

Welcome members, fellow professionals and friends,

I am honored to serve as your 2021-2022 CFAMFT President and consider it a great privilege to lead this vibrant and inclusive organization. From the time I first joined CFAMFT as a graduate student, I felt that this was a place of genuine community, authenticity, vibrant ideas, legacy of leadership and consummate professionalism. I am committed to continuing this legacy so the qualities that make CFAMFT so special will continue to grow and evolve for generations of therapists to come.

CFAMFT looks a little different in 2021 then we did just a year ago. COVID-19 has forced us to reimagine how we continue to offer high quality meetings and trainings in an online environment. Please know that continuing to navigate the omnipresent challenges and adaptations is consistently at the forefront of the CFAMFT leadership boards agenda. We will continue to navigate changes with professionalism geared towards the safety of all our members, guests and presenters.

As president, I will work closely with all aspects of our programming to be sure that our members have access to relevant and dynamic presentations that enhance their growth as professionals. Together with our Board, we will work to grow our outreach efforts to expand our diversity inclusion and community service. Our membership growth is at the top of my mind as we discover new ways to engage and connect with students, emerging therapists and seasoned professionals. While all of this is happening, I will stay connected to legislative changes and important issues that affect our membership and our profession.

This is also an exciting time for CFAMFT as we celebrate the 40th Anniversary of our organization during 2021. Our Board of Directors will be working together to honor this tremendous milestone in a way that is meaningful, celebratory and fitting for the current times we are experiencing.

As we move through continuing uncertainty in 2021 and feel a sense of relief that we weathered the challenges of 2020, I hope you join me in moving into Radical Acceptance; a concept taught by Tara Brach, an American Psychologist. When we can do the hard work of accepting where we are, right now in 2021, we can lean into the uncertainty, the growth and the healing.

The success and longevity of this organization has always been a “family affair.” We are fortunate to have a talented Board of dedicated individuals who bring our mission and programming to fruition. Equally instrumental are our members who are the heart and soul of this organization. We are grateful to all of you for your participation and continued support and value your input greatly. As we grow and evolve, we strive to be sure that what we are offering to our members and community is relevant, needed and helpful. Please bring us your feedback, suggestions and ideas so that we can keep working to make CFAMFT even better. Whether you’re a longtime member or new to CFAMFT, I hope you will find this organization to be a place of inclusivity, fellowship, and professionalism. Thank you for your support.

With kindness,

Amy S. Wagner, M.A, LMFT, LMHC

Radical Acceptance (*Excerpt*)
Tara Brach

“Through the sacred art of pausing, we develop the capacity to stop hiding, to stop running away from our experience. We begin to trust in our natural intelligence, in our naturally wise heart, in our capacity to open to whatever arises. Like awakening from a dream, in the moment of pausing our trance recedes and Radical Acceptance becomes possible.”