



THE FAMILY INSTITUTE  
at Northwestern University

Leaders. Committed.  
Innovative.

Annual Report 2011

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## The Family Institute: A Mental Health Leader and Innovator

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Since its founding in 1968, The Family Institute has been a pioneer in developing programs and services that embody its mission: To strengthen and heal families from all walks of life through clinical service, education and research.

*Greetings.* Fiscal Year 2011 at The Family Institute was about growth and transformation: in the people we help, in the students we train, in the theories we teach and in the science we practice.

In FY11, we did more therapy (69,000 sessions) with more people (7,000 cases) than ever. To meet this increased demand for our services, we hired additional staff and took on more space in our downtown location.

Our Master's programs in Marriage and Family Therapy and in Counseling Psychology accepted more students than ever and became even more competitive in the face of increased applications. In June, we graduated 50 new counselors and family therapists who are finding jobs in Chicago and around the country.

FY11 also focused on intellectual innovation and achievement. After two years of concentrated effort, four of our most senior staff members (Doug Breunlin, LCSW, Jay Lebow, PhD, Bill Pinsof, PhD, and Bill Russell, LCSW) completed an integration of the two dominant therapy approaches that have been developed at The Family Institute. This new perspective, Integrative Problem Centered Metaframeworks (IPCM), represents the most comprehensive model in family therapy and family psychology for organizing and integrating different therapeutic approaches with the best science. Two major articles presenting IPCM were featured in the oldest and most prestigious journal in the field of family therapy — *Family Process*.

Speaking of *Family Process*, Dr. Jay Lebow, one of our most respected faculty members, was appointed by the Board of Directors of *Family Process* as the new editor beginning in 2012. This is a dual honor for the us: to have Dr. Lebow on our Staff and to be the new home of *Family Process* — the journal that created the field of Family Therapy.

Our scientific work, through the Psychotherapy Change Project, is transforming practice and research at home and around the world. In addition to continuing our multi-site collaboration with a network of mental health centers in Norway, we did major STIC® presentations (our system for tracking client change and feeding it back to therapists over the Internet) in Switzerland and the Netherlands. The Swiss group wants to create a collaborative project with us modeled on our work in Norway. At home, the Chicago Community Trust and several very generous Chicago families have made large grants to the Institute to support the creation of the Chicago Consortium — a clinical practice and research network led by The Family Institute, with Catholic Charities of Chicago, Jewish Child and Family Services of Chicago and C4 (Community Counseling Centers of Chicago).

All of this growth and transformative work would not be possible without the hundreds of contributions that we receive from individual donors throughout the year. They let us go the extra mile and inspire us to reach even higher in our efforts to strengthen and heal families from all walks of life at home and abroad. We are grateful.



**William M. Pinsof, PhD**  
President



**James H. Feldman**  
Chair, Board of Directors

William M. Pinsof, PhD  
President

James H. Feldman  
Chair, Board of Directors

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## What we offer

The Family Institute at Northwestern University is deeply committed to our mission of strengthening and healing families from *all* walks of life. We are leading the way in family therapy while setting the standard for innovative research, teaching and care in the mental health field.

### DIRECT MENTAL HEALTH SERVICES

- Nationally-renowned Staff Practice
- Committed to ensuring everyone has access to our knowledge and care, regardless of their ability to pay, through our sliding-fee scale

### GRADUATE EDUCATION IN AFFILIATION WITH NORTHWESTERN UNIVERSITY

- Committed to educating and training the next generation of mental health practitioners through our two education programs:
  - Master of Arts in Counseling Psychology
  - Master of Science in Marriage and Family Therapy

### RESEARCH

- Committed to conducting cutting-edge, innovative research projects to help discover how people actually change in therapy and what therapists do to facilitate that change

### POSTGRADUATE FELLOWSHIPS

- Committed to advanced training through clinical and research fellowships for mental health professionals who have completed Master or Doctoral degrees

### ADVANCED CLINICAL TRAINING FOR DOCTORAL-LEAD STUDENTS & PSYCHIATRY RESIDENTS

- Training site for clinical psychology doctoral students studying at Northwestern University's Department of Psychology and for psychiatry residents enrolled in Northwestern University's Feinberg School of Medicine

### CONTINUING EDUCATION FOR MENTAL HEALTH PROFESSIONALS

- Committed to offering professional education annually through workshops, seminars, conferences and clinical consultation

## What we believe

Our core values guide us as we extend our capacity to help greater numbers of people and a wide diversity of families.

