

# Newsletter



Jade Rice, MAS-MFT, LMFT  
Blooming Clematis Therapy  
Clinical Fellow  
AAMFT Approved Supervisor

Jade Rice, LMFT is the current Chair of the Arizona Interest Network of AAMFT. She has volunteered with AIN in various capacities since 2017 and is passionate in her mission of supporting MFTs and systemic thinkers in expanding their knowledge through affordable and accessible trainings.

[bloomingclematistherapy.com](http://bloomingclematistherapy.com)

## chair's letter

Dear Arizona MFTs,

As we begin a new year, I know this may be cliché, but I want to take a moment to share the hope and excitement I have for the New Year and the "resolutions" the AIN Leadership team has brainstormed and built into our budget. As I reflect on my first two years as Chair, the things the AIN Leadership and volunteers have accomplished, I am so excited for the calendar of events we have planned for my final year. I am counting down the days until we can announce the multiple new opportunities and connection points we have planned for AZ MFTs in the coming year. These new offerings will provide ways to come together to build spaces that feel supportive, inspiring, and rooted in shared purpose.

However, to look forward to our future, I believe a reminder on our roots would be helpful. In a recent statement, we reflected on the significant transition our network underwent ten years ago as it was an important moment of change that shaped who the Network and the broader AZ MFT community is today.

# chair's letter (continued)

As we continue forward, that history reminds us of the value of intention, adaptability, and collective effort. Strengthening our community of Marriage and Family Therapists across Arizona remains central to our mission. Our field is richer when we actively invest in relationships across settings, regions, and career stages, and when we honor both where we've been and where we are going.

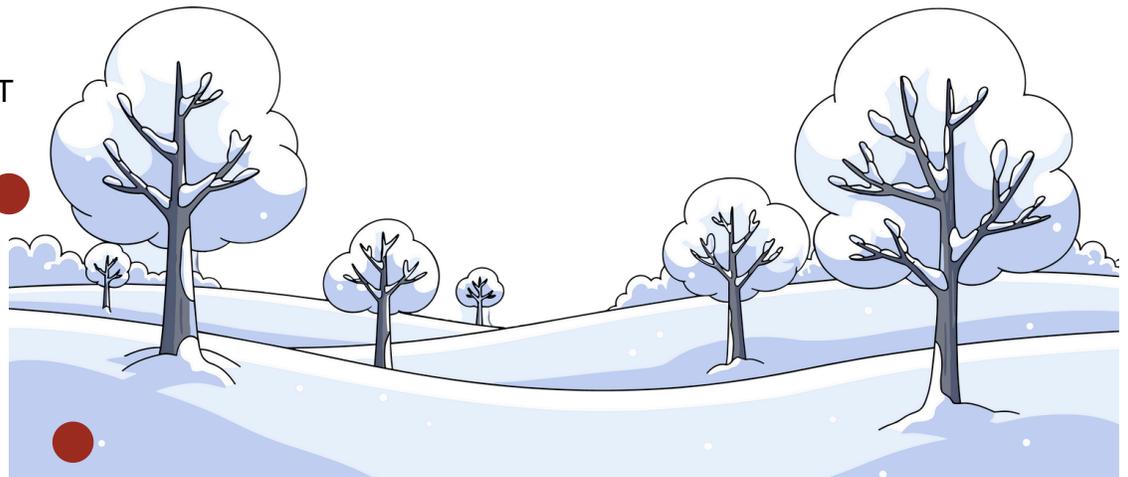
One of the most powerful ways we do this is by sharing generational knowledge across MFT cohorts. From students and associates to seasoned clinicians, supervisors, and educators, each generation carries wisdom, perspective, and lived experience that benefits the whole. Passing that knowledge forward, and being open to learning from those coming behind us, helps ensure continuity, growth, and innovation within our profession. Together, we shape not only the future of AIN, but the future of the MFT field itself: our discipline, our professional identity, and the values we carry into practice.

