

# *Annual Report*

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# *Fiscal Year 2019*

## **ALASKA BOARD OF MARITAL AND FAMILY THERAPY**



**Department of Commerce, Community  
and Economic Development**

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**Division of Corporations, Business  
and Professional Licensing**

This annual performance report is presented in accordance with  
Alaska statute AS 08.01.070(10).

Its purpose is to report the accomplishments, activities, and the  
past and present needs of the licensing program.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Identification of the Board**

<b>Board Member</b>	<b>Duty Station</b>	<b>Date Appointed</b>	<b>Term Expires</b>
<p><b>Karen Cunningham</b> Licensed Marital and Family Therapist</p>	Anchorage, AK	Mar 01, 2017	Mar 01, 2021
<p><b>Dorothea Goddard-Aguero</b> Public Member</p>	Anchorage, AK	Mar 01, 2016	Mar 01, 2020
<p><b>Nicole Jenkins</b> Licensed Marital and Family Therapist</p>	Palmer, AK	Mar 01, 2017	Mar 01, 2021
<p><b>Natalie Lewis</b> Public Member</p>	Kotzebue, AK	Mar 01, 2018	Mar 01, 2022
<p><b>Noah Shields</b> Licensed Marital and Family Therapist</p>	Kenai, AK	Mar 01, 2019	Mar 01, 2023

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**Identification of Staff**

**Lauren Osborn – Licensing Examiner**

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Division of Corporations, Business and Professional Licensing  
Post Office Box 110806  
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**Jun Maiquis – Regulations Specialist**

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**Sher Zinn – Regulations Specialist**

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**Marilyn Zimmerman - Paralegal**

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**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Narrative Statement**

The board of Marital and Family Therapy (BMFT) is staffed by the Division of Corporation and Professional Licensing (CBPL). The board consists of three licensed marital and family therapists and two public members. Board members are appointed by the Governor and confirmed by the Legislature.

The board adopts regulations to carry out laws governing the practice of marital and family therapy in Alaska. It makes final licensing decisions and takes disciplinary actions against people who violate licensing laws. The board meets at least once a year and offers a public comment period at each meeting. Meeting agendas are available from the licensing examiner.

The board will continue using a board evaluation template. A new licensing examiner, Lauren Osborn, was introduced January 2019. The board experienced a fiscal deficit budget. At the end of the fourth quarter of FY 18, the board carried a \$3,795.00 deficit. As a board, we will be working diligently to bring our fiscal deficit into a surplus.

The board once again submitted proposed guidelines for the practice of teletherapy/telesupervision to the Department of Law. The board has been corresponding with the Department of Law for their continued review and recommendations. The board will address these changes during the FY19 fiscal year.

The proposed regulations are regarding teletherapy/telesupervision regulations, which address both the provision of distance therapy and distance supervision. These regulations include the scope of teletherapy practice, eligibility to practice teletherapy, continuing education requirements related to teletherapy, requirements for a supervisor providing telesupervision, requirements for providing technology-assisted distance professional services, safety, confidentiality, informed consent, payment practices, and ethics. It is with hopes that we will have new regulations approved by the Lieutenant Governor in FY19.

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**Budget Recommendations for FY 2020**

The Budget Recommendations section anticipates the board’s fiscal priorities for the upcoming year. Please complete all parts of this section with details about anticipated meetings, conferences, memberships, supplies, equipment, to other board requests. Meeting expenses that are being funded through third-party reimbursement or direct booking must be identified separately from expenses paid through license fees (receipt-supported services or RSS). Be sure to explain any items listed as “other” so they may be tracked appropriately.

