



4-1-2003

Front Matter

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Recommended Citation

Journal, AMCAP (2003) "Front Matter," *Issues in Religion and Psychotherapy*. Vol. 28 : No. 1 , Article 1.
Available at: <https://scholarsarchive.byu.edu/irp/vol28/iss1/1>

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Journal of the Association
of Mormon Counselors
and Psychotherapists

FALL 2003 & SPRING 2004
VOLUMES 28 & 29

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The AMCAP JOURNAL is published biannually by the Association of Mormon Counselors and Psychotherapists and is archived at <http://www.amcap.net>. Subscription prices are \$35.00 per year for members (paid as part of Association dues). Single issues are available for \$20.00. Subscriptions and changes of address should be sent to: AMCAP, 2540 East 1700 South, Salt Lake City UT 84108 or email mail@amcap.net. Periodical postage paid at Salt Lake City, Utah, and additional entries. POSTMASTER: send address changes to: AMCAP Journal, 2540 East 1700 South, Salt Lake City UT 84108.

Contributors need not be members of the Association of Mormon Counselors and Psychotherapists. All manuscripts, books for review, advertising inquiries, and other editorial matter should be sent to: Rachel E. Crook-Lyon PhD, Associate Editor, <rec2@email.byu.edu> 340 Q MCKB, Brigham Young University, Provo UT 84602. Manuscripts should be submitted in accordance with the "Instructions for Contributors" in this Journal.



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EDITORIAL: VOLUME 28

RICHARD GERMAN ELLSWORTH, PhD

Editor, AMCAP Journal

This issue, volume 28 (2003) of the *AMCAP Journal*, has been edited during the transition period between presidents – Duane M. Laws EdD and Marleen S. Williams PhD. It has been a distinct pleasure to work with these two remarkable leaders. Their personal support for the *AMCAP Journal* has been extraordinary. I am grateful, also, for the distinguished reviewers and dedicated authors who have so significantly contributed to producing this volume.

JOURNAL STAFF

Carrie Maxwell Wrigley LCSW has retired from serving as Associate Editor but will continue serving the *AMCAP Journal* as a member of the Editorial Board. Her remarkable service to the *Journal*, and to AMCAP, deserves our deepest thanks. She served with exceptional diligence for many years, almost single-handedly reviving the *Journal* from a long-dormant state, recruiting editorial staff (including this editor) and encouraging many notable manuscript submissions. She has been an excellent Associate Editor, shouldering much of the administrative load of producing the *AMCAP Journal*. Her diligent service, gentle encouragement, and thoughtful editorial advice will certainly be missed.

Thanks also goes to the Journal Editorial Board and current Associate Editor, Garison L. Jeppeson LCSW, of the University of Utah Neuropsychiatric Institute, who continues to serve the *Journal*, and continues as a member of the AMCAP Leadership Council.

We are pleased to announce the appointment of Rachel Elizabeth Crook-Lyon PhD, as an additional Associate Editor. A *summa cum laude* graduate of Brigham Young

University and the University of Maryland, she completed clinical internships at the University of Utah, the Baltimore Veterans Affairs Hospital, LDS Family Services, the Greenbelt CARES Community Mental Health Center, and the Psychiatric Institute of Washington. She previously taught at the University of Maryland and the University of Utah, and currently holds appointments in the Department of Counseling Psychology and the Counseling & Career Center at Brigham Young University. In addition, she also serves as a member of the AMCAP Leadership Council. Her insight and exceptional experience will significantly contribute to the *AMCAP Journal*. She has recruited Sharon J. Black M.A., an insightful and very experienced editor, whose excellent editing skills are significantly evident in this issue. I am personally very grateful for Sharon's and Rachel's willingness to contribute to the *AMCAP Journal*.

REGARDING VOLUME 24 OF THE AMCAP JOURNAL

It should be noted that the monograph published by Brigham Young University Press, edited by Dr. Aaron Jackson (previous editor of the *AMCAP Journal*) and Dr. Lane Fischer (AMCAP president 1998-2000) – *Turning Freud Upside Down: Perspectives on Psychotherapy's Fundamental Problems* – is a compilation of notable presentations from the AMCAP Conventions 1998-1999, and represents Volume 24 of the *AMCAP Journal*.

CALL FOR MANUSCRIPTS

Professionals interested in reviewing relevant books and media – please volunteer! [see the “Guidelines for

Book and Media Reviewers,” in this issue.] Suggestions for reviews are also very welcome.