That is why I find it important to highlight the many opportunities we have this year as both AIN and AAMFT have leadership positions available. I urge all state members, whether you are an AIN or AAMFT member, or both, to explore these options and self-nominate. Stepping into leadership offers meaningful benefits, including the opportunity to build a strong professional network, connect with mentors across Arizona and the nation through national events, and develop leadership skills that strengthen both resumes and provides relevant personal and professional growth opportunities. Perhaps most importantly, leadership within AIN and AAMFT allows you to help guide and support future generations of MFTs. I encourage you to consider how your voice, experience, and vision might contribute to this next chapter of our shared work.

Please know, I am always happy to provide guidance, feedback, and support to anyone that is interested in expanding their engagement with AIN and AAMFT. You can reach out directly with questions to [arizonainternetnetworkaamft@gmail.com](mailto:arizonainternetnetworkaamft@gmail.com) or text my cell phone, 480-340-1236.

Warmly,

Jade Rice, LMFT  
Chair of AIN of AAMFT





# 10 YEAR AIN ANNIVERSARIES

## DECEMBER

SONIA JUREK  
MELISSA BAKER  
BINA BREITNER  
MARK BELL  
HAZEL HEINZER  
KAREN PATTON  
MARCUS EARLE  
CAROL GEGENHEIMER  
CALLEN MORRIS  
WILLIAM WHITE  
CAITLIN GIZLER  
KARI LOGSDON  
JONATHAN HARROP  
LARRY DUNKA  
ZACHARY CUNNINGHAM  
YVETTE TIRELLO  
JOY GIORGIO  
WILLIAM JEFFERSON  
ELLEN LABELLE  
NANNETTE LEMONS  
RACHEL THOMAS  
SUSAN BLESCH  
WILLIAM RETTS  
GINGER MYERS  
WENDY MOYER  
CANDICE DOGANS  
STEPHANIE NEIDERMYER  
EMILY SPENCER  
DIANE GOTTLIEB  
THOMAS LEWIS

## JANUARY

STEVEN LEGENDRE  
BROOKE  
REYNOLDS  
STEFANIE CARNES  
RACHEL FREIDUS

## FEBRUARY

KEITH CROSS  
RYAN JOHNSON  
C.R. MACCHI  
RICHARD SMITH  
BONNIE LEWIS  
NICOLE BUSCEMI  
MICHELLE LUNKA  
MICHELE MULCAHY  
JUSTIN SMITH

## MARCH

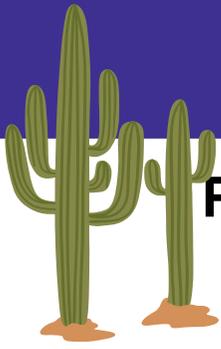
ANNE MANN

## APRIL

KIMBERLY BALLEIN  
MICHELLE HILDT  
KARISSA MEHAL  
DOUGLAS WITHROW  
JOHN PARKER  
KAREN ATKINSON

## JUNE

MICHELLE HUMKE  
PATTI RYAN  
CASEY HEINSCH  
LEO JEFFERO



## Reducing Boundary Whack-a-Mole By Laura Tejada

Boundaries are a hot topic in session at this time of year. Clients announce ideal boundaries for all who annoy them as goals for the new year. I used to walk right into the trap with psychoeducation about how you are in control of what you can control, and one of the things you can't control is other people. Blah, blah.

Because people are people, clients left session and used new boundaries like a hammer and everyone that annoyed them is a nail. They applied sweeping boundaries for everybody in their social network or had so many different boundaries they ended up playing Boundary Whack-A-Mole. Predictably, they had limited success and felt stuck. So did I. My approach had to change.

