Therapy and Professional Training Specialists

www.mifamilytherapy.com
Everyone at some point is faced with challenges that require extra thought and attention. Most of the time people are able to find solutions to remedy their difficulties. Other times they may need professional assistance to work through their issues. That’s where we come in. Our professional therapists are here to help individuals and families deal with their problems in a meaningful and productive way. Rather than focusing on how people feel about their problems, we help them focus specifically on changing troublesome behaviors and relationships so that they feel better.

Using problem-solving therapy techniques, our treatment averages six to ten sessions and the results are as long lasting as those obtained with longer-term traditional methods. When appropriate, our therapists work closely with referring professionals to be certain that everyone involved is working toward the same goal. This collaborative partnership helps to resolve complex problems more quickly.
Our staff have helped clients resolve a wide range of issues such as those listed below.

**Children and Adolescents**
- Fears
- Behavioral Problems and Oppositional Defiant Disorder (ODD)
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Violence and Suicide
- Depression
- School Problems
- Delinquency
- Eating Disorders
- Sexual Abuse
- Substance Abuse

**Adults**
- Depression and Bipolar Disorder
- Postpartum Depression
- Panic Attacks and Anxiety
- Problems of Living and Personal Growth
- Post Traumatic Stress Disorder
- Eating Disorders
- Dealing with Chronic Illness
- Concerns of Aging

**Relationships**
- Pre-Marital Counseling
- Marital Concerns
- Divorce Conflicts
- Post-Divorce Parenting
- Alcohol or Drugs
- Sexual Difficulties
Michigan Family Institute has a well established reputation for designing innovative and effective programs that address specific issues. Beyond individual and family counseling, many of our clients benefit from participation in programs that focus on strategies designed to meet their specific needs.

Below is a partial list of our offerings. For a complete list and more detailed descriptions, please visit our website. Some programs are offered on an as-needed basis and are not on a regular schedule. Please call for schedule information.

**Attention-Deficit Hyperactivity Disorder (ADHD) Evaluation**

The symptoms of ADHD are caused by a complex set of factors. Based on more than 20 years of experience in evaluating and working with children with ADHD, we understand the nature of these factors. The focus of our evaluation process is to accurately identify each variable and recommend steps to improve a child’s functioning.

The evaluation process includes IQ testing, psycho-social assessment and personality testing. We interview both the child and parents, provide questionnaires for parents and teachers, review records and assess the child’s intellectual and emotional functioning. If we find that a child has attentional problems, we specialize in finding the least invasive method available for improving the child’s functioning. Although medication may be recommended, we have found in many cases that the symptoms of ADHD can be managed with behavioral, family, psychosocial and nutritional modifications.

**School Consultation Program**

This program is designed to help administration, faculty, parents and community members deal with particularly difficult problems that occur in school. We come to your school to collaborate closely with staff and other significant adults in order to understand the difficulties hands-on. As a team, we then work to resolve serious behavior management problems. We offer programs to help meet the educational and emotional needs of staff and students designed to address the concerns outlined by administration and staff. We offer school-wide programs for preventing bullying, sexual harassment, violence and many other concerns.
Parenting Skills Training for Parents of Difficult Children and Adolescents

This five-session workshop is for parents whose children have, or are beginning to have, serious behavior problems, are involved with the juvenile court system or have been hospitalized. Our approach is designed to solve even the most serious of situations despite having been treated many times in the past. This program is available through the Institute or can be brought to schools, courts and community groups in their chosen settings.

Legally Divorced, Emotionally Married

This special three-session group seminar is for divorced individuals who struggle with continued emotional pain over their divorces. These interactive sessions are designed to help people find relief from the emotional pain that can continue to interfere with happiness and future relationships. Our approach offers simple, easy-to-follow methods for overcoming intense feelings such as guilt, anger and frustration that can lead to serious problems for the entire family.
For over twenty years, the Michigan Family Institute has provided training for professionals both locally and internationally. Below is a partial list of the training programs that we have provided to agencies, hospitals, professional associations and clinicians.

**One and Two-Day Workshops**
Practical skill-building workshops on a variety of subjects such as Violent and Aggressive Adolescents, Violent and Resistant Couples, Brief Therapy and Transforming Resistance.

