



Annual Report 2013

About The Council for Relationships: ***Helping People Live Their Best Lives***

July 1, 2012 – June 30, 2013

Who We Are

The Council for Relationships is a nonprofit organization with a mission to help people understand, respect and improve the quality of the important relationships in their lives by providing unsurpassed clinical care, education and training, and behavioral health research. As the oldest marital training center in the United States, established in 1932, the Council educates the next generation of relationship therapists through its Post Graduate Certification Program and through its Master's Degree in Couple & Family Therapy in partnership with Thomas Jefferson University. The Council for Relationships' core values are: *Healing, Excellence, Dignity, Diversity, Integrity, Scholarship & Confidentiality.*

History

In the early 1930s, a group of professionals led by Emily Hartshorne Mudd, Ph.D., created The Marriage Counsel of Philadelphia. Based on a commitment to provide services for all people, regardless of background or ability to pay, they established a policy of providing low-fee services that continues today. When relationship counseling was new, few therapists were trained in working with couples. The Council's Post Graduate Training Program in Couples and Family Therapy grew out of a need for the specialized clinical skills necessary to handle this work effectively. In 1946, the organization changed its name to The Marriage Council and began addressing problems sailors were experiencing after they returned home from the war. In 1952 The Marriage Council affiliated with the University of Pennsylvania's medical school and introduced the country's first course on family, marriage and sex counseling and provided courses and internships for medical students. Throughout the 1950s, Dr. Emily Mudd served as President of National Conference on Family Relations and American Association of Marriage Counselors (forerunner of American Association for Marriage & Family Therapy), and directed marriage counseling courses at Swarthmore and Bryn Mawr Colleges and Temple University. In the 1960s the Council affiliated with the Masters and Kinsey research group, and developed a strong focus on sex therapy and research. Under the leadership of Martin Goldberg, MD, in the 80s the Council shifted its focus back to marriage and family therapy, while continuing affiliations with the University of Pennsylvania, and expanding affiliations with Thomas Jefferson University, Widener University and Temple University. Now known as the Council for Relationships, and accredited by the AAMFT, the independent Council serves the community through individual, couples and family counseling, educational programs, research and outreach efforts that aim to bring hope and healing.

Treatment More than 60 licensed psychologists, psychiatrists, and a diverse team of therapists provided over 41,000 hours of individual, couple and family therapy in Fiscal Year 13. Nearly 10,000 hours of that counseling was provided free or at reduced fees low-fee therapy to families with limited financial means.

Training As the oldest marital training center in the United States, the Council educates the next generation of relationship therapists through our American Association for Marriage & Family Therapy (AAMFT) accredited Post-Graduate certification program. This program also offers an American Association of Sexuality Educators, Counselors and Therapists accredited Sex Therapy track and a specialty track for clergy. In Fiscal Year 13, the Post-Graduate program served 20 full and part time students and graduated three students. The Council also offers an AAMFT certified Master's Degree program in Couple & Family Therapy, in partnership with Thomas Jefferson University. In Fiscal Year 13 28 full time Master's students participated in the program. All of the second year students successfully graduated from the program, having met the course work and individual and systems clinical hour requirements. Over 90% of graduating students went on to work in the field.

Community The Council for Relationships partnered with other nonprofit organizations in Fiscal Year 13 in order to successfully meet the mental health needs of specialized, hard-to-reach vulnerable populations. Through a partnership with the Multiple Sclerosis (MS) Society, the Council provided 115 hours of therapy to individuals with MS and their families. And in Fiscal Year 13 the Council's therapists served 42 Iraq and Afghanistan War veterans and their families through the Operation Home and Healing program. Veterans and their loved ones were offered free or low-fee assistance dealing with trauma, employment and financial stress, marital discord, Post Traumatic Stress Disorder and other emotional issues. The Council's staff and students offered approximately 500 hours of individual, group and family therapy in a number of homeless shelters, transitional housing programs, schools and social service agencies.

Research The Council for Relationships' long standing research project, Transcending Trauma, applies the studies of hundreds of Holocaust survivors and their families' stories to current clinical counseling techniques and settings. Two books have been published based on the findings and a third is currently in development.

Finances In Fiscal Year 2013, more than 70% of the organization's nearly \$6 million annual revenue was earned through clinical services. Other sources of revenue and support included education tuition/fees and contributions. In Fiscal Year 13, the Council's net assets increased by more than \$285,000.

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July 1, 2012 – June 30, 2013

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