



ASSOCIATION OF
FAMILY AND
CONCILIATION COURTS



eNEWS

AFCC-AAML 2013 Conference Register by September 6 to Save!

Receive the best prices on registration for the AFCC-AAML 2013 Conference, *Advanced Issues in Child Custody: Evaluation, Litigation and Settlement*, when your registration and payment are received by September 6. Rates for AFCC and AAML members as well as non-members increase after this date.

[Register now](#)

Learn and Network with Leading Professionals

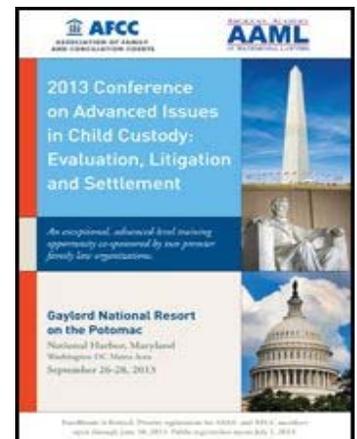
This collaborative conference features sessions for advanced level family law practitioners. The latest research on parenting plans and the effects of divorce and separation on children will be presented by the top-notch professionals, researchers and trainers in the field in extended (2 hour) sessions for in-depth analysis. This year's schedule will provide more time for networking and consultation, with added receptions, morning breaks and a special consultation luncheon.

Enjoy the Washington DC Metro Area

The conference will be held at the luxurious Gaylord National Resort on the Potomac in National Harbor, Maryland. The resort provides [convenient access](#) to the historic sites and culture of the Capitol area

MONTHLY E-NEWSLETTER
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AUGUST 2013

Upcoming AFCC Conferences



AFCC-AAML Conference
*Advanced Issues in Child
Custody: Evaluation, Litigation
and Settlement*

and downtown DC. While you are at the resort, enjoy sweeping views of the Potomac River from the 19-story glass atrium. National Harbor offers visitors a picturesque setting for shopping, sightseeing cruises, The National Children's Museum, and outdoor activities such as sailing and kayaking.

[More information](#)

**There's No Place Like Two Homes:
The Complexities of Separation, Divorce and Co-Parenting
AFCC Regional Training Conference**

Westin Crown Center, Kansas City, Missouri

November 7-9, 2013

[More information](#)

Apply for a Scholarship—Deadline September 5

Scholarships to cover the cost of conference registration are available. Recipients will be selected by the AFCC Scholarship Committee from applications received by September 5. Scholarships include conference registration, pre-conference institute, certificate of attendance, ticket for Saturday's luncheon and access to the AFCC hospitality suite.

[Apply for a scholarship](#)

Attend a Pre-Conference Institute

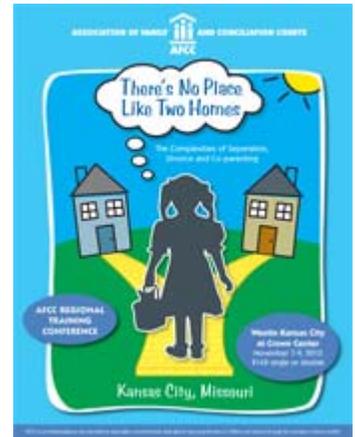
This year's Training Conference offers you excellent opportunities to learn from leaders in the field. Take a look at the pre-conference institutes: Isolina Ricci (also the keynote speaker) will present, *Upgrading the Two-Home Tool Kit: It's More than Just Nuts and Bolts*; Loretta Frederick, Gabrielle Davis and Juan Carlos Areán will present, *Parenting in the Context of Coercive Controlling Abuse: "Toto, I've a Feeling We're Not in Kansas Anymore!"*; Rebecca Magruder and Sue Bronson will present, *Engaging People in Conversation: Getting Out of the Fight and into Meaningful Dialogue* ([see July's Ask the Experts](#)); and Leslie Drozd, Bill Austin, Bud Dale, and Michael Saini will present, *Gatekeeping, Alienation, and Protective Parenting: Relating Co-parenting Practices to Best Interests of the Child*.