**#1 Rank**

(Rank board meetings in order of importance)

Board Meeting Date	Location	# Board	# Staff
August 13, 2019	Anchorage, AK	5	1
<input checked="" type="checkbox"/> Airfare: 2 board members and 1 staff			\$1250.00
<input checked="" type="checkbox"/> Hotel: One night for 2 board members and 1 staff			\$525.00
<input checked="" type="checkbox"/> Ground: Taxi			\$300.00
<input checked="" type="checkbox"/> Other: MI&E			\$270.00
<b>Total Estimated Cost:</b>			<b>\$2,345.00</b>

**#2 Rank**

(Rank board meetings in order of importance)

Board Meeting Date	Location	# Board	# Staff
November 12, 2019	Anchorage, AK	5	1
<input checked="" type="checkbox"/> Airfare: 2 board members and 1 staff			\$1250.00
<input checked="" type="checkbox"/> Hotel: One night for 2 board members and 1 staff			\$525.00
<input checked="" type="checkbox"/> Ground: Taxi			\$300.00
<input checked="" type="checkbox"/> Other: MI&E			\$270.00
<b>Total Estimated Cost:</b>			<b>\$2,345.00</b>

**#3 Rank**

(Rank board meetings in order of importance)

Board Meeting Date	Location	# Board	# Staff
January, 2020	Anchorage, AK	5	1
<input checked="" type="checkbox"/> Airfare: 2 board members and 1 staff			\$1250.00
<input checked="" type="checkbox"/> Hotel: One night for 2 board members and 1 staff			\$525.00
<input checked="" type="checkbox"/> Ground: Taxi			\$300.00
<input checked="" type="checkbox"/> Other: MI&E			\$270.00
<b>Total Estimated Cost:</b>			<b>\$2,345.00</b>

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**Budget Recommendations for FY 2020 (continued)**

**#4 Rank**

(Rank board meetings in order of importance)

Board Meeting Date	Location	# Board	# Staff
April, 2020	Anchorage, AK	5	1
<input checked="" type="checkbox"/> Airfare: 2 board members and 1 staff			\$1250.00
<input checked="" type="checkbox"/> Hotel: One night for 2 board members and 1 staff			\$525.00
<input checked="" type="checkbox"/> Ground: Taxi			\$300.00
<input checked="" type="checkbox"/> Other: MI&E			\$270.00
<b>Total Estimated Cost:</b>			<b>\$2,345.00</b>

**Travel Required to Perform Examinations**

Not applicable

Date	Location	# Board	# Staff
<b>Description of meeting and its role in supporting the mission of the Board:</b>			
<input type="checkbox"/> Airfare:			\$0.00
<input type="checkbox"/> Hotel:			\$0.00
<input type="checkbox"/> Ground:			\$0.00
<input type="checkbox"/> Conference:			\$0.00
<input type="checkbox"/> Other:			\$0.00
Describe "Other" (break out all sections):			
<b>Total Estimated Cost:</b>			<b>\$0.00</b>

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Budget Recommendations for FY 2020 (continued)**

**Out-of-State Meetings and Additional In-State Travel**

Date	Location	# Board	# Staff	
August 29 – September 1, 2019	Austin, TX	1	0	
<b>Description of meeting and its role in supporting the mission of the Board:</b>				
Earn up to 28.5 continuing education credits at AAMFT's Annual Conference, the world's leading education and networking event for marriage and family therapists. It is an opportunity to learn from leaders in the field, network with peers, and discuss innovative research and techniques over four days filled with educational and professional development activities.				
Expenditure	License Fees (RSS)	Third-Party Reimbursement	Third-Party Direct Booked	Total
<input checked="" type="checkbox"/> Airfare:	\$910.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Hotel:	\$145.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Ground:	\$50.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Conference:	\$500.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Other	\$244.00	\$0.00	\$0.00	\$0.00
Describe "Other" (break out all sections):				
<b>Net Total:</b>	<b>\$1,849.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$1,849.00</b>

