

Editorial

Ed Coombs, MBA, MA, MS, CFP®, LMFT, CFT-I™

Editorial

Being a guest editor of this edition of the *Journal of Financial Therapy* is an honor. As I began my presidency for the Financial Therapy Association for the year 2023, we set the theme of the year as the essential role of self of the financial therapist (SOFT). From the beginning of the year, I worked with Dr. Sarah Asebedo to develop a special edition of the *Journal of Financial Therapy* that would publish articles on the importance of SOFT. In addition to this journal edition, the annual conference held in Charlotte, NC, had many sessions focused on helping financial therapists at varying levels of development discover the deeper levels of their relationship with money and how that impacts the way they show up in the work of financial therapy with their clients.

It is exciting to see the continued progress in financial therapy, and the journal article submissions for this edition will add to an incredible library of resources for the future of financial therapy.

In this Issue

In *The Self-Reflective Financial Therapist: Creating A Financial Genogram*, **Dr. Chelsey Holden and Dr. Michelle Jeanfreau** provide a practitioner-focused journal article highlighting the application of genograms in the process of aiding financial therapists in their own self-of-the-financial-therapist development. The article starts by describing the structure of creating a financial genogram. The second half of the article introduces self-reflective questions for practitioners to consider and then explanations about the significance of the self-reflective questions connected with past research. Their findings do indicate further research is needed to validate the use of financial genograms as a tool to aid in the development of the self-of-the-financial-therapist.

In *You Are Your Best Intervention: Utilizing Person-Of-The-Therapist Training In Financial Therapy*, **Dr. Megan McCoy, Stephen Molchan, Dr. Kristy Archuleta, and Ingrid Ponciano** introduce a framework for financial therapists to develop their own self-awareness. The authors of this article, build upon the work of (Aponte, 1982) and the Person-Of-The-Therapist (POTT) Approach. They describe and demonstrate how the three phases of POTT can be applied to the work of financial therapy. Concluding this article readers are invited to continually reflect on human vulnerability and how that impacts the way they show up in the work of financial therapy.

In *The Empowerment Model of Clinical Supervision and its Application to Standardization of Financial Therapy Supervision*, **Khara Croswaite Brindle** introduces a

supervision approach that can be used to help developing financial therapists. Past research shows that the empowerment model of supervision leads to statistically significant improvement in the administrative counseling process and clinical counseling processes. This journal article then highlights how the empowerment model of supervision applies to developing financial therapists and defines twelve fundamentals of financial therapy. Guidance is then provided on how professionals providing supervision to developing financial therapists can use this evaluative process to facilitate empowered growth.

Beyond the journal articles, some of my favorite parts of the *Journal of Financial Therapy* are the practitioner and researcher profiles and the book reviews. From my perspective, building our self-awareness and growth as financial therapists comes from continually learning about other's journeys and experiences. Reading and hearing about other's journeys, I can often see my own journey more clearly with new and expanded language to describe my experiences. Without a doubt, the practitioner profile of Deb Kaplan is an inspiration and guiding light on the journey of being a financial therapist. Dr. Megan Ford's researcher profile helps to illuminate both the challenges and rewards of being a researcher. Finally, Dr. Eric J. Damman's thoughtful review of *Smart Money: A Psychologist's Guide to Overcoming Self-Defeating Patterns in Stock Market Investing* by Dr. Stanley Teitelbaum inspires me to get a copy and read it.

In Closing

It has been an incredible year serving as the Financial Therapy Association president for 2023. The contribution of these journal articles exemplifies the depth of work and thoughtfulness that is The Financial Therapy Association. The future looks bright for the people currently working in financial therapy and those who will come in the future. In addition, the people and communities we serve alongside society at large will benefit from the comprehensive effort of many to do deeply integrative work of bringing together two essential professional disciplines into one comprehensive way of working with people.

Happy Reading,

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Meet the Authors

Kristy L. Archuleta, Ph.D. LMFT, CFT-I™, is a Professor in Financial Planning, graduate coordinator for the Financial Planning, Housing and Consumer Economics Department, and director of Behavioral Financial Planning and Financial Therapy at the University of Georgia. She is a Licensed Marriage and Family Therapist and Certified Financial Therapist-I™. She is a co-founder of the Financial Therapy Association, the Journal of Financial Therapy, the nation's first academic program in financial therapy, and Women Managing the Farm. Dr. Archuleta has garnered national and international attention as a speaker and author who has published numerous scholarly articles and co-edited two books on topics related to financial planning, financial therapy, financial counseling, and mental health. She currently serves on the Board of Directors for the National Association of Personal Financial Advisors and three editorial review boards. She is commonly featured in podcasts and major news media outlets, such as the New York Times, Investment News, and CNBC, to name a few, and has won awards for her cutting-edge research and teaching.

Khara Croswaite Brindle, MA, LPC, ACS, CFT-I, is a Licensed Professional Counselor and Approved Clinical Supervisor in Colorado. She is a Certified Financial Therapist Level-I through the Financial Therapy Association and enjoys various leadership roles within financial therapy to support the growth of the field, including financial therapy supervision, consultation, and her role as Director of Training for the Financial Therapy Clinical Institute. Khara has engaged her community as a clinical supervisor for the past 10 years in both community mental health and private practice settings. She is the co-founder of The Empowerment Model of Clinical Supervision, co-owner of Supervisory, LLC, and co-creator of various supervision trainings that support professional growth and development of mental health leaders.