[See the program for session descriptions](#)

Kansas City Here We Come!

The Westin Kansas City at Crown Center is located within the Hallmark Crown Center, which features more than 85 acres of shops, restaurants and theaters. The hotel is 10 blocks from the Power and Light Entertainment District—a vibrant, new neighborhood in the heart of downtown KC, offering unique shops, restaurants and entertainment venues—and is minutes from the renowned Country Club Plaza, which

September 26–28, 2013
Gaylord National Resort
National Harbor Maryland
Washington, DC Metro Area
[More information](#)



AFCC Regional Training Conference

There's No Place Like Two Homes: The Complexities of Separation, Divorce and Co-parenting

November 7–9, 2013

The Westin Crown Center
Kansas City, Missouri

[More information](#)

AFCC 51st Annual Conference

May 28-31, 2014

The Westin Harbour Castle
Toronto, Ontario, Canada

[More information](#)

AFCC 11th Symposium on Child Custody Evaluations

November 6-8, 2014

Westin La Cantera Hill
Country Resort

San Antonio, Texas

AFCC 52nd Annual Conference

May 27-30, 2015

Hilton New Orleans Riverside
New Orleans, Louisiana

offers upscale shopping and dining. Next to the hotel is Liberty Memorial, the country's only WWI Museum. The Link, a climate-controlled glass sky bridge, leads directly to Union Station, site of prominent traveling art exhibits, the popular family-friendly interactive Science City and the Amtrak Station—not to mention fine dining and shops. Be sure to look up while you're in the Great Hall; the restored 95-foot ceiling, holds three 3,500-pound chandeliers and the six-foot wide clock in the Station's central arch. Plan your visit at www.visitkc.com.

Ask the Experts

Professional Self-Care: Ten Tips for a Quality of Life Check

By Leslie Todd, LCSW, ACSW, Baton Rouge, Louisiana

Most of us are responsible for accruing a number of continuing education hours in ethics. One of the topics that "ethics" should cover is self-care. After all, when are we most likely to make serious errors in judgment? When we are suffering from compassion fatigue, vicarious traumatization, or when we are in denial that we are not functioning well. This column is dedicated to helping you monitor your own quality of life. You ARE your instrument of peace-making and you are constantly barraged with the emotional toxic waste of distressed clients, and maybe a little bureaucratic dysfunction too. Add to that a few rough patches in our personal lives and there we are: somewhere between frazzled and burnt out.

[Read more](#)

AFCC 51st Annual Conference in Toronto

Navigating the Waters of Shared Parenting: Guidance from the Harbour

May 28-31, 2014

The Westin Harbour Castle

AFCC is accepting proposals for 90-minute workshops to be presented at the 51st Annual Conference. The deadline for submission is Thursday, October 3, 2013. See the Call for Proposals for a list of topic suggestions and submission guidelines. The conference program will be online at the end of December and the print version will be mailed in January 2014.

[Submit a proposal](#)

New Zealand Members Launch the First AFCC Network

AFCC is pleased to announce the first AFCC Network. Congratulations New Zealand! The newly established New Zealand AFCC Network will promote AFCC's mission, vision and values in New Zealand and will

AFCC Regional Training Conference

November 5-7, 2015
Hyatt Regency Columbus
Columbus, Ohio

AFCC 53rd Annual Conference

June 1-4, 2016
Sheraton Seattle Hotel
Seattle, Washington

AFCC Chapter Annual Conferences

AFCC Texas Chapter Annual Conference

Feed Your Brain
September 19-20, 2013
Hurst Convention Center
Hurst, TX
[More Information](#)

AFCC New York Chapter Conference

NY Upstate Conference—
Rochester, New York
September 27, 2013
RIT INN Conference Center
Henrietta, New York
[More Information](#)

Ontario Chapter Annual Conference

Our Families' Faces
October 18, 2013
Toronto Public Library
Toronto, Ontario
[More information](#)

California Chapter Annual Conference

*Back to the Future:
Serving California's Changing
Families*
February 7-9, 2014
InterContinental Mark Hopkins
San Francisco, CA
[More information](#)

Massachusetts Chapter Annual Conference

further assist AFCC members located there by sharing information and providing venues for conversation. The New Zealand AFCC Network thanks Chris Medlicott, a Dunedin Family Court lawyer, for his work and dedication to getting the Network started. An email address for the Network has been created, AFCC.NZ.Network@gmail.com.