I learned to cut back on the psychoed and focus on instead on a framework for boundaries found in a study on women in long-distance

relationships (Bergen, 2006). Stay with me here. Women in this study categorized people in their social networks based upon how they responded to their long-distance relationship. The women then shaped their boundaries accordingly, prioritizing the responses to the supportive groups and individuals and dialing back efforts with those who weren't. This finding helped me improve how I approached boundaries regarding my own long-distance relationship, and I began sharing the framework with clients who were navigating the opinions of others around their life choices. Here it is:

*Group 1: Those who got it immediately without explanation.* These folks accepted the situation and the couple, even if they didn't understand the decision. They made no assumptions, asked limited questions, and stepped in to support, often with small things others might not notice. In return, participants knew they could be vulnerable with

them and accordingly gave these people the most information about the long-distance relationship.

*Group 2: Those who didn't understand at first, but did with an explanation.* Respondents offered this group an initial explanation and were accepted without judgment. Respondents felt comfortable answering questions from these friends and family members, feeling they sought to understand and support but might not know how. Respondents tailored the information they gave to these people based on what aspects of the long-distance relationship they wanted or needed them to understand.

*Group 3: Those who didn't understand at first, but did with time.* This group did not pass judgment even when they were confused at first, and then asked for factual information with the goal of understanding. Respondents noted these individuals focused their attention on the well-being of the partners

*Whack-a-Mole continued from previous page*

and their family, not on digging for 'dirt,' and respected the couple's privacy with the extended social network. These individuals sometimes became key sources of support for one or both partners.

*Group 4: Those who didn't understand and might with an explanation, but respondents felt it wasn't worth the effort.* These were often extended family, friends of friends and other acquaintances. Respondents stated they could make the effort to give information or answer questions more thoroughly, but didn't feel the relationship would balance this effort. They identified rehearsed responses they gave these individuals when needed.

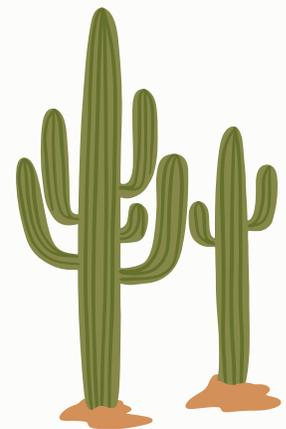
*Group 5: Those who didn't understand and never would.* These individuals were mostly family and friends, resulting in reduced interactions, strife, or loss of the relationship. Participants noted that these relationships were either insignificant or deeply important, with distress at the loss of or damage to important relationships.

In session, we sort out which group friends and family are in, prioritize client efforts to manage relationships while they navigate changes, and discuss what boundaries they want to intentionally create with key individuals or groups. We then process the damaged relationships and identify ways to build up others. Clients respond positively to this approach. Streamlining the process of working with boundaries has significantly reduced mop-up in session from Boundary Whack-A-Mole. I hope the same for you with your clients.



Laura Tejada, PhD, LMFT, LCPC  
Soulstice Therapy, PLLC  
<https://www.soulstice.io/laura>  
laura@soulstice.io

When you're trying to love people  
but you're also an introvert and have  
boundaries



# ANNOUNCEMENTS

## Call for AIN Leadership Interest!

June 2026 AIN will be seeking nominations for **all leadership positions** with terms starting January 2027.

To learn more about the current Leadership team and these roles, reach out and join one of our monthly **virtual meetings!**



Interested in National Leadership positions?

### Submit nominations for AAMFT Leadership!



Nominations Due 1/20!!!



## #AIN FUN FACT DID YOU KNOW?

AIN has allocated annual budget funds to cover the membership fees for Student AIN members! For any person that qualifies as a student of an MFT program and is located in Arizona, AIN has a discount code that covers the add-on cost of AIN membership.

Reach out to us to obtain the code!

# Member Spotlight

## Melissa Baker LMFT

### What got you interested in becoming an MFT?

During my undergrad in Psychology at the University of Florida, I was a research assistant for a newlywed lab. Couples were studied multiple times in their first four years of marriage, with interviews, videotaped interactions, card sort activities, etc. I enjoyed the interviews with the couples, and thought that I would like to be a couples' therapist.

