President’s Message:  
Help Promote and Protect Counseling in Oregon

Greetings counseling colleagues:

Have you ever thought of how you would describe your ideal professional self? Recently, I attended a continuing education class where I was asked to do just that. Honestly, it wasn’t something I had given much thought to since the days of graduate school, but as I put my pen to paper and started writing about my ideal Professional Counselor self, I was surprised and inspired and began to recognize the many ways in which ORCA has been a part of my growth towards that ideal. ORCA has given me an opportunity to increase my knowledge and skill, to make a difference for counselors and our clients, and ultimately, work toward becoming the counselor that I aspire to be.

This fall, ORCA presented two outstanding learning events that attracted a statewide audience of counselors, where together we continued our professional journey toward our ideal selves. On Sept. 28, 80+ counselors gathered in Portland (and some virtually via webinar) for a successful day-long workshop Change Is Coming: An ethics workshop on new rules in ACA, HIPAA, and OBLPCT. More recently on Nov. 7-9, the ORCA Fall Conference was held in Eugene, OR, attracting 150+ professionals where learning centered around the conference theme Counselors as Leaders and Advocates.

At both events, it was an honor to hear appreciation from members about what ORCA membership has meant to them, and the many stories about how ORCA has kept them informed and connected to the issues that matter. Participants were able to hear how ORCA is advocating for our profession and our clients, through our powerful advocacy partnership COPACT. It was inspiring and humbling to hear about how ORCA, and its legacy of strong volunteer-leaders, has played a role in developing great counselors in Oregon—but our work is far from done.

Until recently, the unfortunate truth is that only some of the many LPCs, Registered Interns, and graduate students in our state were aware of ORCA. This year, through targeted outreach efforts, ORCA is focused on engaging these potential members in a dialogue to better understand their needs and ensure they are aware of the benefits and opportunities that our members receive. So far, we have learned we need to extend regional member networking and learning opportunities outside the Portland-metro area. Already, our leaders have responded by implementing an innovative option to participate in events via webinar, and we are seeing new member-sponsored regional networking events developing in Eugene and Medford/Ashland. As we expand our membership base, we strengthen the unified voice of Professional Counselors in Oregon.

We are counting on our current ORCA members to help spread the word by talking with your colleagues about the value of ORCA, about the importance of membership, and about the community of counselors working to promote and protect our profession. We welcome your creative ideas to help us connect more broadly with our potential members across our large state—let them know there is a community available to support their growth toward their ideal professional self.

So, once again I ask you: how would you describe your ideal professional self? Go ahead, I challenge you to write down a paragraph or two. Get idealistic for a while and see what you come up with. It may just surprise and inspire you, too.

All my best to you and yours this holiday season,

Matt Morscheck, MS, LPC
ORCA President, 2013–2014
2013 Annual Fall Conference Builds On Our Collective Power
More than 120 counselors from across the state of Oregon convened at the Valley River Inn November 7-9, 2013. We came to learn, we came to connect, we came to be inspired.

This year’s theme was advocacy — not only for our clients and communities, but also for ourselves as a profession.

Generous presenters volunteered time and energy to impart wisdom about legislative action, disability, mindfulness, cultural competence, employee advocacy, family involvement, ecotherapy, domestic violence, shame, empowering female adolescents and more.

Two major things occurred at this event. The most obvious: many of us got some much needed CEUs and gained new information that would hopefully strengthen our daily clinical practice. The second occurrence was the connections made with other counselors—the opportunity to “compare notes” and collectively reflect on the barriers we were experiencing in our schools, workplaces, private practices, or with local insurance companies or the newly minted Coordinated Care Organizations (CCOs).

This is where the power of numbers comes in.

When we can get together in person like this, we learn that one counselor was able to successfully negotiate a contract with one of the new CCOs, while another continues to get stonewalled. We hear from someone in our government, Sean Kolmer of the Oregon Health Authority, that many legislators and government decision-makers THINK that private practitioners are being allowed to contract with CCOs (and these officials may not even realize that there are...
It was a place where we could get valuable information directly from the lobbyist who represented us last year, Maura Roche, who did a wonderful job “introducing” the counseling field to our policy makers. We could take the time to applaud the amazing work of Maura and the Coalition of Oregon Professional Associations for Counseling and Therapy (COPACT), our legislative arm. Not only could we applaud their success, but we had the opportunity to “join in” on the efforts by donating our money to COPACT retaining a lobbyist to advocate for counselors.

