

# PI CHAPTER QUARTERLY



*We are so excited to welcome 18 new members to the Pi Chapter! These fellow MFT learners were inducted*

*during a Zoom ceremony on Monday, March 8th. We were thrilled to have a number of Capella faculty join us including, University President, Dr. Dick Senese, and MFT Program Director and Faculty Chair, Dr. Carol Messmore.*

*Pi Chapter member Rhonda Tyus was our keynote speaker. She shared words of wisdom with our inductees. For those of you who were unable to attend, here's a snippet of Rhonda's speech.*

"I have learned a few things that I hope help, encourage and motivate you when you want to give up. We have all faced those times.

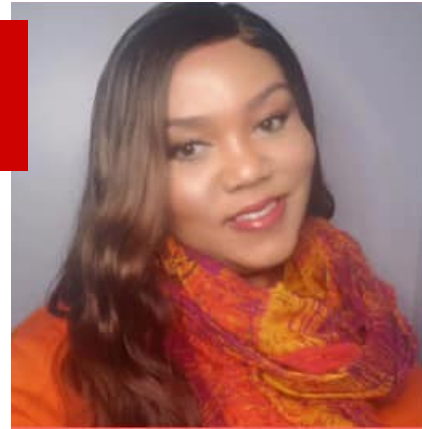
The first thing is to RELAX. It's a struggle, it's a challenge; it can be overwhelming, but remember to RELAX. The courage and strength you found to go back to school is the same courage and strength that will help you fight through the tough times. Don't let the stress keep you from enjoying the accomplishment and fulfillment of making it this far. Remember, you are special because a prestigious organization like Delta Kappa has selected you.

The next thing I encourage you to do is RESEARCH.

With all the material we cover in class, supervision, and working with clients, realize that you will always have something to learn. You will encounter situations for which school cannot prepare you. To respond to those, you must find sources of credible research. Learning outside of the classroom and your site will enable you to rise to the top of your game." (Continued on Page 2)

**WELCOME NEW MEMBERS!!**

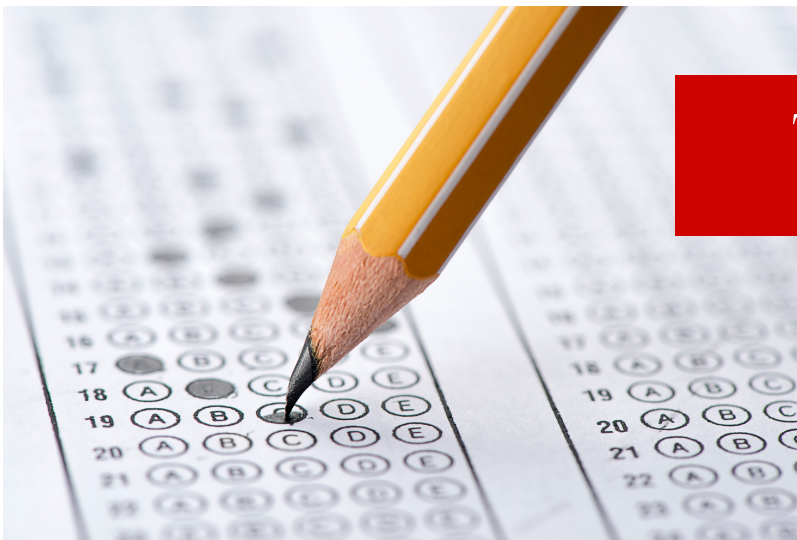
THANK YOU RHONDA!



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"Remember, just because it's new to you doesn't mean it's new. Someone else has encountered what you are facing and has worked through it; FIND THAT person, research their approach, and determine how you will apply their experience to your own. Research helps you determine how to apply practical solutions others have found successful; it will also help locate a site and supervisor.

Lastly, to those of you entering the program's final phases, take note of the RESILIENCE you have developed. One of my favorite quotes from Maya Angelou is, "we may encounter many defeats, but we must not be defeated."