Authors of previously submitted manuscripts are reminded to contact the editor if their submissions have not been acknowledged. Please contact the Editor at this address:

<amcapjournal@byu.edu>

All submissions and correspondence regarding the journal should be directed to this address and submitted following the guidelines found in the “Instructions for Contributors” published in this issue. The *AMCAP Journal* solicits manuscripts from diverse disciplines using diverse methodologies, including qualitative techniques as well as quantitative techniques. We are especially interested in discussions integrating a spiritual focus within clinical treatment; specifically, articles that contribute to the scientific literature in the field of spiritually related counseling, via research or clinical report – and, especially, articles which uplift and encourage therapists or patients. Articles may be theoretical, methodological, or substantive; may report basic or applied research following an established theoretical foundation or be based on new ideas; or may reinterpret previously reported research, be position papers, or report specific clinical cases or techniques.

AMCAP HONORS THE 2002 NATIONAL PARENTS OF THE YEAR – EZEKIEL AND PAULINE SANCHEZ

The *AMCAP Journal* notes that one of its distinguished authors, Ezekiel C. Sanchez (see Sanchez, 2000, “The One Who Stands Within”), and his distinguished wife Pauline M. Sanchez, were named 2002 *National Parents of the Year*. Ezekiel and Pauline Sanchez were also honored at the AMCAP Awards Banquet on October 3, 2002. At that time, portions of the Arizona press release were read:

Mesa, Arizona: September 29, 2002

At a ceremony in the Mesa City Hall, Ezekiel and Pauline Sanchez were honored by Mesa Mayor Keno Hawker and Arizona State Representative Mark Anderson as National Parents of the Year, receiving the 2002 Excellence in Parenting National Award. The award was presented by the National Parents’ Day Council, A Project of the American Family Coalition and the *Washington Times* Foundation. In 2001, Ezekiel and Pauline were the first Native American recipients of

the Arizona Parents of the Year award.

Pauline began her life journey in the Arizona desert on the Navajo Reservation. Though a church educational placement program, she gained a high school education, graduating as an honor student and Outstanding Teenager of the USA. She went to Brigham Young University on scholarship, where she traveled with a performing group known as the Lamanite Generation, sharing her native dances and songs. When she and Ezekiel married, they married not just for time on Mother Earth, but into the “change of worlds” as their native people believe – for eternity. Thus they began their marital journey as their native people had taught them, and they continue to walk together sacredly. Next month, they will have been married 28 years.

Ezekiel, also known as “Good Buffalo Eagle,” is a Totonac Indian born in Mexico. He is the only one of 16 siblings to learn English. He attended Brigham Young University on an art scholarship, led wilderness survival courses with Dr. Larry D. Olsen, and eventually became a full-time staff member in the Department of Youth Leadership at BYU. His knowledge of plants and ancient skills is unparalleled, and he is widely respected for his unmatched ability to track and travel through desert terrain. He has served on President Eisenhower’s Council on Children and Youth, as a member of the American Indian Service Board, as Area Director for LDS Seminary and Institutes in the Navajo Nation, and as Director of Training at the LDS Mission Training Center in Provo, Utah. He has also served in numerous positions in the Church of Jesus Christ of Latter-Day Saints, including serving as bishop of a ward consisting of members of 30 different Native American tribes

Ezekiel is co-founder of the Anasazi Foundation, a non-profit organization serving at-risk youth and their parents; Pauline is a member of the Anasazi board. “They have raised 7 wonderful children of their own and have helped thousands of others through their work at Anasazi,” says Arizona State Representative Sylvia Laughter, “their lives are an inspiration to us all.” Their entire family has walked as guides in the wilderness with families and troubled children. The success of their unique approach has made Anasazi Foundation the international model of wilderness therapy for troubled youth and their families. In 1999, Pauline addressed the World Congress of Families in Geneva, Switzerland, and explained the sacred worth of Nihiyi’si’zi’nii – the One-Who-Stands-Within.

Ezekiel and Pauline stated: “there are many caring people of different cultures, languages, beliefs, and talents – who have stood with strength at our crossroads to give us hope and encouragement, to impart their wisdom and their kindness and love to us. We are only one voice for all of them, who live exemplary lives with their families, fellow man, and God.”

The *AMCAP Journal* editorial staff and AMCAP Leadership Council honor Pauline and Ezekiel Sanchez as AMCAP members who exemplify the goals outlined in the AMCAP Bylaws (Article 1, Section 2[b]): “to promote within other professional organizations and society at large, the adoption and maintenance of moral standards and practices that are consistent with gospel principles.”