We also were able to hear from our new lobbyist Elizabeth Remley about how we can capitalize on last year’s success by meeting with our legislators on our own in 2014 (She reminded us that there’s a short 35-day session starting in February, which means for much of the year our legislators will be just around the corner in our hometowns, and will be available for longer coffee meet and greets than they may be in the capitol).

Let’s Keep It Going
And even while some of what we were sharing with each other were our personal frustrations or barriers, we all left inspired. It’s amazing how simply connecting, face-to-face, with other counselors can do that. We foster that kind of connection with our clients day in and day out, but sometimes we forget to facilitate that process for ourselves—connecting with other professionals and with our profession. I left with so many potential connections that empower my practice and rejuvenate my interest in this field. Now let’s all follow through and turn those potential connections into a reality. Then we’ll all reconvene at next year’s annual conference to see how we did!

Sarah Lebo, LPC, CADC I, serves on the board for ORCA as the conference chairperson, and operates a small private practice in southwest Portland.
Building an Important Relationship
Perspectives on the ORCA Mentoring Program
By Karen McKenzie-Alexander and Margie Chance

The Value of Being Mentored

Do you ever wonder if all that energy you invest in other developing counselors really makes a difference? From my own experience, I would say that it definitely does. A couple of years ago, I responded to the ORCA offer to connect counseling graduate students with mentors. As a graduate student in the CACREP-accredited Capella University Mental Health Counseling Program, I knew that I needed connection with the profession in order to stave off the potential isolation which can occur with a low-residency program. Intentional connection is especially crucial in such programs, especially for a developing counselor. While face-to-face time does occur at the two residencies and during the practicum and internship terms, the amount of time spent working at a computer far outweighs the human connection time during the first half of the program.

Little did I know at that time what an amazing journey I was undertaking. Today, I am still working toward my degree on a halftime basis and I plan to be done by the end of 2015.

For the past two years, Margie Chance, the therapist at Heart Centered Psychotherapy, has been my mentor. We have connected every month or so during that entire period. We meet at a coffee shop and spend a couple of hours together. We discuss questions that I may have about theory and practice, as well as the personal and professional life and realities of a therapist. Sometimes, we even just chat about what’s going on in our lives as human beings. This has been incredibly valuable time for me, facilitating connection with the profession; enabling me to cultivate a lifelong friend, mentor and colleague; and providing moral support when the isolation and questions regarding the profession occur. In my case, the mentoring has truly fulfilled a major aspect of the ORCA mission, providing me with important professional development opportunities by connecting me with a truly gifted professional in my chosen field.

(Continued on next page)
A Mentor’s Perspective

As a new counselor in Portland in 1999, I was fortunate to have many gracious therapists share their valuable time with me discussing practice-building and consulting on clients. When I opened my practice in 2004 I purchased professional consultation from a local skilled psychologist and continued on a weekly basis for several years. I have always enjoyed every aspect of giving back or paying forward, especially in our field...the least of which was not the social benefit!

I don't do well networking on a large scale; one-on-one is more my style. So one very dark, rainy winter night when I forced myself to attend an ORCA networking event, I was apprehensive to say the least. I met a couple of outgoing and kind individuals and read all of the materials they had available for us. One opportunity seemed “right up my alley” and it was the chance to sign up to mentor a counseling student or intern. As an internship supervisor I really enjoy the progressive relationships with these people who share my love of the mental health field. But supervising infers a power differential which prevents an equal social interaction. So I signed up and didn't give it a second thought.

Within a couple of weeks I received the email telling me about Karen McKenzie-Alexander. I emailed her right away and we were off and running. I was the tiniest bit apprehensive, but I knew I could easily manage the required 6-12 month commitment to Karen. That first meeting we talked excitedly about school and theory, etc., and by the third meeting we were well on our way to a lifelong friendship.

