Edgewood College MFT Newsletter

A COAMFTE ACCREDITED PROGRAM

What's New?

Hello everyone!! It is already the end of the Fall 2019 semester...can you believe it?!? A lot has been happening on campus and in the program. I am aware that this has been a stressful time for our students, staff, and faculty and for that I apologize. The College has been faced with making some major changes and as hard as we might to not have these negatively impact our students, some things are outside of our control. Please know that both our program and our clinic are safe, as we have a strong presence. If you have any questions about this or want to process, please don't hesitate to contact me!

Licensure Update from AMFTRB

AMFTRB would like to remind state boards that January 1, 2020 there are several changes which will begin for the MFT National Examination.

1. PTC and AMFTRB decided to change the site locations where candidates take the exam. We have contracted with Prometric to administer the MFT National Exam at their testing sites beginning January 2020. After a candidate applies and pays for their exam through the PTC online link in the same way that they have been since January 2015, they will be directed to the Prometric link for selecting a site, date and time, rather than to the PSI link.
2. There will be 180 items on the exam instead of 200. The time allotted to take the exam remains four hours. The 2020 Candidate Exam Handbook is available on the website and amftrb.org.
3. While there are no changes for the process between your state office and PTC/AMFTRB, we have updated the English Language Learners (ELL) form for states who allow this special arrangement. Download the updated form.

Go-Eddy-Go

Edgewood has a resource available to students, staff and faculty who need assistance getting to their vehicles. If you missed the update on this from EC Today on November 18th, here is more information on this service:
Our Edgewood campus complimentary Go Eddy Go ride service is a great way to help maneuver you through these icy cold days!

We have drivers available:

Monday-Thursday 7:45am-8:oopm; Friday 7:45am-4pm

Use Go Eddy Go if you have a mobility limitation, a few too many items to carry, are in a hurry and must get somewhere quickly, don't feel well, or you just don't want to walk that hill in the snow. Whatever the reason we are here to provide the ride.

Call the CAC for a ride at (608) 663-4861 or stop by and ask a Go Eddy Go driver that is on duty. The drivers are easy to spot, just look for the yellow vest and walkie-talkie in the Predolin lobby! They will be happy to assist you and maybe make your day a little nicer in the process. If you can't find a driver, they may be out on a ride call. Just ask the CAC for assistance and they will call the driver for you.

Stop by the CAC for more details.

No Extra Credit

The MFT faculty will no longer offer any extra credit. Historically, some faculty have offered this option while others have not, and this has led to some confusion and frustration. As such, beginning with Spring 2020, extra credit will no longer be offered in any MFT course. As we were reminded by our Dean, we don't have the option for extra credit with our licensing exam. Remember, grades are the not the priority here; whether you obtain an A, AB or B is not the focus—the bigger concern is how you put what you have learned into action—will be make a competent therapist? That is the focus on our program 😊

Winter Break

With winter break quickly approaching, remember that the entire College is closed from December 23rd until January 2nd. Faculty are not back on campus until the week of January 13th .

Update from Edgewood

In my previous newsletter, I addressed the press around Edgewood and the current financial state of affairs. Those discussions have continued and unfortunately no easy solution has been identified. In addition to various undergraduate majors being cut (due to low enrollment) and some persons being offered voluntary separation from the College, other solutions are continuing to be investigated. Please rest assured that our program is currently safe.

As a community, we experienced another setback recently, which was all over the news and social media last week. Students were invited to a meeting with the Interim President and Dean of Students yesterday (Monday, 12/9), while faculty and staff campus-wide met to discuss next steps and resolutions. It is hoped that a resolution will be in place by the start of the Spring 2020 semester. More to come on this!

Resources

Do the winter holidays cause you stress? If so, you are not alone. It is not uncommon for people to report higher levels of stress during the winter months and sometimes the holidays and time with extended family (or just plain family) can add to

this stress. Here are some types provided from PsychCentral on how to better manage our mental health during the winter holiday season:

- **Recognize that the people in your life are who they are.** It is not new information who will be the Scrooge, who will drink too much, who will have unrealistic expectations or who will be generous to a fault. No one is going to change just because it's the holidays. Let go of the idea you can change anyone who bugs you. Find constructive ways to minimize their impact on your life. Put your energy and time into those who know how to love and whose presence makes you happy.
- **Give yourself permission to let some things go.** Take a moment each morning to gather your thoughts. Make a list of all the things you must do and want to do. Check off the two or three items that are important to you. Let yourself entertain the idea of letting go of many of the others — or at least reducing them in some way. Many of us make our own stress by buying into the "have to's."
- **Take time every day to enjoy something about the season.** It's easy to get caught up in the busyness of decorating and shopping and baking and wrapping. But are you enjoying any of it? Stop. Breathe. Take a few minutes to enjoy the decorations on the lampposts or to really look at the lights. Savor one of the cookies. Inhale the warm smells coming from your oven. Wrapping a gift can be just another chore or it can be a way to quietly celebrate what the intended receiver means to you.
- **Take care of yourself.** We should do this all the time but it's especially important to get enough sleep, to eat right, and to get some exercise every day when stressed. Self-care is not an "extra," even though it may seem to take too much time. Time invested in yourself each day will more than pay off in your general sense of well-being throughout the season.
- **Everything in moderation.** Be mindful of your own tipping points when it comes to holiday indulgences. You already know your limits for alcohol and sweets. Listen to your own good sense and you'll avoid waking up with regret, a hangover or an extra five pounds.
- **Stick to your budget.** Forty-five percent of those polled in a recent survey done by Think Finance (a provider of payday loans) said that the financial stress of the holidays makes them wish they could skip the whole thing. This was true across all income levels. Yes, it's difficult to resist the commercialism, the hype, the buy, buy, buy messages that are everywhere. But it's important to remind ourselves that overspending is not the only way to express love. Gifts that are made by the giver often are more meaningful and treasured than anything that comes from a store. Spending quality time with someone sometimes is the best present of all.
- **Reach out.** Lonely? Being alone, far from family or without one during the holidays is a key source of stress for many people. Connect with friends and plan some activities that celebrate the season — even if it's just enjoying a peppermint stick in a cup of tea. Attend your house of worship and stay if there is a coffee hour. Get into the holiday spirit by volunteering at a soup kitchen or charity event for needy children. Being in a festive atmosphere with other good people who are doing good work is a great antidote for loneliness.
- **Do random acts of kindness.** Get into the season of giving. Let someone else have that parking space near the store. Compliment the harried store clerk. Let the mom who is shopping with kids go ahead of you in line. Be generous with street musicians. Doing good will make you feel good — or at least better.
- **Be grateful.** Research has shown that taking the time to be grateful every day has enormous physical and mental health benefits. It helps build our immune systems, keeps us in touch with the positive aspects of life, and connects us with others. So keep a holiday gratitude journal. From now until the New Year take a few minutes every day to write down at least three things you are grateful for. They don't have to be huge events. Sure. If you win the lottery tomorrow, you can be grateful for that. But short of such a windfall, we can be grateful for having enough food to eat or for getting a phone call from a friend or for the neighbor whose holiday lights make us smile.