We took a year off between undergrad and grad school, and I worked as an investigator for the Department of Children and Families. Some of the reports were tweens and teens, who would admit to making up allegations about their parents, because they were mad about not being driven to the mall, or being grounded, or any number of phase-of-life conflicts that they couldn't resolve effectively. Or, maybe the parents did resort to corporal punishment that went too far, out of frustration. In either situation, the parents would ask me "what else can I do?" I tried to share a few basic behavioral management strategies, but my supervisor would remind me that my job was to investigate, not offer suggestions.

So, those experiences reinforced that I was making the right choice for a career in MFT.

### What are your areas of specialty or issues and populations you are passionate about?

Though I was terrible at working with them in my early practicum days, I grew to love working with teenagers. They are old

enough to have rich conversations with, but still young enough that small changes in their thinking and mindset can lead to major changes in their life trajectory. And, even if they don't want to engage, helping their guardians to change aspects of the environment can also yield positive results.

### What is one thing about your area of specialty and/or passion that would be helpful for other therapists to know?

A specialty area that I worked in for several years was teens with sexually maladaptive behaviors. The program was home-based, which meant that the teens we worked with were not ones whose offenses or risk level required locked-facility treatment.

I found that family therapy with this population was so powerful. Other providers questioned having parents engaged so heavily in this work, but the shifts in understanding and relating within the family systems were immense. Parents understood how avoiding discussions of puberty and healthy sexual development led to secret-keeping, questioning in isolation, and harmful experimentation. Parents could also manage future-focused safety planning, having a full understanding of the risk factors that led to the past behaviors, and how their open communication would be a crucial protective factor moving forward.

Be our next spotlight!



Melissa Baker, LMFT  
Jewish Family & Children's  
Service - Glendale

# Member Spotlight

## Melissa Baker LMFT

CONT'D –

### What are your favorite therapy modalities/approaches to use with your clients, and why?

I remember being told as a student that "eclectic" is an unacceptable response to such questions, but the longer I've been in this field, the more I understand that the intervention that works with the particular client in front of you is the best intervention. At my core, I see the world through a Structural and Behavioral lens, but there are few models that don't have something to offer in conceptualization or intervention flexibility.

### How many years have you been practicing as an MFT?

19 years

### What's been your favorite part about being an MFT and/or working with clients?

After getting my LMFT, I transitioned quickly from direct client care to supervision and leadership roles. There are many ways to serve in our field, and being in support of other interns, therapists, and supervisors has been mine.

### Who do you consider to be a role model that influences your journey as a therapist, and why?

Kim Egan was my boss for a long time, and I try to carry with me her genuine care for and support of her team.

### What are 2-3 fun facts about yourself?

I am an only child, I was a sea turtle nest-watcher volunteer as a teen, and I enjoy nerdy hobbies.

### If you were stranded on a desert island, what would be 2 things that you would want to take with you?

Noting that this question specifies "things" not "people", I'll say a large quantity of matches and a sharp tool of some kind.

**Fun Fact:**  
Melissa served as a previous Chair for AIN and currently serves as AIN's Family TEAM Leader

Be our next spotlight!



Melissa Baker, LMFT  
Jewish Family & Children's Service - Glendale



# End of Year Reflections

Here are some of the highlights of what happened with AIN and nationally with AAMFT.

## Events...

- We hosted 3 networking events
- Joined the PIT conference as a vendor and raffled 3 free entries
- Sponsored a supervision course (6 & 12 hours)
- Provided 6 in person/virtual trainings

## In state...

- AIN leadership spent a large part of the year working closely with MFT school leaders and the AZBBHE to provide feedback on rule changes which took effect Nov 2025.
- Collaborated with AAMFT, other state associations, state legislators, and AZBBHE to ensure bills being passed were beneficial to licensees and implemented thoughtfully.
- Provided support to and championed the new MFT program at UofA. The first cohort is enrolling now and will start Fall 2026!
- Identified new member benefits and programs to be rolled out 2026 to improve member benefits and engagement.