We still meet every 4-6 weeks, even with a 100+ mile distance between us. And we still happily spend the greater portion of our time together discussing the counseling profession--just not the entire visit. I'm really so glad I took that first leap. I would highly recommend this enriching experience to anyone in the mental health field.

Margie Chance, LPC, possesses certificates in Interpersonal Neurobiology (IPNB) and in Alcohol & Drug Counseling. She works from her private practice in Portland. www.margiechance.com.

With a background in anthropology, French, international studies, and education, Karen McKenzie-Alexander is a Master’s in Mental Health Counseling student at Capella University, a CACREP-accredited low-residency program. She is currently working as a life coach in Eugene as she finishes up her degree to become an LPC.

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We have plenty of exciting changes and updates to share with you from the Public Policy and Advocacy Committee at ORCA. With the unification of ORCA and OMHCA (Oregon Mental Health Counselors Association) complete, we have progressed through our first legislative session with the stellar guidance and support of our amazing lobbyist, Maura C. Roche, and with help of testimony provided by Wendy Curtis LPC, Steve Rogers MFT, and Larry Conner LPC.

Representing LPCs and LMFTs in Oregon

COPACT (Coalition of Oregon Professional Associations for Counseling and Therapy) is the Government Relations and Advocacy arm of the Oregon Counseling Association (ORCA) and the Oregon Association for Marriage and Family therapy (OAMFT) who have come together to form a united statewide professional lobby presence in the Oregon State Capitol and with the Oregon Executive Branch. COPACT advocates for all LPCs and LMFTs in Oregon. COPACT contracts with a government relations consulting firm and meets as a legislative committee to set priorities and provide direction and oversight of the lobby effort in Salem. Prior to the 2013 session we hired a veteran lobbyist, Maura C. Roche, with more than 20 years experience in Salem to represent COPACT. She has decided to retire and we have hired Elizabeth Remley as her successor, who can build off the successes of Maura’s work this past year with COPACT.

Goals of Therapist and Counselor Legislative Work in Oregon

Following the passage of the Practice Act in 2009, which gave LPCs and LMFTs health insurance reimbursement rights, COPACT has had two major goals: to seek a level playing field for LPCs and LMFTs in Oregon and to raise the visibility of the counseling and therapy professionals with legislators and establish COPACT as the “go to” organization to represent our interests. In this effort, we have amended statutes in Oregon where certain legal rights, privileges and obligations have been granted to Licensed Psychologists and Licensed Clinical Social Workers, but not to LPCs and LMFTs. The reason for this is simple. With the advent of Health Care Reform, it will become more important than ever for LPCs and LMFTs to have the same legal status as other licensed mental health care professionals.
2013 Legislative Successes

SB 491: Consent to Mental Health Treatment for Teens, Passed

Almost 30 years ago, sensing the need to give teens from troubled families the tools to seek mental and physical health care services, the legislature began creating a body of law granting teens limited ability to consent to their own care. As of January 1, 2014, thanks to the passage of SB 491, the ability to consent to mental health and addiction treatment will now be extended to teens, age 14 and up, seeking help from LPCs and LMFTs as well.

HB 2768: Amendments to the Practice Act, Passed

With HB 2768, we sought to amend the Practice Act to meet two objectives:

1. We made the length of time required for internships exactly the same for LMFTs as LPCs. Thanks to the passage of HB 2768, as of January 1, 2014, LMFT interns will be able to get licensed at the same pace as LPC interns.

2. We amended some of the definition language in the practice statute to make it more enforceable by our licensing board and to better situate ourselves for healthcare reform.

HB 2737: Increased Internship Availability, Passed

COPACT worked in support of HB 2737 this session. This bill will require insurers to reimburse the psychotherapy provided by independent mental health clinics throughout the state. The main reason we supported the passage of this bill is that it will increase the availability of internships for LPCs and LMFTs. Additionally, we supported it because it increases the availability of mental health services in rural and underserved areas in Oregon.

How You Can Help

COPACT has been working hard for you and needs your support!

