day?** Napping, listening to podcasts

AWARDS

Adrian Blow Outstanding Innovation in Research Award

This award honors a prolific researcher who has demonstrated innovation in their research contributions to the field of systemic family therapy. The award will be presented every other year at the TIN conference.

**2023 Recipient
José Rubén
Parra-
Cardona, Ph.D.**



Karen Wampler Outstanding Research Mentor Award

This award honors a prolific research mentor of C/MFT students. The award will be presented every other year at the TIN conference.

**2023 Recipient
Adrian Blow,
Ph.D.**



Student Poster Award



**2023 Recipient
Chrystal McDowell,
Ph.D.**

The Student Poster Award recognizes outstanding research presented by a student at the poster session at the annual TIN conference. Each year, posters are evaluated for their innovation, methodological rigor, and contribution to the field of systemic family therapy. The recipient will be selected based on the quality of their research and presentation, and awarded during the conference.

Past Conference Photo Highlights-2023

2023 Intervention Research in Systemic Family Therapy Annual Conference
Hosted by the Marriage and Family Therapy Program, School of Family Life, Brigham Young University.



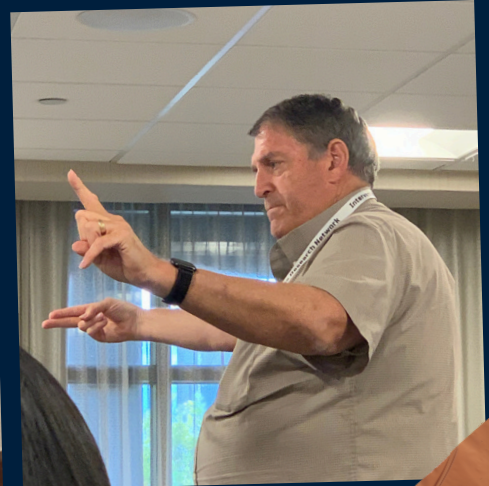
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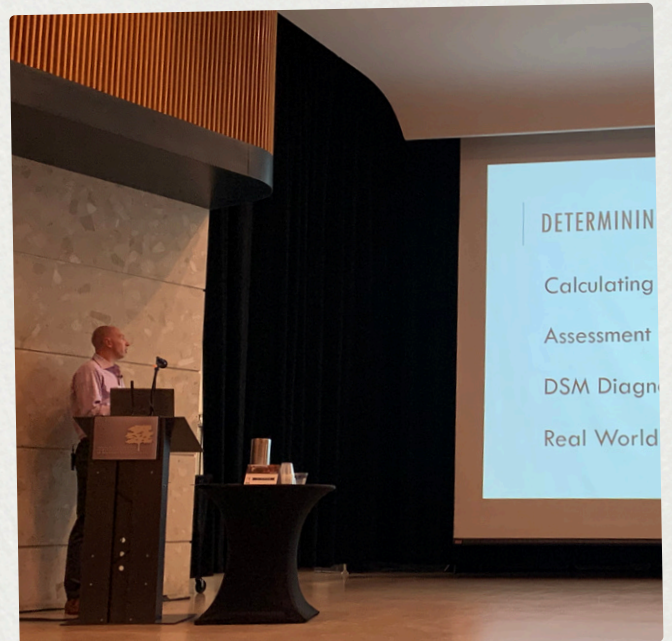
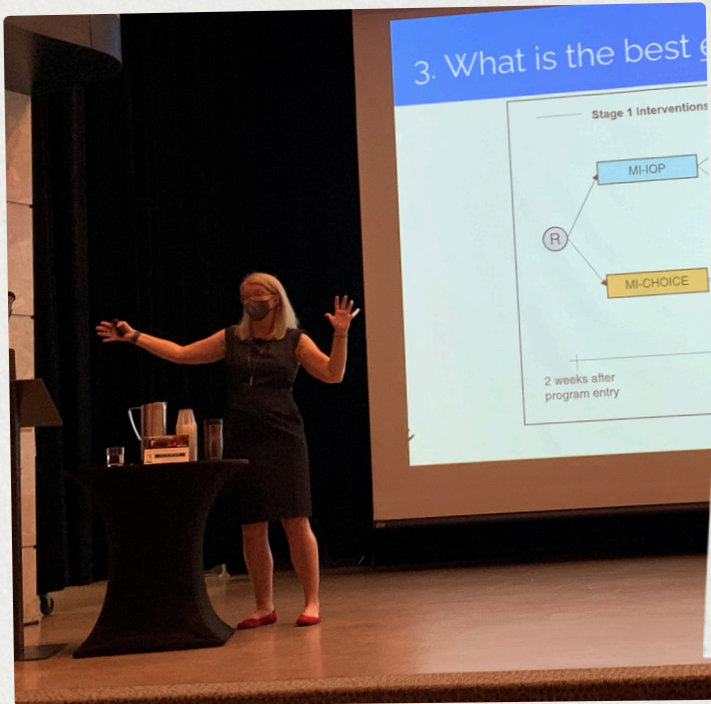
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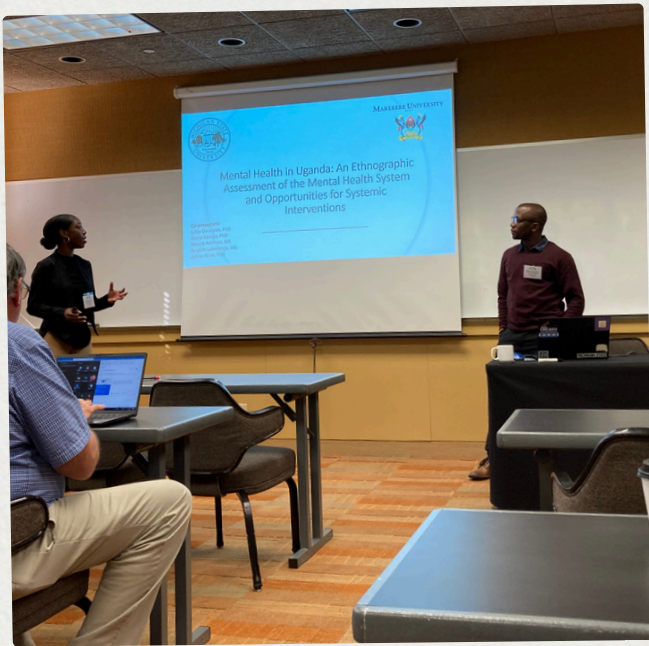
Past Conference Photo Highlights-2022