CONTENTS

AMCAP has been honored for many years to have LDS church leaders address the AMCAP conventions and to have these addresses published in the *AMCAP Journal*. This volume (28) includes addresses by two LDS General Authorities who have consistently presented significant insights about counseling and therapy throughout the world for many years. Elder Vaughn J. Featherstone was the recipient of AMCAP’s *Distinguished Service to Humanity* award in 2002, and this issue presents the inspiring address he delivered on that occasion. Elder Featherstone has supported and encouraged AMCAP from its beginnings: he was the first General Authority to address AMCAP (Featherstone, 1975), and a notable phrase from his landmark address – “you are healing souls” – has come to epitomize the professional goals of AMCAP members.¹ His gracious ongoing support of AMCAP is exemplified by this remarkable praise from his recent correspondence with the Editor:

... please express my gratitude to all those in the AMCAP organization for the wonderful service they render to mankind. François-René de Chateaubriand² said [1802], “In the days of service all things are founded. In the days of special privilege they deteriorate and in the days of vanity they are destroyed.” Of course your people are so involved in service that they keep revolving from service to service to service rather than to special privilege and vanity. Thank them on behalf of one who has had the privilege of speaking to them. God bless you always.

Similarly, Sister Sharon G. Larsen’s candid sharing of her insights learned as the parent of a difficult child, will inspire and encourage parents and therapists alike. She has humbly written that this speaking assignment significantly augmented her personal learning and therapy. Indeed, this quote from her address (Larsen, 2003) demonstrates her personal insight into psychotherapy and summarizes the mission of AMCAP:

It is a very serious undertaking to work with the inner life of another person. That is why the Lord is such a vital part of what you do as therapists. It is a gift, but also a responsibility, to feel and know what is inside someone else. Yours is the profession that works with the soul – the spirit and the body (D&C 88:15). You help another child of God become whole. What a trust your clients have in you! (Larsen, 2003, p. 54)

The journal continues to publish highlights from the AMCAP conventions. One of the more notable of these in recent years was Dr. John Rector’s (2002) insightful presentation exploring the “Paradoxical Nature of Sin,” published in volume 27. It was published accompanied by a response written by a member of the journal’s Editorial Board (Swedin, 2002). This current issue (volume 28) presents additional insight in a response from a prominent theological scholar who also serves on the Editorial Board, Dean Ronald L. Farmer of Chapman University. Dean Farmer calls for further dialogue examining LDS concepts which arise from similar views of God’s character as does that of *process theology*.

This issue also presents reviews of two significant books very relevant to clinicians: Jeppsen’s *Line Upon Line, Precept Upon Precept*, reviewed by Paul J. Birch M.S., presents a gospel-based outline for addiction treatment. Bergin’s *Eternal Values and Personal Growth*, reviewed by Dr. Eric Swedin, is a basic manual of gospel-based psychology.

The 1994 Spring AMCAP Convention featured a number of presentations focusing on hypnosis. Most of these pointed out that even though hypnosis has long been associated with inaccuracy and myth, it can nevertheless be a very useful therapeutic tool. “Freedom of Choice and Hypnotic Communication in Psychotherapy and Public Address” (Ellsworth, 2003) discusses hypnotic techniques which some very effective public speakers and therapists do naturally, but which all therapists may

learn to do with greater facility.

Also in this volume, the concept of *individualism* is insightfully examined by Dr. Timothy Smith & Dr. Matthew Draper. And, in another highlight from a recent convention, Dr. Robert L. Gleave & Roger H. Belisle outline the roles that *justice* and *mercy* play in

mediating interpersonal conflict.

This issue also presents important research by Jennifer M. Vigil, Bonnie Ballif-Spanvill & Rebecca R. Nichols, addressing LDS women's career and family choices.

This issue of the *AMCAP Journal* will enlighten all who read it.

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ENDNOTES

- 1 This also inspired the title of the recently published comprehensive history of LDS psychology and counseling: *Healing Souls*, by Eric Swedin (2003, p. 58).
- 2 François-René de Chateaubriand (1768–1848) was a founder of romanticism in French literature; his musical prose significantly enriched the French language. Napoleon appointed him secretary of the legation to Rome and minister to Valaise, but he became a bitter anti-Bonapartist. Later, he also served as ambassador to London and minister of foreign affairs (*Columbia Encyclopedia*, 2003).

A Change *of Heart*



"I found what the important things in life are: my family and their love and God's love for me."

-R.C., Boston, Mass.

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