

Editorial

Kristy L. Archuleta, Ph.D.

Money scripts, money behaviors, money disorders, and financial coaching have been seen in recent popular press. If you are reading this issue, you are probably aware that continued empirical research in these areas is needed. I am pleased to introduce the articles related to these topics in this issue of the *Journal of Financial Therapy*.

This issue begins with research authored by Colby Taylor, Bradley Klontz, and Sonya Britt, in which they continue the testing of the Klontz Money Scripts Inventory. This article is followed by another paper by the same authors, in which they further test the Klontz Money Behavior Inventory. Both of these tools can be valuable in both research and in practice. In research, these tools are measures to help gather information about how individuals view money and can aid in shedding light to questions related to perceptions of money and problematic behaviors. In practice, these tools help to provide a common language to facilitate conversations between the practitioners and clients, as well as among family clients.

The third paper, authored by Randy Kemnitz, Bradley Klontz, and myself, is an in-depth theoretical exploration of financial enmeshment. Very little research or theoretical development has been conducted on this topic. However, according to the little work that has been done, financial enmeshment can be a serious issue for families. One thing I want to note is that although I am a co-author on this paper and a few other papers that have been published in *JFT*, papers I author are rigorously reviewed just like any other submission to *JFT*. Quality work is of utmost importance to me, FTA, and *JFT* and to ensure my work is evaluated objectively and rigorously, an associate editor or editorial board member serves as the acting editor and has the final decision as to whether my paper is deemed worthy of publication.

The fourth paper is a pilot project on teaching financial coaching in a university setting. Some may ask why is a paper on financial coaching in a financial therapy journal? How are they different, and how are they similar? In my opinion, these two fields are complementary. In general, coaching can be seen as an approach that is commonly included in mental health and financial services. Coaches can be seen as motivational and having the ability to tap into clients' strengths to move them towards their goals. Often times, the difference between a coach and a licensed clinical mental health professional is the ability to diagnose mental health disorders. Likewise, in the financial sector, the difference

between a licensed or credentialed financial service professional, like a Certified Financial Planner™ or an Accredited Financial Counselor™, is potentially deeper knowledge or expertise in a particular subject like tax planning, debt reduction, or estate planning. However, financial coaching and financial therapy have not been as clearly delineated from a standards perspective due to the developing nature of both financial coaching and financial therapy fields. Both financial therapists and financial coaches can learn from one another and work together for the benefits of client well-being. Delgadillo and Britt authored a paper in *Family and Consumer Sciences Research Journal* in 2015 that gives a more in-depth consideration of their take of the similarities and differences between financial coaching and financial therapy.

Dr. Anne Brennan Malec is the featured practitioner in this issue. A founder and managing partner at Symmetry Counseling in Chicago, Dr. Malec is a Marriage and Financial Therapist and a Clinical Psychologist. She is the author of *Marriage in Modern Life: Why it Works, When it Works*.

Dr. Virginia Solis Zuiker is our featured scholar. Dr. Zuiker is an Associate Professor in the Department of Family Social Science at the University of Minnesota. Through her research and work with students, she is able to blend her expertise in financial counseling, financial education, and economic well-being to help prepare the next generation of helping professionals to work with individuals and families with complex problems. Don't miss reading about either of these exemplary professionals!

Nadia Bahadori's review of *The Little Book of Behavioral Investing: How Not to Be Your Own Worst Enemy*, written by James Montier, closes this issue. If you have considered reading this book or are looking for a new book to read, take a glance at the overview. It may just be the next book on your reading list.

As always, we continue to solicit quality papers that feature financial therapy practices, experiments, and other research related to financial therapy. We are also looking for individuals who are willing to review manuscripts submitted to the *JFT*. Please join us as an author or reviewer in our efforts to communicate across disciplines with both practitioners and academics!

