

# **NEWSLETTER – SEPTEMBER 2011**



**ALISON MORRIS, LMFT**  
**Secretary**  
**Miami-Dade Chapter**

Alison Morris, L.M.F.T., is a licensed Marriage and Family Therapist providing individual, family and couples counseling at Delta Psychological Group in Aventura and the surrounding area. She utilizes cognitive-behavioral, systems-oriented and solution focused approaches to address a variety of concerns such as: family issues, life transitions, body image and eating disorders, stress and anxiety, substance abuse, depression and suicide prevention, conflict resolution, grief and loss, self esteem issues, and anger management.

Alison obtained her Bachelor's degree from Oxford Brookes University, Oxford, England in 1994 and her Master's Degree in Marriage and Family Therapy from Nova Southeastern University in 2001. Alison worked at Barry University between 2001-2010 as a personal counselor, serving a wide population including: ethnic minorities, the LGBT community and individuals with diverse religious practices and beliefs.

Additionally, Alison chaired the Programming Committee within the Division of Student Affairs. The Committee was responsible for the planning, coordinating, and budgeting of federally mandated alcohol and sexual assault programs. The Committee facilitated its purpose via collaboration with many departments and divisions within the university; working diligently to ensure that every Student Affairs department had representation and acted as a channel of communication to establish a cohesive and knowledgeable division regarding educational programs as well as ensuring that all students had access to information that was inherently important to life as a college student.

In 2007, the Committee established a campus wide Domestic Violence Awareness and Prevention Month initiative, involving numerous programs and activities in response to the growing number of students sharing their stories of domestic violence. In 2008, this initiative expanded within the community to collaborative efforts with local academic institutions and agencies, and the provision of presentations to local youth on bullying and ways children and adolescents could mobilize to create societal change in their communities and the world.

Alison continues her efforts to highlight the importance of healthy relationships through her involvement in the Annual College Brides Walk established in 2010. This program is a collaborative effort between several leading universities and community based agencies throughout South Florida. The purpose of the Walk is to bring awareness to the problems of domestic and dating violence on and off our college campuses. The Walk was inspired by the originator, Josie Ashton, a local activist who organized the first Brides Walk that took place in 2000, when Josie walked 1,000 miles in her own wedding dress to commemorate the life of Gladys Ricart who was killed by an abusive ex-boyfriend on her wedding day in 1999. With permission of the Ricart family, Josie walked from the home of Gladys Ricart in New Jersey to Miami, Florida; staying in 14 domestic violence shelters and traveling through 22 cities along the way. Her

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walk, a decade ago, inspired 300 college students wearing wedding gowns and tuxedos to march 7.5 miles in the first College Bride's Walk on February 11, 2011. Students and local community members walked from Barry University in Miami Shores to Florida International University's Biscayne Bay Campus and back to raise awareness of this critical issue.

On February 10, 2012 college students and community members will be uniting once again and participating in Second Annual College Brides Walk. Members of the Miami-Dade Chapter for Marriage and Family Therapy are strongly encouraged to participate and please feel free to contact Alison or visit the official website of the College Brides Walk ([www.collegebrideswalk.com](http://www.collegebrideswalk.com)) to learn more about its organization and ways to be involved.