



Getting the Word Out...

Lee “Bob” Smith, MS, LMFT, CCSOTP

**American Association for Marriage and Family Therapy (AAMFT)
2009 Annual Conference Program
Sacramento, CA October 1-4, 2009
“MFT: The Difference that Makes the Difference”**

Lee “Bob” Smith, Director Training and Development, Institute for Family Centered Services, presented at the AAMFT 2009 Annual Conference in Sacramento, CA. The conference, entitled “MFT: The Difference that Makes the Difference”, brought together leading experts in the field of marriage and family therapy to discuss the problems, needs and changing patterns of couples and family relationships.

The American Association for Marriage and Family Therapy (AAMFT) is the professional association for the field of marriage and family therapy. They represent the professional interests of more than 24,000 marriage and family therapists throughout the United States, Canada and abroad. The association leads the way to increasing understanding, research and education in the field of marriage and family therapy, and ensuring that the public's needs are met by trained practitioners. The AAMFT provides individuals with the tools and resources they need to succeed as marriage and family therapists.

Mr. Smith says “families affected by trauma can harness the power of the relationships to help facilitate the healing process”. In his workshop entitled “Sensory-based Systemic Treatment of Trauma” he taught a technique that recent research on interpersonal neurobiology supports to help victims and their families. This approach, helps to counter the effects of trauma on memory and provides a coherent narrative that has healing effects throughout the life span. Triggers, and the cycle of trauma, were reviewed and compared with common myths about trauma. With an interactive style, Mr. Smith engaged participants in a unique, fun approach that enabled the participants to implement the technique immediately.