2022 Intervention Research in Systemic Family Therapy Annual Conference
Hosted by the Couple and Family Therapy Program, Human Development and Family Studies Department, Michigan State University.



Past Conference Photo Highlights-2022

2022 Intervention Research in Systemic Family Therapy Annual Conference
Hosted by the Couple and Family Therapy Program, Human Development and Family Studies Department, Michigan State University.



JOURNAL OF MARITAL AND FAMILY THERAPY HIGHLIGHTS

JMFT Most Downloaded Article of 2023

Dr. Aiesha T. Lee, Philippa Chin, Aishwarya Nambiar, and Dr. Natoya Hill Haskins' article titled "Addressing Intergenerational Trauma in Black Families: Trauma-Informed Socioculturally Attuned Family Therapy" was downloaded over 10,000 times in one year.

Link to the open-access article:
<https://onlinelibrary.wiley.com/doi/10.1111/jmft.12632>

Addressing intergenerational trauma in Black families: Trauma-informed socioculturally attuned family therapy

Aiesha T. Lee PhD¹ | Philippa Chin MA² | Aishwarya Nambiar MA² | Natoya Hill Haskins PhD³

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²Department of School Psychology and Counselor Education, William & Mary, Williamsburg, Virginia, USA

³Department of Human Services, University of Virginia, Charlottesville, Virginia, USA

Correspondence
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Abstract

Increased attention to the prevalence and impact of traumatic experiences have been highlighted within the mental health field since Felitti et al.'s study of adverse childhood experiences. Black communities experience traumatic events at a higher rate than other racial groups. The phenomena of historical trauma, race-based trauma, and intergenerational trauma have been speculated to be reasons for this discrepancy. In this article, the authors explore factors that compound the traumatic experiences of Black communities, review socioculturally attuned family therapy and trauma-informed care, and propose an approach to addressing intergenerational trauma in Black families that integrates socioculturally attuned family therapy and trauma-informed care.

 **JMFT** Journal of Marital and Family Therapy 

Helping couples achieve relationship success: A decade of progress in couple relationship education research and practice, 2010–2019

Howard J. Markman PhD¹ | Alan J. Hawkins PhD² | Scott M. Stanley PhD³ | W. Kim Halford PhD³ | Galena Rhoades PhD¹

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²School of Family Life, Brigham Young University, Provo, Utah, USA

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Abstract

This article systematically reviewed 34 rigorous evaluation studies of couple relationship education (CRE) programs from 2010 to 2019 that met the criteria for Level 1 well-established interventions. Significant advances include reaching more diverse and disadvantaged target populations with positive intervention effects on a wider range of outcomes beyond relationship quality, including physical and mental health, coparenting, and even child well-being, and evidence that high-risk couples often benefit the most. In addition, considerable progress has been made delivering effective online CRE, increasing services to individuals rather than to couples, and giving greater attention to youth and young adults to teach them principles and skills that may help them form healthy relationships. Ongoing challenges include expanding our understanding of program moderators and change mechanisms, attending to emerging everyday issues facing couples (e.g., healthy breaking ups, long-distance relationships) and gaining increased institutional support for CRE.