- The family is the singular most significant factor influencing human identity.
- Family-based therapy is a powerful model for change, one that not only helps people cope with major life issues, but that can ultimately transform how we lead our lives, resulting in healthier communities and societies.
- Quality mental health care should be available to all who need it, regardless of their financial resources.
- The definition of "family" takes many forms, and is comprised of people joined together by biology, intentionality and/or law.

### NORTHWESTERN UNIVERSITY AFFILIATION

Through a unique affiliation, The Family Institute is integrally linked with one of the nation's most prestigious institutions of higher learning, Northwestern University. This relationship permits The Family Institute to remain an independent, not-for-profit organization – with its own governance, programmatic and funding autonomy – while benefitting from the academic richness of a major research university. Under the partnership, The Family Institute operates the University's Center for Applied Psychological and Family Studies in cooperation with Northwestern's Graduate School and Office of Research. Graduate education and research activities at the Institute are conducted under the auspices of the Center. The affiliation also provides faculty appointments through Northwestern's Department of Psychology for Family Institute staff members who teach in the two graduate programs.

LINKEDIN

228  
connections

# Who we are\*

## IN FY2011, WE:

Conducted over  
**69,000**  
sessions

**55**  
Staff Practice clinicians

More than  
**17,000**  
hours of therapy through  
our Bette D. Harris Family  
and Child Clinic

**45**  
Affiliate clinicians

**3**  
Psychiatrists

**4**  
primary sites

**6**  
Fellows

**31**  
people in Administration

Over  
**40**  
published journal  
articles, books,  
book chapters  
and other  
scholarly writings

**3**  
people in Institutional  
Advancement

## CLASS OF 2011

**48**  
graduates

**23**  
in Master of Arts  
in Counseling  
Psychology

**25**  
in Master of Science  
in Marriage and  
Family Therapy

## CIRCLE OF KNOWLEDGE EVENTS

**344**  
attendees

**94**  
attendees were new

## WEBSITE FACTS

**396,121**  
Pageviews

**64,572**  
Unique visitors

## FACEBOOK

**286**  
followers

# Clinical Service

## Leaders ... in the field of therapy

2011 was a very successful year for The Family Institute. Staff clinicians, affiliated therapists, fellows and therapists-in-training accounted for over 69,000 units of service (sessions). All four locations showed substantial increases over 2010.

### STAFF PRACTICE AND AFFILIATED STAFF

The Staff Practice and Affiliated Staff conducted over 47,000 units of service.

### POSTGRADUATE FELLOWSHIP

The Postgraduate Fellows accounted for almost 4,000 units of service in 2011. All of the fellows presented at Grand Rounds, a monthly presentation on a case or topic of special interest. Two functioned as teaching assistants for courses in the Marriage and Family Therapy program, two provided clinical supervision, and four presented at conferences or published their work in journals. In addition, the Postgraduate Fellows met with Dr. William Pinsof each month to discuss the new Family Institute Perspective (Integrative Problem Centered Metaframeworks) and receive updates on the STIC®, our system that tracks how people change over the course of therapy.

### NICHE PROGRAMS

#### PSYCHOLOGICAL ASSESSMENT SERVICES (TESTING)

The collaborative model of psychological assessment was fully implemented in 2011. This style fits the systemic understanding of families and individuals, which is the basis for the teaching, training and therapeutic practice used at The Family Institute. Staff members completed 85 assessments during the year, an increase of 29% over 2010. Students in the assessment practicum completed 15 assessments in FY11, an increase of 36% over last year. Having students conduct assessments in the clinic is a critically important resource, as it focuses on those from under-resourced communities who would otherwise not have the means for an assessment.

### MINDFULNESS AND BEHAVIOR THERAPIES

Having completed its fourth year, the Mindfulness and Behavior Therapies (MBT) program has continued to grow and thrive, and is becoming the premier resource in the Chicago area for Dialectical Behavior Therapy (DBT). In addition to providing individual psychotherapy for people with Borderline Personality Disorder and other problems with emotional self-regulation, the program offers adolescent, adult and multi-family groups targeted to this population. Four Marriage and Family Therapy students completed their training in DBT, and three more began.

