



Looking back at decades of good and bad decisions I have made in my lifetime humbles me. Though I have learned from them all, some decisions stand out from the rest. Joining the Central Florida Association for Marriage and Family Therapy (CFAMFT) is amongst the best decisions I have ever made. Having sat on the Board of Directors for the past six years I have gotten to know this organization inside and out. We can be very proud of our organization because we are amongst the most well organized, busiest, and well attended chapter out there. We have a rich history of more than 30 years and we have founding members still gracing us with their involvement and wisdom. We have new student members joining us every month. Many of our subscription holders are dedicated in supporting and leading the CFAMFT into a strong and healthy future. This is a winning combination which makes our organization very active and alive.

Our mission statement comes alive too, just look at our organization's purpose simplistically stated: "We provide education, training, advocacy, networking, support, and fellowship". Education and training are provided monthly so we may grow as therapist and increase our knowledge base which translates to better serving our clients. Advocacy really does change laws and add MFT verbiage into important laws and legislation. This leads to more job opportunities and increases the number of insurance panels MFT's are on. Networking, support and fellowship is found in everything from students finding seasoned professionals to mentor them, to seeking out colleague consultation when needed, and making friends with some really wonderful people you can count on. All of this and more is why I said that joining this organization was a great decision for me. I encourage all of you to get involved by either attending board meetings, volunteering, or by attending our monthly program and make it come alive for you too.

Our theme this year is: Bridging the Changing Landscape: From Tried and True to Cutting Edge. Our program this year exemplifies this notion with a very impressive line up of presentations throughout the year. Our speakers are of the highest caliber and have volunteered their time and knowledge to educate our subscription holders on a variety of topics. Starting off in January, Ruth Stern will be presenting "Building a Private Practice: 5 Secrets to Building a Heart Centered Practice". Then in June, we will have a presentation on what you need to know about the DSM 5 and It's Changes. Looking forward to September Regina Marrow will be educating us on a innovative practice where all therapists can offer EMDR to their clients with Adjunctive therapy with EMDR. A few dedicated members and the Board of Directors have come together to make sure there is a presentation of interest for everyone. Please mark you calendars to be "client free" every first Thursday of the month from 9-11AM and label that time slot as "Self-care time" at the CFAMFT General Meeting!

Thank you for your time and interest in the CFAMFT. I look forward to the next two years as your President!

Very Truly Yours,

Sandra Moenssens M.S., LMHC, LMFT CFAMFT 2013-2014 President