 **JMFT** Journal of Marital and Family Therapy 

JMFT Most Cited Article of 2023

Dr. Howard J. Markman, Dr. Alan J. Hawkins, Dr. Scott M. Stanley, Dr. W. Kim Halford, and Dr. Galena Rhoades' article, "Helping Couples Achieve Relationship Success: A Decade of Progress in Couple Relationship Education Research and Practice, 2010–2019," was one of JMFT's top-cited articles last year.

Link to the open-access article:
<https://onlinelibrary.wiley.com/doi/full/10.1111/jmft.12565>

JMFT News: Attention authors - Be sure to pick up your JMFT author ribbon at this year's Systemic Family Therapy Conference, November 4th – 7th! We hope to see you there!



AAMFT Systemic Family Therapy Conference in Orlando, Florida, November 4-7, 2024

This year, our 4th annual Fall Conference for the Intervention Research Network will be held in conjunction with the AAMFT National Conference (SFTC24). AAMFT has invited us to integrate our Intervention Research Conference into the larger AAMFT conference. As part of this collaboration, our Intervention Research Network will sponsor a poster session, four research paper sessions, and four research workshops. Join us as our speakers share valuable insights aimed at advancing research and informing healthcare and mental healthcare policy.

Monday, November 4

9:15 a.m. - 10:15 a.m.: Research Workshop

Creating an Impactful Program of Research Towards Policy

Katie Heiden-Rootes, PhD, Mudira Rastogi, PhD, Ronald Asimwe, PhD, & Rick Miller, PhD

The session will be a panel discussion of intervention research programs that seek to influence government policy and practices for improving equitable access to systemic family therapy services.

10:45 a.m. - 11:45 a.m.: Research Paper Session 1 (Moderator: Mona Mittal, PhD)

Theme: Socially Just Implications

Paper 1 - A Systemic Approach to Gestational Diabetes Education: Developing a Family-based Online Program

Authors: Erica Mitchell, Patricia N. E. Roberson, Colten Carver, Rebecca Purvis, Lynlee Wolfe, Jill M. Maples

Paper 2 - A Walk Together: Development and Adaptation of a Family-based Hypertension Self-management Intervention for African American Primary Care Patients

Authors: Sarah Woods, Patricia N. E. Roberson, Colten Carver, Rebecca Purvis, Lynlee Wolfe, Jill M. Maples

Paper 3 - Risk Factors Predicting the Use of Neglectful Discipline among Child Welfare-Involved Mothers

Authors: Aimee E. Miley, Sharda S. Mougey, Ashley L. Landers

Paper 4 - Is It Just as Good over Telehealth?: A Pragmatic, Non-Inferiority Study of Generation PMTO in the Public Mental Health System

Authors: Kendal Holtrop, Timothy F. Piehler, Luann J. Gray

2:30 p.m. - 3:30 p.m.: Research Workshop

How Research Can Assist in Advocating for the MFT Profession

Roger Smith

This session will help MFT researchers start navigating their research towards policy and advocacy initiatives that benefit the MFT profession.

6:00 p.m. - 7:00 p.m.: Intervention Research Network reception

Join us for the Intervention Research Network reception in the America's Seminar Room, Upper Level, Dolphin Hotel. Awards will be presented at 6:30pm. Members, don't forget to grab an Intervention Research Network ribbon for your name tag!

Tuesday, November 5

9:45 a.m. - 10:45 a.m.: Research Workshop

Demystifying Clinical Trials: A Practical Step-by-Step Roadmap

Chi-Fang Tseng, PhD, Kendal Holtrop, PhD

Conducting couple and family therapy clinical trials can be daunting for students and early-career scholars. This workshop provides a comprehensive roadmap to streamline the process. We will explore the benefits of clinical trials, outline their stages and types, and offer a detailed guide to conducting them effectively, including funding sources, budget considerations, and practical steps for success.