**Out-of-State Meetings and Additional In-State Travel**

Date	Location	# Board	# Staff	
September 17-21, 2019	Minneapolis, MN	1	0	
<b>Description of meeting and its role in supporting the mission of the Board:</b>				
AMFTRB Annual 2019 Conference				
Expenditure	License Fees (RSS)	Third-Party Reimbursement	Third-Party Direct Booked	Total
<input checked="" type="checkbox"/> Airfare:	\$700.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Hotel:	\$755.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Ground:	\$50.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Conference:	\$400.00	\$0.00	\$0.00	\$0.00
<input checked="" type="checkbox"/> Other	\$380.00	\$0.00	\$0.00	\$0.00
Describe "Other" (break out all sections):				
<b>Net Total:</b>	<b>\$2,285.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$2,285.00</b>



**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Budget Recommendations for FY 2020 (continued)**

**Non-Travel Budget Requests**

- Not Applicable                       Resources                       Examinations  
 Membership                       Training                       Other

Product or Service	Provider	Cost Per Event
AMFTRB Membership	AMFTRB	\$500.00

**Description of item and its role in supporting the mission of the Board:**

This Association is organized (1) to facilitate communication among its member boards concerning the regulation of marital and family therapists; (2) to sponsor collaboration among the member boards in developing compatible standards for marital and family therapy services; (3) to interface with other marital and family therapy organizations, with legislative, judicial, regulatory, and executive governmental bodies and with other groups or associations whose areas of interest may coincide with those of the Association; (4) to aid its member boards in fulfilling statutory, professional, public, and ethical obligations; (5) to develop, conduct and maintain the "Marital and Family Therapy National Examination"; and (6) to engage in and encourage research on matters related to the legal regulation of marital and family therapists.

**Non-Travel Budget Requests**

- Not Applicable                       Resources                       Examinations  
 Membership                       Training                       Other

Product or Service	Provider	Cost Per Event
		\$0.00

**Description of item and its role in supporting the mission of the Board:**

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Budget Recommendations for FY 2020 (continued)**

<b>Other Items with a Fiscal Impact</b>		<b>Cost Per Event:</b>	<b>\$0.00</b>
<input checked="" type="checkbox"/> <b>Not Applicable</b>		<b>Number of Events:</b>	<b>0</b>
<b>Product or Service</b>	<b>Provider</b>	<b>Total Cost</b>	
		\$0.00	
<b>Description of item and its role in supporting the mission of the Board:</b>			

<b>Summary of FY 2020 Fiscal Requests</b>	
Board Meetings and Teleconferences:	\$9380.00
Travel for Exams:	\$0.00
Out-of-State and Additional In-State Travel:	\$4134.00
Dues, Memberships, Resources, Training:	\$500.00
Total Potential Third-Party Offsets:	-\$0.00
Other:	\$0.00
<b>Total Requested:</b>	<b>\$14,014.00</b>

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Legislation Recommendations Proposed Legislation for FY 2020**

**No Recommendations**

The Board has no recommendations for proposed legislation at this time.

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**Recommendations**

The Board has the following recommendations for proposed legislation:

During the coming fiscal year (FY 19), the board will pursue amendments to legislation and statutes, specifically, A.S. 08.63.120 to ensure the statute is sufficiently tailored to allow and promote the ability of unlicensed individuals seeking to be licensed in this state to obtain supervision by out of state supervisors, who meet the same or similar standards as in this state, as in the public interest.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Regulation Recommendations Proposed Legislation for FY 2020**

**No Recommendations**

The Board has no recommendations for proposed regulations at this time.