## Nationally...

- AAMFT released: Guidelines for Gender Affirming Care and Best Practices for Telehealth.
- Continued working on advancements for MFT licensure portability.
- Creation of specialized Systemic Therapy Certificates.
- Guidance on advocacy options for national bills and orders which impact practice.

## We look forward to...

- The release of the new AAMFT Code of Ethics on Jan 1, 2026
- Opening nominations for AIN Chair Elect, Treasurer, Secretary
- Supporting AZ MFTs in seeking national leadership positions through AAMFT
- Announcing new and exciting events that haven't been done before!

# Champions for MFTs Spotlight:

## Highlighting non-MFTs who Advocate for AZ MFTS

# Tobi Zavala

Executive Director of the AZ Board of Behavioral Health Examiners

- Interviewed by Chanelle Johnson



**Tell us a little bit about yourself. Where are you from? Where did you grow up? What brought you to Arizona if you didn't grow up here?**

I was born in Astoria, Oregon, the hometown where *The Goonies* was filmed. Fun fact—my car was actually in *The Goonies*. My grandmother gave it to me on my 16th birthday. I went to school there through kindergarten. I moved to Arizona when I was 10, and I've been here ever since. I got married when I was 21. Unfortunately, my husband passed from COVID in 2020, which a lot of our licensees know. We have one son who is 32, married, with two kids—a boy and a girl—so I'm a grandmother. They live in Washington.

One of my favorite words is shenanigans. I love life. I'm truly a very happy person, even when things don't go well. For fun, I love to walk—I wouldn't call it exercise. I love spending time with friends and family, music, especially live music, traveling, and dogs. I have two dogs who are my best friends and, in my opinion, have saved my life more than once.

And that's probably about it. People describe me as tenacious. It used to sound like it was a bad word, but it's not. And I'm very resilient.

**My other question is, in your own words how would you describe your role in the mental health community?**

That's a great question. Because as the executive director, I have the responsibility of providing direct oversight to all of the administrative duties of the board. My role is to protect the public. And the way we protect the public is making sure that our licensees are doing what they're supposed to do.

But digging deeper into that question, my role in the community is to be an advocate for our licensees and to support and educate our licensees. And I strive to do that as much as I strive to provide oversight to the administrative duties.

**What would you tell somebody who's wanting to engage in similar support or advocacy work within this profession? What advice would you want to give them?**

You know, I think one of the biggest pieces of advice that I give people even today is make sure that you have accurate information. It could be as simple as spreading the word that you don't need a signature on a treatment plan, if you're giving misinformation, it can be very

# Champions for MFTs Spotlight:

## Highlighting non-MFTs who Advocate for AZ MFTS

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problematic because people often only hear what you say.

Lots of people that are in private practice, kind of work and live in kind of a silo. And I think that I would encourage people that work in that silo to be involved in the community, be involved in consultation, groups, various trainings that you can interact with others.

### **How has the support and advocacy work that you do changed throughout your career?**

Well, I think, you know, when I started - and to me this is more about the Board, and then I'll maybe talk a little bit about myself - but when I started in 2010, the perception of the board was not good. And it wasn't good for a variety of reasons, which I won't go into, but, you know, I think, being present and available myself as the Executive Director has definitely changed the perception to a degree - being available, being willing to go out into the community. I mean, there's not a week that goes by that I'm not doing a presentation, whether it's in person or something virtual. And so I think just making the board available. I think providing support and education and even, if you will, consultation to our licensees has changed the perception of the Board that we're not so scary and that we are available and we really are here to help and educate our licensees. So I think that perception has changed a lot.

I think for me personally, it has really empowered me to be able to have the energy, the commitment, and the understanding at how hard it is for our licensees with the work that you do - the fact that it's such a gray area, and clients can be difficult. Clients', you know, family members can be difficult. So, I think it has really enabled me to develop the passion and the energy that I have for the work that our licensees do that then correlates to the work that I do at the Board.