The MBT program began summarizing its clinical outcomes for the first time, with preliminary reductions of 58% on self-injury and suicide attempts over baseline in the first six months of treatment, 100% reductions in hospitalizations, 84% reductions in other major clinical target behaviors, over baseline. The program also had a 95% retention rate. All outcomes were trending toward, or were equivalent to, expected outcomes based on major randomized clinical trials of DBT.

### PARENTS IN CHARGE

This was the first full year of operation for the Parents in Charge program (PIC). PIC is an assessment and treatment program targeting disruptive behaviors in young pre-school children. Four Family Institute students trained in the program. A total of 30 families received services through the clinic.

# Education

## Committed ... to training the future of therapy

Commencement was held June 20, 2011 at Northwestern University's Alice Millar Chapel. Twenty-five Marriage and Family Therapy students and 23 Counseling Psychology students graduated.

Susan B. Noyes, founder of the publication *Make It Better*, delivered the Commencement address. She advised graduates to live their lives at their own pace to find out what and who they love — “Follow your heart, nurture what is unique and special in you. Nurture what is unique and special in others, too — which, of course, is what you are trained to do.” She reminded them that, “Life is long and good, even when it is hard. If you follow your heart, you'll enjoy the journey.”

## MASTER OF SCIENCE IN MARRIAGE AND FAMILY THERAPY

### FY11 ACCOMPLISHMENTS

- Eight articles or manuscripts authored by Marriage and Family Therapy (MFT) program faculty members were published or accepted for publication.
- The MFT program officially changed its name from “marital” to “marriage” and family therapy. This small change significantly increased the online presence of the MFT program. Potential applicants found The Family Institute easier through various online search engines with the change, as most other MFT programs use marriage in their titles.

### MFT AND COMMUNITY

2011 was the first year that The Family Institute's community-based services were organized and delivered through education, rather than being an independently funded program. In FY11, these services were focused in Evanston public schools that serve an economically disadvantaged community. Fifteen students participated in the program.

### CLASS OF 2011

The program graduated 25 students in June 2011. Two students went on to doctoral programs, one entered The Family Institute's Postgraduate Fellowship program and 22 sought employment in their fields.

### ADMISSIONS

Twenty-four students matriculated to comprise the class of 2013. There are 23 females and one male. Of these, three are African American, one is Hispanic and two are Asian. Their mean GPA is 3.52.

*(continued on page 6)*



*All past and the present Director of the Marriage and Family Therapy program (from left to right): Cheryl Rampage, William Russell, Linda Rubinowitz, Tim Dwyer and Doug Breunlin.*

# Education

## MASTER OF ARTS IN COUNSELING PSYCHOLOGY

### FY11 ACCOMPLISHMENTS

- Updated the curriculum to reflect current trends in both counseling and counseling psychology fields.
- Successfully integrated Counseling Psychology students into Family Institute training in their practicum year.

### PRACTICUM

A major change to the Counseling Psychology (CPSY) curriculum was the movement toward all CPSY students receiving their training at The Family Institute during their practicum year. All “standard” students (those with psychology undergraduate degrees and some clinical experience) accomplished this goal in 2011. In 2012, all “two plus” students (those who are career changers with other types of undergraduate degrees and no clinical experience; they complete an additional pre-practicum year) will also do their practicum year at the Institute.

### CLASS OF 2011

The program graduated 23 students in June 2011. Four students went on to doctoral programs, two are working overseas and the rest are seeking employment in Illinois and nationally.

### ADMISSIONS

Twenty-five students matriculated to comprise the class of 2013. There are 20 females and five males. Of these, two are African American, three are Hispanic and three are Asian. Their mean GRE is 1186.

## CLINICAL TRAINING

### BETTE D. HARRIS CLINIC

In 2011, the Clinic provided over 17,000 units of service. This represents an increase of about 14% over 2010.

The Family and Child Clinic continued to grow in response to demand from clients for services and from students from around Chicago and across the country for training. One hundred and eight different trainees were involved in the Clinic throughout the fiscal year. This number included all MFT students, a growing number of Counseling Psychology and Clinical Psychology students, and several others from programs around Chicago. Also notable was negotiation of a plan to enhance the training of Northwestern University’s Feinberg School of Medicine psychiatry residents by providing a more intensive elective program that might better support the clinical breadth of these future psychiatrists. In addition, the Dialectical Behavior Therapy program (DBT) demonstrated its importance as a highly-regarded evidence-based intervention program by being requested by a larger number of trainees. The Parents in Charge program (PIC) also continued its development within the organization by opening more slots for trainees to complement their other training activity.