## TEST QUESTION OF THE QUARTER

*A therapist in a community mental health clinic begins an intake with a 22-year-old client. During the course of the intake, the therapist learns that approximately 2 months ago, the client had a 2-week period in which they experienced paranoid delusions and auditory hallucinations about their neighbors. While they report that they've had no symptoms since then, the client's affect is*

*blunted, they speak in a monotonous voice and when prompted, reports that they still have not gone back to work and have gained 15 pounds. What is the most likely diagnosis in this case?*

- A. Brief Psychotic Disorder
- B. Schizophreniform Disorder
- C. Schizophrenia
- D. Delusional Disorder

(Answer and explanation on page 4)



**nami**

**DONATE TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS**



*Facebook page to help us reach our goal of raising \$100! If you have a local organization that you believe would benefit from a Pi Chapter fundraiser, we'd love to hear about them! Send us a description of the organization and a brief explanation of why they're important to you and the field of marriage and family therapy.*

*This quarter we are raising money for the NAMI of Greater Cleveland! This organization was chosen by our induction speaker Rhoda Tyus. Go to our*





## MEGHAN MERKLE TALKS MENTAL HEALTH

Whether you are a follower of the British Royal family or not, you've probably seen recent headlines about an [interview with Oprah, Meghan Merkle, and Prince Harry](#). In the interview, Merkle spoke about racism and conflict within the royal family, but perhaps more striking was the frank conversation regarding her mental health.

Merkle opened up about thoughts of suicide and how difficult it has been for her to ask for help. The interview cast a bright light on mental health and sparked all-important conversations about how to ask for and offer support when it's needed.

## SCREEN TIME AND DEPRESSION

If you are a parent, know a parent, have ever met a parent... then you've probably heard some conversation around kids and their "screen time." A recent study published in *Psychological Medicine* found that girls whose screen time is largely social media are at higher risk for depression. In contrast, boys who use their screen time to play video games are less likely to develop depressive symptoms. You can read more about it [HERE](#).



## THE EMPLOYEE MENTAL HEALTH CRISIS

New data about mental health in the workplace reveals that 86% of employees surveyed felt emotionally drained from their work and 59% said their boss does not provide enough support to help manage their stress.

Check out the [Mental Health America 2021 Mind the Workplace Report](#) for more info.

## TEST QUESTION ANSWER AND EXPLANATION

The correct answer to the question above is **B**.

Schizophrenia, Schizophreniform Disorder, and Brief Psychotic Disorder all have similar symptom profiles but differ in their duration of symptoms and in some of the fine details. For Brief Psychotic Disorder, the episode lasts for more than 1 day, but less than 1 month, and lacks the characteristic “negative” symptoms seen in the other two disorders. In addition, the person returns to premorbid functioning. With Schizophreniform Disorder, the episode (including prodromal, active phase, and residual phase) lasts for at least 1 month but less than 6 months. If the episode persists beyond the 6-month mark, a diagnosis of Schizophrenia is warranted. For MFT exam questions, it is important with these disorders to rule out substance abuse or general medical condition that could be causing the psychotic symptoms.

While the client’s positive symptoms only lasted two weeks, it appears that they are still suffering from negative symptoms. This means their total episode is in the 1-6 month time frame of Schizophreniform Disorder.

Test question provided by [therapistdevelopmentcenter.com](http://therapistdevelopmentcenter.com)

## WHAT WOULD YOU DO? ETHICS QUESTION

After venting frustration toward his wife for nearly the entire session, your client has a wild look in his eyes. He gets up from his chair, walks for the door, and then turns around and whispers, “She’s messed up her last man.” You are not sure if you remember correctly, but early on he may have divulged that he has a permit to carry a handgun.

What would you do??

Share your thoughts with us and you could be featured in the next newsletter.

## HOW CAN WE DO BETTER?

These newsletters are for YOU! So, we really want you to enjoy the information included in them. Do you have suggestions or comments on how we can improve? Please let us know! Provide feedback and make recommendations for future newsletters [HERE](#).