### **Yeah! Yeah, I love that. And maybe you've answered some of this a little bit already, but another way of asking is - you've advocated and supported MFTs in your role as executive director for the board, what have you learned from your experience with this, especially with MFTs?**

You know, I've learned that -- I mean, I always use this word when I do presentations for MFTs -- they're like sponges. They want to learn. They're open. They are willingly able to share that maybe they didn't know something, and that they learned something. Because I always tell them it's a psychological safe space. If you're not doing it right now, just fix it moving forward. You know, we're not taking names. So I think MFTs in general are very open.

To what the board has to say - open to change, because sometimes what we used to do isn't



**Tobi Zavala**  
Executive Director  
Arizona Board of Behavioral  
Health Examiners (AZBBHE)

# Champions for MFTs Spotlight:

## Highlighting non-MFTs who Advocate for AZ MFTS

CONT'D--

always the way we do it now. And I'm not just talking about the change of rules, just, "Oh, I never thought about doing it that way." Here's an example I will give you - I just shared this with somebody the other day.

It was a MFT that called, or actually emailed, and said that they had been working with a couple who had been married for 30 years and were thinking about getting a divorce. And after 7 months of working with them, they decided that they were going to stay together and they found their love again. And they were going to renew their vows, and they invited the licensee to attend the wedding. And she wanted to know if she could go.

And I said, "Well, I mean, technically the code of ethics says you can, but you have to, you know, do X, Y, and Z. And, oh by the way, you can't talk to anybody. You can't eat their food, you can't this, you can't that, and...and do you really want to go? And, oh, by the way, if you go, you have to go to every wedding that you're invited to because your clients had to be treated the same." And I said, "So Tobi's going to tell you don't do it, but instead say, 'you know what? My license does not allow me to go to your wedding. However, let's make sure that's the 1st thing we talk about at your session after the wedding is about who came, how was the food, and kind of share that excitement with them'".

And this person who'd been licensed with us for a long time was like, "I never thought about doing it that way." And so, I

think people are open to ideas and suggestions on what to do and how to do it. So, I would just say [MFTs are] open and willing to make changes as needed.

**What do you wish MFTs knew more about the Board? What are things that you think maybe they don't necessarily know that you wish they would know? Or like misconceptions?**

I mean, this isn't what you're asking, but I wish more marriage and family therapists knew more about subpoenas and writing letters on behalf of clients.

But about the actual Board. I don't think I'd have a good answer for that other than come to a board meeting, get your 6 CEUs, seeing that the Board members articulate and care about our licensees.

**Yeah, I really love that invitation and the reminder, too, of going to the Board meetings.**

Yes, and another fun fact - hopefully in January, they're going to be live streamed.

### FUN FACTS:

Tobi earned a BSW from ASU and has served in her role as Executive Director for AZBBHE since 2014.



Tobi Zavala  
Executive Director  
Arizona Board of Behavioral  
Health Examiners (AZBBHE)



# Advertising Options



## SOCIAL MEDIA

1 post: \$100  
2+ posts: 10% discount

## WEBSITE

1 month: \$50  
3 consecutive months: \$125  
6 consecutive months: \$275  
12 consecutive months: \$500

## EMAILS

Picture only \$50  
Picture with text and/or links \$75

## NEWSLETTER

Full page: \$350  
Half page: \$175  
Quarter page: \$100  
Standard single image (sized to fit): \$50





2026  
EVENT

# Calendar

**FREE**  
for AIN  
members



## Best Practices: Everything AZ MFTs Need To Know

4:30 pm - 6 pm

This virtual training is presented by Tobi Zavala BSW, Executive Director of the AZBBHE. Attendees will receive 1.5 CEs.



## Partners in Treatment Conference

Hosted at: We-Ko-Pa Resort



**WANT TO ATTEND THIS EVENT FOR FREE?**

AIN members can register for the Feb 19<sup>th</sup> training with Tobi and be entered into our raffle for 3 FREE PIT registrations!