### CLINICAL PSYCHOLOGY PRACTICA

Coordination of training with Northwestern University’s Department of Psychology continued to develop, and 11 doctoral students received a broad and deep training experience in 2011. The Clinical Psychology Practica accounted for about 1,100 units of service.

### NORTHWESTERN UNIVERSITY’S FEINBERG SCHOOL OF MEDICINE PSYCHIATRY TRAINING PROGRAM

In the sixth year of collaboration between The Family Institute and the Psychiatry Department of Northwestern University’s Feinberg School of Medicine, eight psychiatry residents worked with couples and families in our Millennium Park office to develop some understanding of and intervention skills with family systems.



# Research

## Innovative ... research and projects

The Research Department continued its work executing three major research projects: the Psychotherapy Change Project (William Pinsof, Principal Investigator), Enhancing Treatment for Generalized Anxiety Disorder (Richard Zinbarg, Principal Investigator), and Interpersonal Context of Depression and Anxiety in Couples (Lynne Knobloch-Fedders, Principal Investigator). All three major projects continued collecting new data, analyzing study results, publishing their work in major research journals, and presenting their work to other scholars at national and international conferences.

The Research Department also actively trained the new generation of scholars at the undergraduate, graduate and postgraduate level. In addition to the nine undergraduates who participated in the summer research internship for advanced undergraduates, the research faculty mentored 37 undergraduate and five graduate student research assistants in their work on the three major research projects. Two postdoctoral fellows also continued their clinical research training with the research faculty.

The Research Department also contributed to the overall work of the Institute. Eleven patients have been served directly in research projects. Twenty-one diagnostic assessments were conducted by Research Department faculty and students for Clinic patients at no cost. Among staff, supervisors and students, there are 96 clinicians who are actively using the STIC® (Systemic Therapy Inventory of Change) in their therapy to track how people change over the course of therapy. The STIC® also moved to an online format and is being used at multiple beta testing sites, here and abroad.

Members of the research team produced 38 publications this year including books, journal articles and book chapters.

## INTELLECTUAL ACHIEVEMENT

To create a better integrative perspective, two members of the Marriage and Family Therapy Core Faculty, Douglas Breunlin, MSSA, LCSW, LMFT, and William Russell, MSW, LCSW, LMFT, worked with Dr. William Pinsof and Dr. Jay Lebow to update The Family Institute Perspective from a hybrid of Metaframeworks and Integrative Problem Centered Therapy (IPCT) to a truly integrated metamodel. This was accomplished in FY11 with the acceptance of two articles by the journal *Family Process* that articulate what is now called Integrated Problem Centered Metaframeworks (IPCM). The infusion of IPCM into all courses will create vital links for students as they struggle to master a highly complex body of knowledge.



*The Family Institute has become a premier center for innovative research, including the development of the STIC®.*

# Alumni

The Alumni Association serves all alumni who have graduated from or have a certificate from The Family Institute's education programs/professional training, including those conducted at The Family Institute of Chicago, the Center for Family Studies (Northwestern Memorial Hospital), School of Education & Social Policy's Counseling Psychology PhD or MA programs (Northwestern University), and the Center for Applied Psychological and Family Studies (Northwestern University).

The Alumni Association strives to foster lifelong relationships between The Family Institute and its alumni. The Association promotes a spirit of loyalty and fraternity among graduates, students and friends, while encouraging alumni to maintain involvement in activities at the Institute and to support the Institute's work through financial and volunteer contributions.

The Alumni Association is a resource for current students, alumni and the Institute itself.



*Marriage and Family Therapy Alumnus of the Year, Carol Jabs-Schectman, PhD, LMFT, stands with Jessica Sweet, MSMFT, who nominated her for the award.*

## SERVICE TO THE ALUMNI

The Alumni Association provides professional development, networking and social events, and advocacy for The Family Institute alumni base.