Eric Dammann, Ph.D., is a clinical psychologist/psychoanalyst and executive coach with a private practice in Manhattan. He specializes in executive coaching, financial counseling and consulting, and psychotherapy. Aside from his private practice, he is a clinical supervisor at Columbia University and the William Alanson White Institute, where he is also Co-Director of the Artists Program. He is an associate editor of the professional journals Contemporary Psychoanalysis and The Journal of Financial Therapy. He graduated Magna Cum Laude and was Phi Beta Kappa at Bucknell University, and received his doctorate from Michigan State University. He completed psychoanalytic training at the William Alanson White Institute and executive coach training at The College of Executive Coaching.

Megan Ford, Ph.D., is a financial therapist and academic who uses her unique interdisciplinary education, research, and practice background in both financial planning and marriage and family therapy to help individuals and couples, train students, and contribute to evidence-based financial therapy approaches. She is a former President of the Financial Therapy Association (FTA), has co-authored a textbook, "The Fundamentals of Writing a Financial Plan", and has published her own evidence-based financial therapy model, the Ford Financial Empowerment Model (FFEM).

Chelsey Holden, Ph.D., is Program Coordinator and Associate Professor of School Counseling in the School of Child and Family Sciences at The University of Southern Mississippi (USM). Dr. Holden earned her Ph.D. in Counselor Education from Mississippi State University and her Master of Science in Marriage and Family Therapy from USM. She is a Licensed Marriage and Family Therapist (LMFT), Licensed Professional Counselor (LPC), Board Certified Telemental Health Provider (BC-TMH), and a National Certified Counselor (NCC). She maintains a small private practice clientele. Her research agenda is focused on financial behaviors and financial wellness of individuals, couples, and families; financial training of mental health professionals; and wellness for helping professionals.

Michelle Jeanfreau, Ph.D., received her Master of Science in Marriage and Family Therapy from The University of Southern Mississippi, and Doctoral degree at Kansas State University in Human Ecology with a Marriage and Family Therapy emphasis. She is a licensed marriage and family therapist and is an associate professor at The University of Southern Mississippi. She also maintains a small private practice clientele. Her research program is characterized by an emphasis on relationships, particularly marital relationships. She has studied financial infidelity and the financial training of mental health professionals, marital infidelity, teacher-parent communication, and positive parenting support in youth sports.

Debra L. Kaplan, MA, MBA, LPC, CSAT-S, is an author, speaker and licensed therapist specializing in attachment, sexual addiction/compulsivity, money, work, and relational currency. Ms. Kaplan is a faculty member of the International Institute for Trauma and Addiction Professionals, a Certified Sex Addiction Therapist, and a Certified EMDR therapist. After a successful career on Wall Street, where dynamics regarding sex, money, and power are legendary, Ms. Kaplan pursued a career in psychology and merged her financial and clinical interests. Her first book, *For Love and Money: Exploring Sexual & Financial Betrayal in Relationships*, is the inspiration for her clinical work. She is the founder of the groundbreaking workshops, trainings, and intensives *For Love and Money®* for those who wish to create healthy relationships. Debra is the author of, *Battle of the Titans: Mastering the Forces of Sex, Money, and Power in Relationships*; a deep dive into modern-day relationship power dynamics. She is the co-author of *Coupleship Inc: From Financial Conflict to Financial Intimacy*, providing couples a transformative approach to understand and successfully resolve conflicts and create financial intimacy. Debra is known for her bold and empathic approach in her work with individuals and couples. She is an invited guest on podcasts and financial media outlets.

Megan A. McCoy, Ph.D., LMFT, AFC®, CFT-I™, is an Assistant Professor at Kansas State University's personal financial planning program. She is a licensed Marriage and Family Therapist, an Accredited Financial Counselor®, and a Certified Financial Therapist-I™. She volunteers on the Financial Therapy Association's Board of Directors and is the Co-Editor of *Financial Planning Review*. Dr. McCoy has been awarded grants from the Financial Planning Association, the National Endowment for Financial Education, FP Canada, and the CFP Board. Dr. McCoy has been featured as a financial well-being expert on *The Today Show*, NPR, BBC, the *Wall Street Journal*, and many other media outlets.

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Ingrid Ponciano, LCMFT, is the Founder of Ponciano Counseling and Wellness, LLC, a group practice in Germantown, MD. She is a Licensed Clinical Couples and Family Therapist licensed in Maryland, Vermont, and Kansas. She obtained her Master's degree in Couples and Family Therapy from Drexel University in Philadelphia, PA. She received her Bachelor's degree in Psychology from the University of Maryland, College Park. Ms. Ponciano is a Gottman Method trained clinician. She is a member of the of the AAMFT association. She is actively pursuing financial therapy training through the Financial Therapy Association (FTA), which will lead to a certification. She is currently the CEO and clinical supervisor of her group practice where she provides supervision using the POTT model of supervision.