

# ***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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**Identification of the Board**

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

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**Identification of Staff**

**Lauren Osborn – Licensing Examiner**

Department of Commerce, Community & Economic Development  
Division of Corporations, Business and Professional Licensing  
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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 reviewed the fiscal budget and the amount of renewals the board received during the past fiscal year. The board began FY20 with a surplus of \$17, 491. At the end of the third quarter of FY20, the board will carry a deficit of \$641.00 into the renewal year. As a board, we will work diligently to improve the amount of license renewals and maintain a surplus in the budget.

The board focused on the Right Touch Regulation Project that reviewed and updated regulations to simplify and modernize them. The board reviewed regulations related to Sec 08.63.110(f) License for Supervised Practice, Sec 08.63.120 Authorized Supervisors, and 12 AAC 19.210 Approved Supervisors. The board worked on drafting language for Grounds for Denial and Reinstatement. This language was accepted by the board and submitted to the Department of Law.

In response to COVID-19 emergency, the board held an emergency meeting and voted on several changes to support Marital and Family Therapy licensees. These changes provided an Emergency Courtesy License, adjusted means for obtaining Continuing Education through distance format, and made changes to notarization of applications. A Position Statement was worked on to provide licensees under this board with information about Telehealth regulations. It is with hopes that we will have this statement available during the beginning of FY20.

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

## 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>

**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

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

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

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

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>



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

**Non-Travel Budget Requests**

- |                                                |                                    |                                       |
|------------------------------------------------|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Not Applicable        | <input type="checkbox"/> Resources | <input type="checkbox"/> Examinations |
| <input checked="" type="checkbox"/> Membership | <input type="checkbox"/> Training  | <input type="checkbox"/> 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**

- |                                                    |                                    |                                       |
|----------------------------------------------------|------------------------------------|---------------------------------------|
| <input checked="" type="checkbox"/> Not Applicable | <input type="checkbox"/> Resources | <input type="checkbox"/> Examinations |
| <input type="checkbox"/> Membership                | <input type="checkbox"/> Training  | <input type="checkbox"/> Other        |

Product or Service	Provider	Cost Per Event
		\$0.00

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

**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.

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**Goals and Objectives**

**Part I**

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

- 1)** The Board of Marital and Family Therapy (BMFT) FY 2019 had intended to simplify and modernize existing regulations to support ease of use and improve applicability with current practices. The Board reviewed regulations related to Sec 08.63.110(f) and discussed changes to increase the amount of times an applicant can take the license examination; Sec 08.63.120 was reviewed and changes were discussed in allowing authorized supervisors from outside of Alaska that were AAMFT approved; and 12 AAC 19.210 was reviewed and a proposal to drop language requiring proof of five years practicing as a licensed marital and family therapy for five continuous years was discussed.
  
- 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 create regulations for Grounds for Denial and Reinstatement. These additions were submitted to Department of Law.
  
- 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.
  
- 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 is satisfied with our process and continues to review and vote on applications in a timely manner.
  
- 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.

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**Goals and Objectives (continued)**

**Part I (continued)**

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

- 6)** 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.
- 7)** 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
- 8)** 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. Due to the COVID-19 emergency, the Board drafted language to allow licensees the option of completely all their continuing education via distance if needed. This change will only occur during the licensing period starting January 1, 2019 and ending December 31, 2020.
- 9)** The board will respond to unprecedented events to support professionals licensed under this chapter who provide mental health services to Alaskans. In response to COVID-19 emergency, BMFT made several changes in accordance with Legislative Confirmation of Disaster SB 241 and the COVID-19 emergency to provide an Emergency Courtesy License, and to make changes to Continuing Education and Notarization of Application requirements.
- 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.

**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:***

- 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 of 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. The Board clarified regulation changes to Telesupervision that were adopted during FY19 along with Teletherapy regulations.
- 13)** 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. The board has approved new emergency regulations to be posted online and has been working on a Position Statement to provide MFT licensees information about Telehealth regulations.
- 14)** 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, no members participated during FY19. The board endeavors to resume sending a board member to national conferences during FY20.
- 15)** The board will continue to review and explore title vigilance. The board regularly reviews and is open to explore issues relating to title vigilance.
- 16)** The board will continue their affiliation and full membership with the American Association of Marital and Family Therapy Regulations Board (AMFTRB).

**ALASKA BOARD OF MARITAL AND FAMILY  
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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.



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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 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 review and propose regulations to support Telehealth in Alaska.

**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.

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**Sunset Audit Recommendations**

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

<b>Audit Recommendation:</b>	No new recommendations were made as part of this audit.
<b>Action Taken:</b>	n/a
<b>Next Steps:</b>	n/a
<b>Date Completed:</b>	n/a