The marquee event hosted by our Alumni Association in FY11 was a new event called *The Inside Track*. The event, exclusive to TFI alumni, was an opportunity for

alumni to re-connect with one another and the Institute, and emphasized professional development. We welcomed TFI alumna Joyce Marter, LCPC (Class of 1996) as the special guest speaker. Ms. Marter is co-owner of the ever-expanding Chicago-area group practice, Urban Balance, LLC and was selected for the "40 under 40" Crain's Chicago Business List of 2010. Ms. Marter led a lively discussion about creating a successful professional vision (or private practice) that simultaneously promotes personal well-being and a healthy work/life balance.

## SERVICE TO THE STUDENTS

The Alumni Association connects with The Family Institute's graduate programs by providing mentoring, advocacy and promoting continued involvement with the Institute and the Alumni Association.

The Alumni Association worked hard to strengthen the connection between alumni and the students from both the Marriage and Family Therapy and Counseling Psychology programs during FY11. Over 100 second-year students and alumni mentors participated in the Alumni Association's Mentor Program to help students transition from school to career. At the annual Career Guidance Night for Marriage and Family Therapy students, alumni panelists shared their professional experiences and answered students' questions about their varying career paths.



*Counseling Psychology Alumnus of the Year, Vicki Seglin, PhD, accepts her award from Gary Friend, DPM, LPC.*



Scott Turow spoke at our Jenner & Block-sponsored event, "Love and Letters: Writing about Marriage."

### SERVICE TO THE FAMILY INSTITUTE

The Alumni Association supports the mission and activities of the Institute and fosters a culture of financial support among the alumni.

With the help of the Alumni Advisory Board's Public Affairs committee, we saw an increased level of participation throughout our alumni base during FY11 at our Circle of Knowledge events and at Family Institute professional education events. We also saw an increase in alumni financial support for scholarships and other Institute programs.

### ALUMNI ADVISORY BOARD

(November 2010 - August 2011)

Janice Witzel, PhD, LCPC, *Chair*

Heather Bates, LMFT

Dana Bennison, MA, LPC

Erica Estes-Watson, MA, LPC

Gary Friend, DPM, LPC

Jaime Henry-Juravic, LMFT

Jayne Kinsman, LMFT

David Klow, LMFT

Ashly Lawrence, MA, LCPC

Patricia Peña, MSMFT

Maryah Qureshi, MSMFT

Maryanne Williams, PsyD

Debbie Youderian, LCSW, LMFT

Suzanne Puntillo, *Director of Development*

## Advancing the Institute

Institutional Advancement held a successful evening donor event in December 2010, raising \$18,000 for the Bette D. Harris Family and Child Clinic. The event, supported by our Board of Directors and Board Development Committee, and sponsored by Jenner & Block, featured best-selling author Scott Turow. Over 100 guests listened as Mr. Turow spoke on "Love and Letters: Writing about Marriage." Mr. Turow's talk was thought-provoking and illuminating.

The Family Institute was awarded another Taproot Foundation grant during 2011. The Website Redesign project began during the summer of 2011 and will be completed in March 2012.

Social media was a focus for Public Affairs during FY11. In an effort to market to new audiences, we actively posted on Facebook and Twitter. These endeavors increased traffic to our social media sites, increased the number of online followers, and began active discussions between alumni and other professionals in the mental health arena. Posts and tweets included our Circle of Knowledge events, alumni events, education Open House dates and Family Institute media mentions.

## Behavioral Health Information System

To continue to meet HIPPA regulations and move all clinical, scheduling and billing records to one integrated digital system, The Family Institute spent a part of 2011 selecting a Behavioral Health Information System (BHIS). With the help of department directors, we began to update clinical and administrative processes so they can be translated into an electronic format. Rollout of the BHIS will begin in Summer 2012.

# Selected Presentations, Publications and Media Mentions\*

## SELECTED PRESENTATIONS

Ardizzone, A. & Risch, S. (2010, December). Collaborative assessment: How it is helpful to parents and teachers. Francis Parker School, Chicago, IL.

Chambers, A. (2011, April). State of research on couples therapy and African American marriages. Hampton University, Hampton, VA.

Cooper, A. (2011, April). Are we keeping our kids too happy? Bannockburn School, Bannockburn, IL.

Giordano, F. (2011, March). The social and emotional health of high school students. Evanston Township High School, Evanston, IL.