4:00 p.m. - 5:00 p.m.: Research Paper Session 2 (Moderator: Elizabeth Wieling, PhD)

Theme: Exploring Clinical Issues

Paper 1 - The Development of MFT Students' Clinical Concerns

Authors: Allen Sabey, Erin Strahan, Erin Shanahan, Adele Lafrance

Paper 2 - Staying Together After Infidelity: An Exploration of Common Factors of Recovery from the Perspective of the Injured Partner

Authors: Kristina S. Brown, Erica Mitchell

Paper 3 - Effectiveness and Efficiency of Online vs. In Person Brief Strategic Systemic Therapy in France and Italy

Authors: Zoie Harrison, Jeffrey B. Jackson, Grégoire Vitry, Rytis Pakrošnis, Padriac Gibson, Claudette Portelli, Aurélien Baelde, Emmanuelle Gallin

Paper 4 - Exploring the Impact of Caregiver Involvement in Zones of Regulation Interventions on Family Dynamics and Socio-Emotional Development

Authors: Chrystal McDowell, Valentina Iturriaga, Amber Farrington

5:15pm - 6:45pm: Research Discussions (Poster Presentation)

There will be a total of 65 poster presentations this year, showcasing innovative work related to systemic family therapy. Please come to this session and participate in voting for the Student Poster Award. A full list of poster presentations can be found here: <https://networks.aamft.org/sftc2024/programming/research-discussions>

Interested in joining our Intervention Research Network?

How To Join?

During your join or renewal process:

Select the program to add to your membership through the online application (<https://www.aamft.org/join>)

Mid-renewal cycle:

Select a program to add to your membership.

Wednesday, November 6

9:45 a.m. - 10:45 a.m.: Research Workshop

Making Measurement More Meaningful to Clinicians and Clinical Researchers

Shayne Anderson, PhD

This workshop will discuss the importance of quality measurement in clinical practice and research. Topics of discussion will include making measures more clinically useful, couple and family measures with high clinical utility, and best practices for using outcome measures in clinical practice

2:45 p.m. - 3:45 p.m.: Research Paper Session 3 (Moderator: Kristina S. Brown, PhD)

Culturally Responsive Practice

Paper 1 - Queering Emotionally Focused Therapy: LGBTQ+ Client Recommendations for a Culturally Adapting Emotionally Focused Therapy

Authors: Caitlin Edwards, Andrea Wittenborn

Paper 2 - Attachment-based Family Therapy Qualitative Implementation Pilot Study with LGBTQ Youth: Stories of Opening up, Listening to Feelings, and Taking on Ghosts

Authors: Katie Heiden-Rootes, Whitney Linsenmeyer, Jody Russon, Suzanne Levy, Guy Diamond

Paper 3 - Black Therapists' Work with Black Couples Who Experience Racism-related Stress: A Grounded Theory

Authors: Melinda R. Murdock

Paper 4 - Embracing New Territories: The Journey of Becoming an Emotionally Focused Couple Therapy Practitioner in Uganda

Authors: Ronald Asiimwe, Pendo Galukande, Elmien Lesch, Anita Katerega

Thursday, November 7

9:15 a.m. - 10:15 a.m.: Research Paper Session 4 (Moderator: Ryan Seedall, PhD)

Increasing Clinical Effectiveness

Paper 1 - Evaluating and Developing Facilitative Systemic Intervention Skills

Authors: Adam Jones, Myrna Friedlander, Holly Eddy, Kate Hilton

Paper 2 - The Marriage and Family Therapy Practice Research Network (MFT-PRN): Expanding Its Reach in Clinical Settings

Authors: Lee Johnson, Shayne R. Anderson, Richard B. Miller, Quintin Hunt, Roy Bean

Paper 3 - The Impact of Discernment Counseling Training on the Practitioner

Authors: Steven M. Harris, William J. Doherty, Shauna Fenske, Umme Kawser

Paper 4 - Client Perception of Treatment Productiveness: How Clients Make Decisions about Therapy Persistence

Authors: Carissa D'Aniello-Heyda, Rachel Tambling

GENERAL FEEDBACK?

We value your input! Whether you have ideas for future content, feedback on previous issues, or any other thoughts, we would love to hear from you. Your feedback helps us improve and better serve our community!

FEEDBACK?

RESEARCH SPOTLIGHT

DO YOU WANT YOUR RESEARCH TO BE FEATURED IN AN UPCOMING ISSUE OF OUR NEWSLETTER?

We are excited to spotlight the incredible work being done by our community! Each newsletter will feature two research highlights—one focused on graduate student research and another on faculty research. If you would like to submit your work for consideration, please contact Chi-Fang Tseng, PhD (tsengch5@msu.edu)!

About This Newsletter:

Published quarterly, this newsletter features news, information, and events from our Intervention Research Network. If you have any questions or would like more information, please contact Chi-Fang Tseng, PhD (tsengch5@msu.edu), Newsletter Editor and Coordinator of Outreach and Engagement.