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**Recommendations**

The Board has the following recommendations for proposed regulations:

The Board will pursue regulations changes as it relates to AS.08.63.120.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Goals and Objectives**

**Part I**

***FY 2019's goals and objectives, and how they were met:***

- 1) Board FY 2019 had intended to implement regulations to address distance therapy and distance tele-supervision. The Board explored proposed regulations using the AMFTRB's (American Marriage and Therapy Regulatory Board) guidelines for the implementation of distance therapy and supervision. The completed set of guidelines was voted on and approved. The guidelines were sent to the Legal Department for review. It was voted to post these Guidelines on the Board of Marital and Family Webpage, as soon as possible, so clinicians can easily access the information.
- 2) The BMFT will continue to review statutes and regulations to be consistent with the practice of marital and family therapy. The Board will continue to recommend other statutes and regulations as needed. The Board worked specifically to define "face-to-face" in regards to tele-supervision. Currently, board members are researching license protection, which would protect various titles or claims by clinicians who are not licensed as a MFT.
- 3) The board will continue to review applications of marriage and family therapists by credentials, by examination, for supervisor status and for associates in an established and timely manner. This is a major function of the BMFT meetings. The Board is satisfied with our process of reviewing applications. The Board has developed a subcommittee to create a draft outline of regulations on Military Licensing. The Board adopted proposed regulations to allow MFT associates to engage in group therapy with professionals from other closely related fields, given certain standard requirements, outlined in the proposed statute changes.
- 4) The board will continue its responsibility to improve the process of approving continuing education, including supervision and continuing education, while maintaining professional standards. The Board sought to amend regulations for continuing education, to make the process in applying for continuing education approval clearer and less broad, including specifically defining who can apply for continuing education, approval and identifying entities that are exempted from the continuing education fee requirements. The Board approved the application fee for continuing course approval fee of \$100 and a continuing course renewal fee of \$50.
- 5) The board will continue to work closely with the investigator assigned at their request. At every meeting, the investigator assigned to this Board gives a report on their work related to the BMFT. The Board will continue to be updated on the functions of the investigator's office. The investigator reported at each meeting. There were investigations reported throughout the year, and the Board is satisfied with the outcome of each of the closed investigations.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Goals and Objectives**

**Part I** (continued)

***FY 2019's goals and objectives, and how they were met:***

- 6) The board will implement brief evaluations with each board meeting. In addition to feedback from each Board member after each meeting the Board will utilize a written brief evaluation at the end of each Board meeting.
- 7) The board will continue to work with the Division of Corporations, Business and Professional Licensing with the goal to continue to reduce expenses and increase fees as is reasonable to maintain a balanced budget. The Division of Corporations, Business and Professional Licensing has continued to work with the Board to clarify budget needs including the use of licensing fees to reduce expenses while maintaining a balanced budget. Significant increases were proposed and approved. The Board was hesitant to approve these proposed increases, in anticipation that there would be fewer licensees renewing their license. However, given the structure of the CBPL and BMFT, there was no choice but to approve the changes. They are as follows:

<i>Application/Form Type</i>	<i>Most Recent Fee</i>	<i>Current Fee Increase</i>
Initial Application	\$200	\$500 (\$300 increase)
New MFT License	\$800	\$1250 (\$450 increase)
Renew MFT License	\$800	\$1250 (\$450 increase)
Associate License	\$500	\$600 (\$100 increase)
Temporary License	\$200	\$300 (\$100 increase)

- 8) The board will continue to fill vacancies as they occur in a timely manner. One vacancy occurred in 2019. The Governor's office was able to fill that vacancy in a timely manner. There are currently no vacancies. The Board encourages and will work with the Governor, should any vacancies arise in 2020
- 9) The BMFT will work to standardize and streamline the approval of continuing education while maintaining the integrity of the mission of the Board, which is to approve training relevant to Marriage and Family Therapy.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Goals and Objectives (continued)**