Kamensky, E. (2011, February). Relationship conflict. Illinois Psychological Association, IL.

Lebow, J. (2010, October). Research into practice: The most important findings in psychotherapy research in the last quarter century. Conference of the Mexican Society for Psychology, Mexico City.

Pinsof, W. (2011, February). System assessment and tracking change in therapy: The Systemic Therapy Inventory of Change - STIC® System. University of Trier, Trier, Germany.

Pinsof, W. (2011, April & 2011, May). A delicate balance: Change versus acceptance in our intimate relationships. Circle of Knowledge, Chicago and Glencoe, IL.

Pinsof, W. (2011, May). The clinical use of the STIC®. Mechelen, Belgium.

Pinsof, W. (2011, May). System assessment and tracking change in therapy: The Systemic Therapy Inventory of Change – STIC®. Milan, Italy.

Rampage, C. (2010, October). 'I'm telling you this for your own good ...': The dubious value of 'constructive' criticism in our intimate relationships. Circle of Knowledge, Winnetka and Chicago, IL.

Russell, W. (2011, February). Military and veteran families: Challenges to adaptation and guidelines for therapy. Illinois Association for Marriage and Family Therapy, IL.

Sheehan, C. (2011, March). Sex therapy. Illinois Psychological Association, IL.

Weisz, L. (2010, November). Tools for parents helping children through divorce. The Lilac Tree, Evanston, IL.

## SELECTED PUBLICATIONS

Breunlin, D. C., Pinsof, W. M., Russell, W. P., & Lebow, J. L. (2011). Integrative problem centered metaframeworks (IPCM) therapy 1: Core concepts and hypothesizing. *Family Process*, 50, 293-313.

Knobloch, L. K., Knobloch-Fedders, L. M., & Durbin, C. E. (2011). Depressive symptoms and relational uncertainty as predictors of reassurance-seeking and negative feedback-seeking in conversation. *Communication Monographs*, 78(4), 437-462.

Lebow, J. L. (in press). Guidelines for conducting couple and family therapy. In G. Koocher, J. C. Norcross, & S. S. Hill (Eds.) *Psychologists desk reference (3rd edition)*. New York: Oxford Press.

Lebow, J. & Black, D. A. (in press). Considerations in court involved parents. *Journal of Child Custody*.

Lebow, J. L., Chambers, A., Christensen, A. & Johnson, S. M. (in press). Marital distress. *Journal of Marital and Family Therapy*. Also to be published in D. Sprenkle & R. Chenail (Eds.) *Effectiveness Research in Marriage and Family Therapy*. Washington: AAMFT.

Lebow, J. L. & Stroud, K. (in press). Family therapy. In G. Stricker (Ed.) *Handbook of Psychology: Clinical Psychology*. Hoboken, NJ: John Wiley and Sons.

Lewis, A., Zinbarg, R., Craske, M., Mineka, S., Vrsheck-Schallhorn, S. & Epstein, A. (2010). The relationship between anxiety sensitivity and latent symptoms of anxiety and depression in adolescents: A structural equation modeling approach. *Behaviour Research & Therapy*, 48, 761-769.

Pinsof, W. M., Breunlin, D. C., Russell, W. P., & Lebow, J. L. (2011). Integrative problem centered metaframeworks (IPCM) therapy 2: Planning, conversing and reading feedback. *Family Process*, 50, 314-336.



Shimokawa, K., Lambert, M. J., & Smart, D. W. (2010). Enhancing treatment outcome of patients at risk of treatment failure: Meta-analytic and mega-analytic review of a psychotherapy quality assurance system. *Journal of Consulting and Clinical Psychology, 78*, 298-311.

Stroud, C. B., Durbin, C. E., Wilson, S., & Mendelsohn, K. (in press). Spillover to triadic and dyadic systems in families with young children. *Journal of Family Psychology*.

Uliaszek, A., Zinbarg, R., Mineka, S., Craske, M., Sutton, J., Giffith, J., & Epstein, A. (in press). A longitudinal examination of stress generation model in depressive and anxiety disorders. *Journal of Abnormal Psychology*.

## **SELECTED MEDIA MENTIONS**

### **CBS-2 Chicago**

Sieracki, J. "Why women cheat." November 2010.  
Solomon, A. "Why men cheat." November 2010.