**Intensive Live-Supervision Trainings**
One-day, bi-weekly or monthly sessions of live supervision of actual cases utilizing a one-way mirror, didactic material, training tapes and case consultations.

**Agency Consultation and In-Service**
Seminars, case consultation, and management consultation is provided for agencies looking to improve effectiveness of short-term therapy and efficiency of clinical and management teams.

**Individual Case Consultation**
Individually tailored consultation for helping professionals is provided in-person, by telephone or on-line.

**Supervision of Supervision**
Training in Supervision skills includes live supervision of supervisory sessions. Supervision is also available for those seeking to become Approved Supervisors or Clinical Members of AAMFT.

**Speaking Engagements**
Our staff members are available to speak to professional groups, schools, churches and community groups on a variety of topics and will customize a message to the specific needs of the group.

Below are just a few of the workshops and topics offered.

**Taking Charge of Difficult Adolescents**
This powerful presentation is tailored to professionals or parents who are struggling with difficult teen problems. We outline ways for the adults to regain benevolent authority while helping teens to relax their need for control and regain their childhood.

**Systemic Foster Care Training**
This one-day training for professionals focuses on organizing the system to work more efficiently and effectively to harness the strengths of parents and various workers in the foster care system.

**Storytelling as an Aid to Healing**
In this half-day workshop for professionals we teach participants how to effectively use stories with children, adults and families to aid in healing or re-creating their life path. Areas include grief and loss, being different, foster care and other significant issues.

**Warning Signs – Youth Anti-Violence Initiative**
This program includes a very powerful video and follow-up discussion aimed at adolescents and/or their parents on teen violence in schools. This is free of charge and appropriate for schools, churches, PTA meetings and other youth/parent settings.

**Other talks**
We offer a number of topics designed to address specific needs including Anger Management, Non-chemical Solutions to ADHD, Parenting Gifted Children, Child Management, Parenting through Divorce, Children of Entitlement and Healing Sexual Abuse.

*Please see our website for more detailed descriptions and scheduled speaking engagements and workshops.*
Since 1983, the Michigan Family Institute has helped hundreds of individuals and families overcome personal and family issues. Our licensed therapists are highly skilled and experienced in problem-solving techniques that minimize the length of therapy and produce desired results.

The positive results of our therapy and specialized programs are the bedrock of our success. So much so that other practitioners have sought training and consultation services from us in our proven and advanced family therapy techniques. Our students have included mental health professionals, family service agencies, court personnel, hospital psychiatric staff and private practice professionals. We also provide supervision for licensing of marriage and family therapists and psychologists.

Jerome Price, M.A., L.M.S.W., L.M.F.T., Co-Director
Jerome Price is the founder and Co-Director of Michigan Family Institute and was a regional faculty member for the Family Therapy Institute of Washington, D.C. He is a well known supervisor and strategic therapist who consults for mental health centers, medical and psychiatric staffs and outpatient programs. His articles on brief, family-oriented therapy have been published in the *Journal of Systemic Therapies*, the *Family Therapy Networker*, *Professional Counselor* and many others. Mr. Price is the author of *Power and Compassion: Working with Difficult Adolescents* and a contributing author of *Alternative Services in Community Mental Health* and *The Evolving Therapist*. Mr. Price is an international speaker and trainer and an Approved Supervisor for the American Association for Marriage and Family Therapy.

Judith Margerum, Ph.D., Co-Director
Dr. Margerum is a licensed clinical psychologist and Co-Director of the Michigan Family Institute. She received her doctorate from the University of Detroit and pursued extensive post doctoral training in family therapy. She has worked in a variety of settings including foster care, in-patient hospital care and a runaway shelter and brings more than twenty years of experience in working with families with difficult problems.

Dr. Margerum is a sought-after speaker and provides professional training and consultative services for domestic violence programs, schools, courts and mental health organizations. She has been published in *Innovations in Clinical Practice: A Source Book*, *The Family Therapy Networker*, and *Telling Stories to Children*. She is also co-author of *Treating the High Conflict Divorce*.

Jerome Price and Judith Margerum co-authored *The Right to be the Grown-Up: Helping Parents Be Parents to Their Difficult Teens*, which provides coping skills and a host of practical, easy-to-implement strategies to help parents reclaim their lives when their children’s behavior is out of control.