Professionals interested in the New Zealand Network should send an email to connect. In order to be part of the Network, you must be a member of the AFCC parent organization. What is an AFCC Network?

[Read more](#)

Call for Comment: IWO Form Revisions

The Income Withholding for Support (IWO) form has been revised by the [Federal Office of Child Support Enforcement](#). The IWO is the form that must be used by state agencies, courts, attorneys, and all others to order income withholding for child support. The Department of Health and Human Services published notice of a 60-day comment period beginning July 19, 2013, and ending September 17, 2013. The draft form and a link to the notice in the Federal Register containing instructions for submitting your comments are available [here](#).

Member News

Lynette Berg Robe, Studio City, California, was awarded the Matthew S. Rae, Jr., Outstanding Section Leader Award by the Los Angeles County Bar Association. Lynette is the outgoing Chair of the LACBA Family Law Section.

AFCC Reflections of Leadership

AFCC had a reunion at the 50th Anniversary Conference in Los Angeles and 21 past presidents of the Association were in attendance. The video linked here was put together from excerpts of interviews with former presidents, conducted by Susan Snow, a past president herself, over the past two years. If you are new to AFCC, the video will offer background and context for the organization and its impact on members, both personally and professionally. If you have been a member for a while, enjoy the opportunity to reminisce! You will no doubt remember some of the moments discussed. We hope you will enjoy it.

[Watch the video](#)

News from New Zealand

By Hon. Peter Boshier, Vice President, AFCC Board of Directors, Wellington, New Zealand

AFCC Past President Bob Smith is a frequent visitor to New Zealand,

March 28, 2014
Regis College
Weston, Massachusetts
[More information](#)

Join AFCC

Are you a member?

[Join](#) or [Renew](#)

AFCC offers member benefits that promote excellence in practice.

[View member benefits](#)

AFCC Chapters

Network and share your interdisciplinary view of family court matters on a local level. There are currently chapters in the following states and provinces:

Australia
Alberta
Arizona
California
Colorado
Connecticut
Florida
Illinois
Indiana
Louisiana
Massachusetts
Minnesota
Missouri
New Jersey
New York
Ontario
Texas
Washington
Wisconsin
[Add an AFCC Chapter to your membership](#)

AFCC Networks

New Zealand

Ask the Experts

Is there a topic you would like to see covered by an AFCC Ask the Experts piece?

[Email your suggestion](#)

About AFCC eNEWS

particularly the South Island which he claims is one of the most beautiful places on earth. When Bob was here earlier this year he realised that the South Island was still suffering the effects of the major Christchurch earthquake, and he decided to make a poignant gesture by offering to pay for an AFCC membership to someone of our choosing. Christchurch Family Court lawyer Lynne Harrison, who was forced to move from Christchurch to Dunedin, was our choice and Bob has put it all together. What a wonderful gesture.

[Read more](#)

AFCC Trainings Scheduled for December 2013

AFCC, in collaboration with University of Baltimore School of Law's Sayra and Neil Meyerhoff Center for Families, Children and the Courts, is pleased to announce two new training programs. David Martindale, PhD, ABPP, will present *The Model Standards and Beyond: Custody Evaluations and Risk Management*, for custody evaluators, lawyers, judges and other professionals who are involved in custody evaluation, December 2-3. Debra Carter, PhD, will present *Transforming Family Dynamics: Fundamentals of Parenting Coordination*, for parenting coordinators, mediators, custody evaluators, lawyers, judges, therapists, parent educators and other professionals who work with high-conflict families, December 4-5. Each training program takes place over two full days and is eligible for up to 12 hours continuing education. Discounted rates are available for those attending both trainings. The full training brochure will be available at the beginning of September on the [AFCC website](#).