### **Chicago Parent**

Gill, D. "Rivaling 'helicopter parents,' hands-off parents let their kids off the leash." September 2010.

### **Chicago Tribune**

Gill, D. "Osama bin Laden's death." May 2011.  
Knobloch-Fedders, L. "Resurgence of an age-old pest is driving Chicago buggies: Bedbugs on the rise, though no one's sure to what extent." September 2010.

### **Crain's Chicago Business**

Rubinowitz, L. "Unemployed parents squirm as children help pay bill, offer job advice." September 2010.

### **Good Housekeeping**

Doheny, M. "Toddlers in tiaras." August 2011.

### **Fox News Chicago**

Sieracki, J. "Plan stress-free family vacations." July 2011.

### **Los Angeles Times**

Rubinowitz, L. "Woman's cancer a factor in complex custody case: Some are outraged over North Carolina judge's decision to send children to father in Arlington Heights." June 2011.

### **Make It Better Magazine**

Cooper, A. "Early childhood: Unstructured play time." June 2011.

Gordon, L. "5 tips for helping kids cope with divorce." February 2011.

Klow, D. "5 things you should know about marriage therapy." April 2011.

### **MSNBC**

Richardson, R. "Bad winter weather restrained job creation in January." February 2011.

### **North By Northwestern**

Shimokawa, K. "Students band together to support Japan." April 2011.

### **Red Eye Chicago**

Doheny, M. "Breakup blow-outs: Here's a reason to celebrate: Divorce." July 2011.

### **Seattle Times**

Rubinowitz, L. "Family smackdown: Should you get into the ring?" April 2011.

### **YouBeauty.com**

Knobloch-Fedders, L. "Be a super mom, not super stressed: Try these stress relief tips for the crazy back-to-school days ahead." August 2011.

### **Wall Street Journal**

Rampage, C. "He says Maine. She says Florida. How couples navigate one of the trickiest issues in retirement: Where to live." March 2011.

### **Working Mother Magazine**

Rampage, C. "Need a mad-mommy makeover?" May 2011.

### **WVON**

Richardson, R. "Shaken baby syndrome." April 2011.

*\* For a complete list of presentations, publications and media mentions conducted during FY11, please contact Cyndi Schu, Director of Public Affairs at 312-609-5300, ext 483 or cschu@family-institute.org.*

# The Family Institute at Northwestern University Financial Statements for Fiscal Years 2011 & 2010

The Family Institute is audited annually by an independent certified public accounting firm.  
A copy of the audited financial statements is available upon request.

## Statement of Financial Position as of August 31

### ASSETS

	2011	2010
Cash and Cash Equivalents	\$ 624,034	\$ 268,000
Accounts Receivable and Prepaid Expenses	387,463	297,912
Investments (at market)	8,550,239	7,867,841
Other Assets	2,379	4,610
Pledges Receivable	1,274,439	1,069,805
Property and Equipment, Net	3,496,461	3,483,119
Total Assets	<u>\$ 14,335,015</u>	<u>\$ 12,991,287</u>

### LIABILITIES AND NET ASSETS

#### Liabilities

Current Liabilities	\$ 741,140	\$ 622,500
Total Liabilities	<u>\$ 741,140</u>	<u>\$ 622,500</u>

#### Net Assets

Unrestricted	3,723,572	3,906,281
Temporarily Restricted	2,758,659	1,363,752
Permanently Restricted	7,111,644	7,098,754
Total Net Assets	<u>13,593,875</u>	<u>12,368,787</u>
Total Liabilities and Net Assets	<u>\$ 14,335,015</u>	<u>\$ 12,991,287</u>

## Statement of Activities for the Years Ended August 31

### SUPPORT AND REVENUES

Contributions and Grants	\$ 1,249,106	\$ 1,374,915
Program Services	9,478,479	8,258,826
Investment Income	327,945	355,084
Total Support and Revenues	<u>\$ 11,055,530</u>	<u>\$ 9,988,825</u>

### EXPENSES

#### Program

Education	2,283,053	2,196,841
Clinical Services	6,419,294	5,501,425
Research	659,529	549,948
Total Program Expenses	<u>\$ 9,361,876</u>	<u>\$ 8,248,214</u>