## AND MORE!!!

Keep watching our socials as we prepare to announce the rest of the 2026 calendar. We will be scheduling happy hours, a symposium, small consultation groups, and other virtual trainings throughout the year.



# Triangulating AI: Supporting Clients in Relationship Distress while in our ChatGPT Era

Chanelle Johnson

“Should I stay or leave my marriage?”

*Enter.*

I waited for the response from ChatGPT, tickled by both curiosity and the thrill of masquerading as a client in a difficult relationship seeking advice from an expert (\*ahem\*) robot that carries the biases of the White, city-based human populations it was normed on.

A breath tumbled out in a great big gust of relief. The response advised that these decisions should not be made lightly and to consult a mental health professional for advice. Wow, I was impressed.

But embodying a client needing someone else to make a decision for me while in the throes of deep distress, I insisted it give me a decision anyway - “I have children and need to make a decision now. Tell me if you think I should stay or if I should leave. Make the decision for me. Please just tell me what to do.”

*Enter.*

Following a series of praises about me being brave enough

to ask hard questions etc, my heart dropped - “You should leave.”

Wow, NOT impressed. In fact, straight up appalled.

And while months later, I took myself to task again in embodying a client in relationship distress, demanding ChatGPT to tell me if I should stay or leave, and finding myself satisfied in the updated model’s response of not being able to give a simple yes/no answer, I was worried. Worried about the amount of friends I had treating ChatGPT like a therapist. Worried about clients I have heard talk about using AI models for various things in their relationships, including rewriting or rewording texts/emails that will definitely impact the relationship. Worried about the number of people listening to the feedback and direction of ChatGPT without also listening to the information from their own internal compass. Worried about the price of critical thinking and psychological impact of an external locus of control.

Worried.

But worried or not, our clients are using ChatGPT and other AI

models, and it’s likely that AI is not going anywhere. So as systemic-thinkers, it is of utmost importance that we equip our clients with skills and tools to use AI in a way that will benefit, not harm, not only their own mental health but the quality of relationships with others.

## *Helping Clients Identify the Potential Negative Impacts on Relationships*

First and foremost, it is important that we help clients identify ways that relationships can be potentially harmed by AI. For example, as systemic thinkers, we know that triangulating a third party into the distress of a relationship is a way of managing relationship distress and anxiety with short-term relief, BUT long-term pain and negative consequence. When clients triangulate AI into the family system by venting about their relationship problems, does the ever-positive and encouraging AI help them 1) see the relationship challenges from a balanced perspective that takes into account the client’s own role in the relationship distress and lead the client to notice the challenges within the interaction

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Chanelle Johnson, LMFT  
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(NOT just be validated about the character flaws of the other person), 2) explore meaning-making from a lens of compassion and curiosity for the client AND the other person, and 3) encourage and influence the client to discuss their frustrations and complaints directly to the other person when safe to do so (which honestly might be a 4<sup>th</sup> point – does AI help them evaluate and explore what a “safe” context would even mean)? And since I believe the answer to most of these questions is no, we have to help our clients understand that these are things to ask themselves and consider when using AI.

### *Helping Clients Identify Potential Negative Impacts on Themselves*

Furthermore, it is important that we help clients evaluate how AI can potentially harm their own mental health by encouraging an external locus of control

instead of an internal one. As therapists, we are trained in helping clients learn to go inward, listening to the wisdom of their values, their intuition, their body’s emotional cues. We help them strengthen trust in their ability to listen to their own internal compass as they navigate life. And yet, it is so easy for clients to type in a request for AI to “solve” a relationship or mental health issue, hoping to get a simple answer to complex situations that require careful consideration. It’s important that we help clients perhaps still consult the information from AI, but also do it from a critical thinking lens and with an emphasis on running this information through the clients’ own value and nervous systems before proceeding with decision-making and action.