**Part I** (continued)

***FY 2019's goals and objectives, and how they were met:***

- 10) The board has continued, and will continue, to collaborate with CBPL's Occupational Licensing Examiner, whose guidance has been essential to the functioning of the Board.
- 11) The board will continue to provide information and be a source of information and support for legislators and executive branches of the state government. The Board will continue to document all contacts with legislators or legislative offices on behalf the board and report that to the Board through the Occupational Licensing Examiner.
- 12) The board will continue to review, research and consider new technological advances as it pertains to therapy, supervision, and training. The Board will continue to make recommendations to the proposed regulations and statutes in order to enact legislation for distance therapy.
- 13) The board will continue to require licensing as an MFT Associate before acquiring clinical and supervision hours. The Board was able to make changes that will make Licensing and Associate Licensing in Alaska more practical and helpful for candidates. The Board had approved a proposed amendment to pending legislation that directly effects AS 08.63.120 to allow the inclusion of out of state supervision hours to apply to the supervision requirements. As that legislation progressed through the legislative committees. Several Board members provided testimony and their support for those bills in committee hearings during the 2018 legislative session. These amendments have just been made official.
- 14) The board will research and consider ways of insuring MFT licensees have knowledge of their statutes and regulations. The primary way of insuring MFT licensees have knowledge of their statutes and regulations is through our website. However, knowing that many licensees do not check the website, the board has in the past and will be continue to send a mailing to licensees to update and inform them of current statutes and regulations and recent changes.
- 15) The board will continue its goals to increase board education to improve its function by sending delegates to national conferences and/or trainings such as "Clear" and American Association of Marital and Family Therapy Regulation Board (AMFTRB). While it was anticipated one board licensee member will attend the Clear conference and the AMFTRB, paperwork was not submitted to the board member with enough time to secure travel. It is the Board's goal to send Karen Cunningham, LMFT, to the next AMFTRB meeting. One of Alaska's Board Members, Karen Cunningham, LMFT, has been nominated for the Secretary Position for the AMFTRB and other members support her nomination.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Goals and Objectives (continued)**

**Part I (continued)**

***FY 2019's goals and objectives, and how they were met:***

- 16) The board will continue to review and explore title vigilance. The board regularly reviews and is open to explore issues relating to title vigilance.
- 17) The board will continue to be source of information for legislatures and executive branches of the state government. The board will continue to represent its missions, goals, and mandates as it interacts with legislators and executive branches.
- 18) The board will continue its goals to increase board education to improve its function by sending delegates to national conferences and/or trainings such as "Clear" and American Association of Marital and Family Therapy Regulation Board (AMFTRB). While it was anticipated one board licensee member will attend the Clear conference and the AMFTRB, paperwork was not submitted to the board member with enough time to secure travel. It is the Board's goal to send Karen Cunningham, LMFT, to the next AMFTRB meeting. One of Alaska's Board Members, Karen Cunningham, LMFT, has been nominated for the Secretary Position for the AMFTRB and other members support her nomination.
- 19) The board will continue their affiliation and full membership with the American Association of Marital and Family Therapy Regulations Board (AMFTRB).
- 20) The board will continue to review and explore title vigilance. The board regularly reviews and is open to explore issues relating to title vigilance.
- 21) The board will continue to be source of information for legislatures and executive branches of the state government. The board will continue to represent its missions, goals, and mandates as it interacts with legislators and executive branches.



**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Goals and Objectives**

**Part II**

**FY 2020's goals and objectives, and proposed methods to achieve them.**

***Describe any strengths, weaknesses, opportunities, threats and required resources:***

**Goal 1:** The board will pursue joint recommendations from AAMFT, COAMFT, and AMFTRB regarding certification, Registration, or compact agreements to facilitate license portability.

**Objective 1:** Continue to seek input from the National Organization, AAMFT, the APA and various MFT Boards.

**Objective 2:** Continue to draft a proposal for legislation of statutes and regulations.

**Goal 2:** The board of Marital and Family Therapy will continue to review statutes and regulations to be consistent with the practice of marital and family therapy.

**Objective 1:** Continue to recommend other statutes and regulations as needed.

**Goal 3:** The board will continue to review applications of marriage and family therapists by credentials, by examination, or supervisor status, and for associates in an established manner.

**Goal 4:** The board will continue its responsibility to improve the process of approving continuing education, while maintaining professional standards.