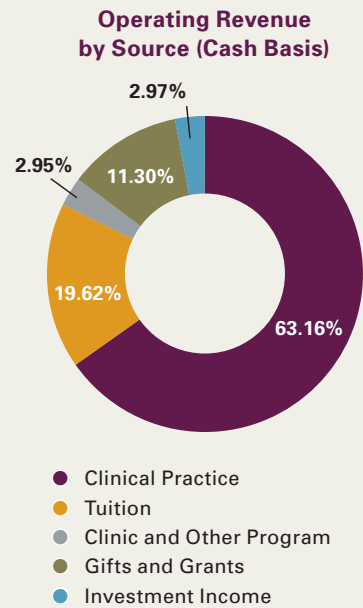
#### Supporting Services

Management and General	788,078	650,083
Fundraising and Public Relations	625,476	562,280
Total Supporting Services Expenses	<u>\$ 1,413,554</u>	<u>\$ 1,212,363</u>
Total Expenses	<u>\$ 10,775,430</u>	<u>\$ 9,460,577</u>

Increase (Decrease) Before Nonbudgetary Items	280,100	528,248
Unrealized Gain (Loss)	944,988	267,544
Increase (Decrease) in Net Assets	1,225,088	795,792
Net Assets at Beginning of Year	12,368,787	11,572,995
Net Assets at End of Year	<u>\$ 13,593,875</u>	<u>\$ 12,368,787</u>

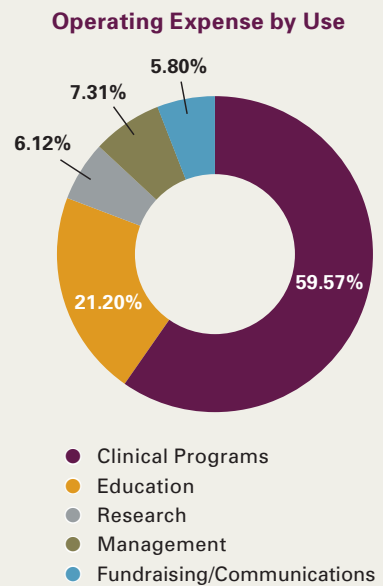
### Operating Revenue by Source (Cash Basis) Fiscal Year 2011

Clinical Practice	\$6,983,001	63.16%
Tuition	2,168,890	19.62%
Clinic and Other Program Revenue	326,588	2.95%
Gifts and Grants	1,249,106	11.30%
Investment Income and Other	327,945	2.97%
<b>Total</b>	<b>\$11,055,530</b>	<b>100.00%</b>



### Operating Expense by Use Fiscal Year 2011

Clinical Programs	\$6,419,294	59.57%
Education	2,283,053	21.20%
Research	659,529	6.12%
Management	788,078	7.31%
Fundraising/Communications	625,476	5.80%
<b>Total</b>	<b>\$10,775,430</b>	<b>100.00%</b>



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We are extremely grateful to the many individuals, families, foundations, corporations and organizations who so generously supported a specific program, research or the general operating fund. The following is a list of those who made gifts to The Family Institute between September 1, 2010 and August 31, 2011.

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CSADC	Certified Supervisor Alcohol and Other Drug Abuse Counselor
EdM	Master of Education
JD	Juris Doctor
LPC	Licensed Professional Counselor
LCPC	Licensed Clinical Professional Counselor
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
MCEd	Master in Christian Education
MLIS	Master of Library and Information Science
MM	Master of Management
MSEd	Master of Science in Education
MSSA	Master of Science in Social Administration
MSW	Master of Social Work
MSMFT	Master of Science in Marriage and Family Therapy
PsyD	Doctoral degree in Psychology

*The Family Institute at Northwestern University, a not-for-profit and tax-exempt organization as defined under section 501(c)(3) of the Internal Revenue Code, is an independent affiliate of Northwestern University and is responsible for its own funding and governance.*

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*Photos courtesy of Jeff Ellis Photography, Andrew Campbell Photography and Tom Lane Photography.*

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*The Family Institute, an affiliate of Northwestern University, is a unique, innovative, not-for-profit organization, governed by its own independent Board of Directors and responsible for its own funding. We offer a sliding-fee scale clinic and staff practice at each of our four locations: Evanston, Chicago, Northbrook and LaGrange Park. For more information, please call 847-733-4300 or visit our website, [www.family-institute.org](http://www.family-institute.org).*