Conference of Interest

LEADR Association of Dispute Resolvers 'kon gres 2013 September 2013

Wellington, Sydney, Melbourne, Adelaide and Perth

The 2013 'kon gres will be held in five cities in Australia and New Zealand throughout the month of September. Professor Bernie Mayer, an AFCC member, author of *The Dynamics of Conflict: A Guide to Engagement and Intervention* and a specialist in conflict resolution, will lead extended workshop sessions in each city. The concurrent sessions are chosen by local planning committees and will be varied and stimulating, drawing on the expertise and experience of locally-based presenters.

[More information](#)

Family Law in the News

Bill Proposed: Job Protection for Domestic Violence Victims

By Nannette Miranda, courtesy of ABC News

Readers are welcome to forward this e-newsletter to interested colleagues. All opinions expressed are those of the author and do not necessarily reflect those of AFCC.

Editor:

Erin Sommerfeld

editor@afccnet.org



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There's a move in Sacramento to keep victims of domestic violence from being victimized twice. A private school near San Diego fired veteran second-grade teacher Carie Charlesworth after her ex-husband violated a restraining order by showing up at her school, where their four kids also attend. Nobody was hurt, and he was arrested, but she was fired. Her school said as a domestic violence victim, her presence there was putting others at risk.

[Read more](#)

UK Teenagers Aim to Create Support Website for Children of Separating Parents

By Katherine Kirk, courtesy of IAALS Online

A group of teenagers in the United Kingdom who have been affected by separation or divorce are banding together to create a service that will help teens cope with divorce. The website will provide mentoring and support to children between the ages of twelve and sixteen who are experiencing difficulty due to changing family dynamics. And, the support and mentoring services will be provided to the teens by other young people. Given the lack of governmental funding available, the group aims to raise £50,000 through a campaign effort directed by the teenagers and supported by family judges, mediators, and lawyers. If successful, the site will launch within the next year as the first service funded entirely by teens to help their peers.

[Read more](#)



Professional Self-Care: Ten Tips for a Quality of Life Check

By Leslie Todd, LCSW, ACSW, Baton Rouge, Louisiana

Most of us are responsible for accruing a number of continuing education hours in ethics. One of the topics which “ethics” should cover is self-care. After all, when are we most likely to make serious errors in judgment? When we are suffering from compassion fatigue, vicarious traumatization, or when we are in denial that we are not functioning well.

Since I also work with my husband, Alan Taylor, I know that boundary-keeping between personal and professional lives is also a challenge. Each of us tries to monitor our balancing act by occasionally asking the other, “Quality of life check?” and listening carefully to the answer. We may do this in celebration, for example when we are savoring a nice meal on the patio: “Quality of life check?” “Excellent!” or when we are working on custody evaluations on a Sunday: “Quality of life check?” “Terrible! We need to take a break and get this workload under control!”

This column is dedicated to helping you monitor your own quality of life. You ARE your instrument of peace-making and you are constantly barraged with the emotional toxic waste of distressed clients, and maybe a little bureaucratic dysfunction too. Add to that a few rough patches in our personal lives and there we are: somewhere between frazzled and burnt out. So here are ten tips for a quality of life check:

1. Take an overall assessment of your life to establish a baseline of your strengths and deficits.

Set aside thirty minutes and go to www.realage.com to take a broad inventory of what you are doing to help and to harm your health. An even broader range of questionnaires is available on www.sharecare.com.