Essentially, we need to help our clients remember that AI is not an all-knowing master, and that our clients are actually the only true all-knowing master and expert of their own life. AI is one of many tools to consult in decision-making and action, but is not THE tool.

### *Helping Clients Increase AI Literacy*

We also need to help our clients increase their AI literacy so that

they can make informed decisions that will impact their life, relationships, and mental health. Our clients need to know that AI is often guilty of hallucinations, in which it will share incorrect and sometimes even completely made-up facts with an air of factual expertise. We need to support our clients in thinking critically and trusting their own intuition if an AI answer feels off.

Additionally, our clients need to know that AI is guilty of biases and will reflect a biased response back toward the user that might be feeding it biased information. Furthermore, because AI tools are normed on white, urban populations and built by humans, who like ALL humans, have cultural, racial, and political biases, AI answers will be rife with these. It is important that we help our clients learn to critically assess for these biases in the answers received and implement decisions that best align with the client’s own individual and cultural values.

While AI can positively impact many, we have to also evaluate the potential harms it can cause our clients. As therapists, we can support our clients in strengthening their own critical thinking skills and encouraging an internal locus of control.



# Sponsorship Opportunities



## THE BUDDY \$200

- Logo added to marketing material
- Event description links to chosen website

## GOOD FRIENDS \$500

- The Buddy+
- If during a newsletter cycle, single image ad auto added into newsletter OR 10% discount on larger ad space
- 4 social media posts guaranteed with your logo on marketing material

## BEST FRIENDS \$750

- Good Friends+
- Minimum 6-8 week period needed
- 1 free registration to obtain CEUs
- 1 email blast specifically highlighting your agency/practice with website link
- 1 social media post specifically about your agency/practice

## SOUL MATES \$1000

- Minimum 8-12 week period needed
- If during a newsletter cycle, single image ad auto added into newsletter OR 25% discount on larger ad space (discount can be held & applied to future newsletter)
- 2 free registration to obtain CEUs
- 2 email blasts specifically highlighting your agency/practice with website link
- 2 social media post specifically about your agency/practice



# 2026 AIN Team

## Leadership Team



**Jade Rice**  
Chair



**Chanelle Johnson**  
Chair Elect



**Ryan Johnson**  
Treasurer



**Cece Blum**  
Secretary

*Come  
join us!*

Passionate about mental health and social media? Join AIN to help design graphics, share key updates, and foster a connected therapist community!

- Create engaging posts & visuals
- Summarize articles & field updates
- Share AZ law & regulation changes
- Support AIN and MFTs in continuing to build community and connection
- Flexible commitment—just a few hours a month can make an impact!

## Volunteer Team



**Laura Tejada**  
Newsletter

Therapists: \*educated, competent, capable\*

Therapists choosing a logo for their website

@psychotherapymemes





## letter from the newsletter team

We hope you enjoyed this winter edition of the AIN newsletter!

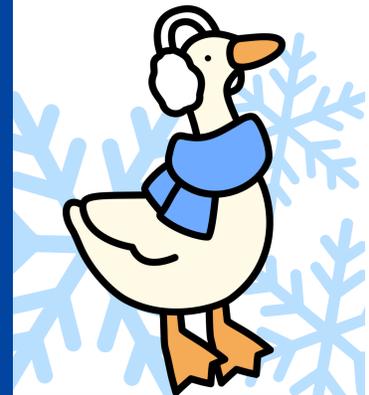
Want to guest write an article, share your favorite therapy-related meme, or share about your experience at a recent AIN event? If so, email us at [arizonainterestnetworkaamft@gmail.com](mailto:arizonainterestnetworkaamft@gmail.com)!

As the novelist Paul Theroux once said, "Winter is a season of recovery and preparation." May the rest of your winter be filled with rest, recovery, and preparation for the Arizona sunshine of spring ahead!

♡, Chanelle & Laura



Be our next spotlight!



Submit an Article!