**Objective 1:** Continue to approve training relevant to the profession in a changing post-modern world.

**Objective 2:** Continue to standardize and streamline the process for approval of continuing education while maintaining the integrity of the mission of the Board

**Goal 5:** The board will continue to work closely with the investigator assigned at their request.

**Goal 6:** The board will continue use of brief evaluations with each Board meeting.

**Goal 7:** The board will continue to work with the Division of Corporations, Business and Professional Licensing with the goal to continue to reduce fees as is reasonable to maintain a balanced budget.

**Objective 1:** Continue to clarify budget needs.

**Objective 2:** Continue to review expenses at each regular scheduled Board meeting.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Goals and Objectives**

**Part II**

**FY 2020's goals and objectives, and proposed methods to achieve them.**

*Describe any strengths, weaknesses, opportunities, threats and required resources:*

**Goal 8:** The board will continue to work with the Governor's office to fill vacant Board seats in a timely manner.

**Objective 1:** Continue to encourage the Governor's office to reappoint current members or appoint a new member in a timely manner.

**Goal 9:** The board will continue collaborative relations with the Division of Corporations, Business and Professional Licensing.

**Objective 1:** Continue to communicate with the licensing examiner.

**Goal 10:** The board will be a presence and information source for legislators and executive branches of the state government.

**Objective 1:** Complete forms provided to Board members after each contact made with a legislator or legislative office on behalf of the Board.

**Objective 2:** Continue to be updated on the functions of the investigator's office.

**Goal 11:** The board will continue work on distance therapy and teletherapy to allow for therapists not licensed in Alaska, and not establishing a practice in Alaska, to do limited sessions with people residing in Alaska.

**Objective 1:** Continue to revise and finalize draft of the Board's teletherapy regulations, which address both the provision of distance therapy and distance supervision.

**Goal 12:** The board will continue to review research and consider new technological advances as it pertains to therapy, Supervision, and training.

**Objective 1:** Continue to address these issues during the legislative session.

**Objective 2:** Seek support, awareness, and endorsements by legislative members and the Governor.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY**  
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**Goals and Objectives (continued)**

**Part II** (continued)

**FY 2020's goals and objectives, and proposed methods to achieve them.**

*Describe any strengths, weaknesses, opportunities, threats and required resources:*

**Goal 13:** The board will continue to require licensing as an MFT associate before acquiring clinical and supervision hours.

**Objective 1:** Continue to address the issue of previous experience and labor mobility before this change.

**Objective 2:** Continue to review current statutes and regulations and propose changes necessary to match national trends.

**Goal 14:** The board will research and consider ways of insuring MFT licensees have knowledge of their statutes and regulations.

**Objective 1:** Send mail outs to licensees to update and inform them of current statutes and regulations.

**Goal 15:** The board will continue their affiliation and full membership with the Association of Marital and Family Therapy (AAMFT) and the Regulation Board (AMFTRB).

**Objective 1:** Continue to attend annual meetings to maintain an Alaska perspective and stay informed of what is occurring nationwide.

**Goal 16:** The board will continue its goals to increase Board education to improve its function by sending delegates to national conferences and/or trainings such as the American Association for Marriage and Family Therapy's yearly conference; the American Association for Marriage and Family Therapy's (AAMFT) yearly Regulatory Board (AAMFTRB) meeting; and the Council on Licensure, Enforcement & Regulation's (CLEAR) annual conference.

**Goal 17:** The board will continue to review and explore title vigilance.

**Objective 1:** Continue to regularly review and be open to exploring issues relating to title vigilance.

**ALASKA BOARD OF MARITAL AND FAMILY THERAPY  
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**Sunset Audit Recommendations**

**Date of Last Legislative Audit:**      **May 9, 2017**  
**Board Sunset Date:**                    **June 30, 2026**

**Audit Recommendation:**                No new recommendations were made as part of this audit.

**Action Taken:**

**Next Steps:**

**Date Completed:**