In closing, I invite you to the Financial Therapy Association's upcoming conference in Asheville, North Carolina to be held May 9-11, 2016. For conference information, please go to: www.financialtherapyassociation.org. This year's conference theme is "Framework, Practice, & Reflections: Financial Therapy that Works and the Theory and Research Behind It." Yes, this is a long title, but it pays homage to the *Journal of Financial Therapy* and the innovative research and theoretical development being accomplished in financial therapy. Please join us in Asheville as we work to further evolve the field of financial therapy!

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Kristy L. Archuleta, Ph.D., is an Associate Professor in the Personal Financial Planning program in the School of Family Studies and Human Services at Kansas State University and a practicing Marriage and Family Therapist. Dr. Archuleta's research interests and therapy work include integrating interpersonal and relational factors with financial counseling and planning. She has co-edited two books, *Financial Planning and Counseling Scales* with Drs. John Grable and Roudi Nazarinia-Roy and *Financial Therapy: Theory, Research, and Practice* with Drs. Sonya Britt and Bradley Klontz.

Nadia Bahadori, B.S., earned her B.S. in business administration from Kansas State University, where she double majored in accounting and finance. She is a current M.S. student at the University of Florida, specializing in personal and family financial planning.

Sonya L. Britt, Ph.D., is a Certified Financial Planner™ and an Associate Professor of Personal Financial Planning at Kansas State University. She studies the impact of physiological stress in the financial planning and financial counseling setting. Britt works closely with the university's free peer-based financial counseling center, Powercat Financial Counseling, to evaluate the outcomes associated with services being offered to students. Britt is co-editor of *Financial Therapy: Theory, Research, and Practice* and *Student Financial Literacy: Campus-Based Program Development*.

Lucy M. Delgadillo, Ph.D., is a financial coach and Associate Professor in the Family, Consumer and Human Development Department at Utah State University. Dr. Delgadillo is an interdisciplinary and trans-disciplinary scholar with a background in journalism, sociology, public relations, political sciences, and family finances. She is the associate housing co-editor for the Family and Consumer Sciences Research Journal and has served on editorial boards for the Journal of Consumer Affairs and Housing and Society. Her research interests include financial interventions including financial education, financial counseling, financial coaching, program evaluation, and consumer protection.

Randy Kemnitz, M.S., is a Certified Financial Planner™ and a Ph.D. candidate at the Kansas State University Institute for Personal Financial Planning. He writes finance curriculum for the Kaplan School of Professional and Continuing Education. He is an adjunct professor teaching graduate finance courses at Johnson and Wales University. His experience includes financial planning and consulting. His research interests are the impact of financial aid on students' stress and the intersection of money and family.

Bradley T. Klontz, Psy.D., is a Certified Financial Planner™, an Associate Professor of Financial Psychology & Behavioral Finance at Creighton University - Heider College of Business, Co-Founder with Dr. Ted Klontz of the Financial Psychology Institute™, and a Managing Principal at Occidental Asset Management (OCCAM), LLC. Dr. Klontz is co-editor of *Financial Therapy: Theory, Research & Practice* (Springer, 2015) and co-author of *Mind Over Money: Overcoming the Money Disorders that Threaten Our Financial Health*

(Broadway Business, 2009), *Wired for Wealth* (HCI, 2008), *Facilitating Financial Health* (NUCO, 2008; 2016), and *The Financial Wisdom of Ebenezer Scrooge* (HCI, 2005; 2008).

Colby D. Taylor, Ph.D., is an early-career psychologist and serves as affiliate graduate faculty at the University of Memphis. His research interests include examining the validity and reliability of assessment instruments.

Financial Therapy Network

The following individuals have identified themselves as providing services that promote a vision of financial therapy. The Financial Therapy Association cannot guarantee the services of those listed in the FTA Network. For more information and to view these professionals' profiles, visit <http://www.financialtherapyassociation.org>.

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Postmaster: Send address changes to Editor, Journal of Financial Therapy, 316 Justin Hall, Family Studies and Human Services, Kansas State University, Manhattan, KS 66506.

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