2. Start with a good understanding of your own temperament to find a baseline for your emotional health. If you’re not well-grounded in personality types, take the Myers-Briggs Personality Type Indicator or a similar test. Although the Myers and Briggs Foundation website recommends going to a qualified professional, you can take a “quick-and-dirty” test online. Oftentimes professionals without mental health backgrounds don’t understand just how differently introverts and extraverts process stress. This is also very important in managing our personal and professional relationships. Are you working “with the grain” or “against the grain” of your own personality?

3. Exercise demands conscientious effort in our sedentary world. Be honest with yourself about how much exercise you get. Is your exercise *regular*? Is it vigorous? There are plenty of good **smartphone apps** like MapMyWalk, NikePlus or Couchto5k to help you start walking or running and there are gadgets like Fitbit to monitor your progress. At the very least, **get up and stretch!** Your eyes and neck need a break from that computer or phone screen, and your neck and you need to get your circulation moving. Walk up and down a flight of stairs for extra points—without your phone!

3a. But really—stretching won’t cut it—you have to work out. If that made you yawn, **get a coach or a trainer.** You can cut the hourly rate in half by sharing with a friend. I’ve worked out with my coach for five years because I’m inherently lazy and I consider this health insurance. Now I’m in better shape than your average fifty-year old—which is good, because I’m sixty.

4. Be honest about your eating and drinking. The surveys in #1 will help you determine how well you are nourishing your body. But I bet you already know what you could do better—beware if you know you are drinking to relieve stress. Search “Nutrition Tracker” in your smartphone app store and choose one of the many apps to help you monitor your food for a week. According to the Pennington Biomedical Center, tracking your food accurately is one of the best ways to ensure compliance with any food plan.

5. Secure the perimeter. Check how well you’re maintaining the boundaries between your work and personal lives. (You have a personal life, right? Ask your loved ones if you’re not sure.) Establish non-working hours and non-working zones. At work, train your clients: Use your phone’s alarms to set a nice chime to go off five minutes before the end of a client’s allotted time and tell your client about it at the beginning of the session. Explain politely that you value their time and want to be sure they have time to cover everything; the 5-minute alert is to cue them to be sure they get all the important issues covered. Then cut them off graciously when their time is up. They won’t run over a second time. Use another alarm to train yourself to only check your emails at designated times and another alarm to remind you to get up from your desk and stretch. Then turn the darn thing off at home.

5a. Define a sanctuary and do not allow phones or other infernal tech devices into your sanctuary during designated periods. Your sanctuary is whatever area you designate on any given day—but it should always include your bedroom—sleep and intimacy are too important. Put a message at the bottom of all outgoing texts and emails saying, “*I will return all non-emergency messages during regular office hours*” to remind people of what regular office hours are.

6. Have a creative outlet. You give all day, and what you receive is often the client’s anxiety or negative emotion. Have a creative outlet—gardening, cooking, painting—whatever lets you receive the good energy that comes from the creative part of your brain. When you stop a creative exercise, you feel *refreshed*. Bet you don’t say that after playing Candy Crush or posting pictures on Facebook for an hour.

7. Take a financial inventory. Money is a form of energy and sometimes we are not so great at saving, spending or sharing it in healthy proportions. Many young professionals are overwhelmed by their educational debt and many older ones aren’t great business managers. Money problems are marriage-killers and among the guiltiest of our secrets. Therapy clients will talk about their sex lives more easily than they will their finances. Please be honest with yourself about your financial competence and health.

8. Nurture your social network. Even the most introverted among us need social connections. Happiness, especially in later years, is very much tied to social stimulation. Make time for old friends. Make time for new friends. You don’t have to be a party animal; you just need to give and receive friendship and affection. Go where you are cherished.

9. Laugh a lot. Find at least one thing that’s guaranteed to make you belly laugh. It may be a video or a best friend. For me, it’s www.damnyouautocorrect.com (warning: language!), but even after the most difficult parenting coordination session, I can look at this and laugh until I cry. Much better than just the crying!

10. Nurture your spiritual life to metabolize that emotional toxic waste you pick up at work. This is essential in preventing compassion fatigue and burnout. Remember, you are not only a giver, but a receiver and a lot of what you receive is stress. Consider your spiritual hygiene as you would physical hygiene: make time for daily prayer or meditation, connection to kindred spirits, and retreat into reflective time. These are the things that break down that negative energy and help you process it to leave your body, mind and spirit.

AFCC members are working with colleagues at the Association for Conflict Resolution (ACR) on the Eighth Rocky Mountain Retreat, July 17-20, 2014, at the Shambhala Mountain Center, Red Feather Lakes, Colorado. For the past seven years, ACR’s Spirituality Section, founded by Nan Waller Burnett, Lakewood, Colorado, has sponsored the retreat. Leslie Todd, Baton Rouge, Louisiana and Christine Coates, Boulder, Colorado, are also involved with the event. A pioneer in body-mind science and author of more than twenty books, [Dr. Joan Borysenko](#) is the keynote speaker. Space is limited to thirty members from each organization and members of either organization may [register online](#).

Leslie Todd, LCSW, ACSW, works as a therapist, parenting coordinator, domestic mediator and custody evaluator. She was the founding president of the Louisiana Chapter of AFCC and currently serves as secretary, webmaster and newsletter editor. Her new quality of life blog for those in family court and helping professions can be found [here](#). Her professional website is LeslieTodd.com, and her paintings can be viewed on [Facebook](#).



ASSOCIATION OF
FAMILY AND
CONCILIATION COURTS



eNEWS

What is an AFCC Network?

In 2012, the AFCC Board of Directors established Networks in recognition of the numerous regions, states, provinces and countries that do not have the minimum of 75 AFCC members needed to establish a chapter in a state, province, or country outside North America. Groups of 25 AFCC members who wish to develop a local AFCC organization may form an AFCC Network. The purpose of a Network is to promote AFCC, its mission, culture and organization membership; to disseminate material of interest and to foster communication between members on matters of common interest in the arena of family law. If you would like more information about AFCC Networks, please contact AFCC Associate Director, [Leslye Hunter](#).

SAVE THE DATE !!!

JULY 17-20, 2014

ACR/AFCC
8TH ROCKY MOUNTAIN RETREAT
FOR
ALL PROFESSIONALS IN
PEACEBUILDING, CONFLICT RESOLUTION, LAW,
PSYCHOLOGY, SOCIAL WORK AND THE JUDICIARY



MIND-BODY PIONEER
DR. JOAN BORYSENKO
*SHAMBHALA Mountain Center
In Red Feather Lakes, Colorado*

SPACE IS LIMITED - PRE-REGISTER NOW!!!

AFCC members - email: lestodd@earthlink.net

ACR Members - email: nan@disputeapro.com

DOUBLE RATE \$395.00
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ASSOCIATION OF
FAMILY AND
CONCILIATION COURTS



eNEWS

VOL. 8 NO. 8
AUGUST 2013

News from New Zealand

By Hon. Peter Boshier, Vice President, AFCC Board of Directors, Wellington, New Zealand

AFCC Past President Bob Smith is a frequent visitor to New Zealand, particularly the South Island which he claims is one of the most beautiful places on earth. When Bob was here earlier this year he realised that the South Island was still suffering the effects of the major Christchurch earthquake, and he decided to make a poignant gesture by offering to pay for an AFCC membership to someone of our choosing. Christchurch Family Court lawyer Lynne Harrison, who was forced to move from Christchurch to Dunedin, was our choice and Bob has put it all together. What a wonderful gesture.

Feeling that this was an example that had to be followed, AFCC Vice President Judge Peter Boshier has similarly paid for one of his former legal research clerks to join AFCC, now that she is a successful Wellington Family Court lawyer.

AFCC is thriving in New Zealand. We have commenced an AFCC Network and have our own email address which is AFCC.NZ.Network@gmail.com. All the hard work has been undertaken by Dunedin Family Court lawyer Chris Medicott. We are now working on ways in which the network can enhance the brand of AFCC in New Zealand and further assist our New Zealand members of the organisation.