COPACT works on behalf of all LPCs and LMFTs in Oregon. In order for us to continue to protect our profession, we need to raise the resources necessary to maintain government relations and lobby work with the legislature and the executive branch. Without representation, we will be vulnerable to all the changes coming with Health Care Reform starting Jan 1, 2014. Every other player in the system has professional government relations help to navigate government and politics as health care transformation moves forward—insurance companies, nurses, doctors, psychologists, and social workers. LPCs and LMFTs need to have the same kind of strategic support to ensure our interests are represented. In order to continue to be able to hire our government relations representative, we need a substantial amount of funding.

Membership & Donations Matter!

Share this important legislative news with colleagues and support them in joining ORCA and OAMFT. In order to support our ability to contract with a lobbyist we need to make sure that you and your colleagues are (new or) renewing members of the Oregon Counseling Association [http://or-counseling.org/](http://or-counseling.org/) and/or the Oregon Association for Marriage and Family Therapy [http://www.oamft.org/ohana/website/index.cfm?p=95575656645](http://www.oamft.org/ohana/website/index.cfm?p=95575656645). And, keep in mind, you may donate directly to the “Lobby Fund” on the COPACT website: [www.copactoregon.com/donate](http://www.copactoregon.com/donate).

With your support, LPCs and LMFTs in Oregon will be able to manage the huge changes coming with Health Care Reform. We must band together and support each other. Please do what you can to help. You are helping your clients, your colleagues and strengthening the future of the counseling profession.

We will continue to update you on priorities for the upcoming legislative sessions and ensure that you are notified on the latest news on Health Care Reform.

Karen Hixson is a supervisor and educator based in Portland. She is chair of the Oregon Association for Counselor Educators and Supervisors (OACES) on the ORCA Board.

Oregon Counseling Association 7 Fall 2013
Lessons from A Career Management Paradox

Insight Versus Knowledge—Caution Needed

By Bruce Blackstone Hazen

A career caution for ourselves and our clients: as information technology increasingly takes over the more simplistic, analytical, calculating, and even rational functions of our personal and business decision-making and reasoning, we’re left with a new standard of human usefulness and value. It’s not what it used to be. It’s no longer about having a command over processes. It no longer involves merely controlling information or finding it. Instead, usefulness demands the capacity for insight, creativity, and innovation.

If you’re not prone to insight (for example, the ability to look into yourself AND

OTHERS and understand who you are in the physical, psychological, and spiritual realm around you) you’re rapidly becoming a Twenty-First Century illiterate. Technology tools are doing the rest of your work. But, the technology can’t (yet) innovate as well as the context-savvy human consciousness; and it can’t generate certain insights into me or you as well as a sensitive human consciousness can.

For most therapists, this insight and innovation is our stock in trade. For some clients, this might not be the case. There are some work-culture trends that we need to explicate in our work with clients and some questions we need to raise with them.

Do you strive to have a sensitive human consciousness? This

Consider this operational definition of “career management” as you work with clients:

Career Management (def.): the art of managing one’s relationship to work over a lifetime by maximizing insights that are intrapersonal, interpersonal and market-based and turning them into action strategies.

Continued on next page
description does not mean to portray someone who is overly emotional, vulnerable, or prone to crying and having emotional breakdowns at the sight of a puppy or the sound of “The Wedding March.” Instead, it describes someone who can sense how and when they, or others, have needs—and how those needs will influence behaviors.

Are you interpersonally skilled? This means that you can modulate your own behavior to interact with others in ways that minimize conflict and maximize social success.

Career management requires some new styles of thinking and acting—just as our new, emerging forms of work require new approaches. It’s a bit like being a contemporary musician. Developing new styles and learning how to improvise will make you more contemporary and economically fit to orchestrate your part in the change. Like any good musician, we need to prepare to be physically and psychologically adaptive to the “new music” and how our instrument will play in the “new orchestration.”

For therapists there is a dual implication for ourselves and for our clients. We’re in the business of insight and behavior change. But it’s difficult to give to others what you may not have for yourself. If your personal career management strategy and actions have fallen by the wayside, it can feel awkward and perhaps even unethical to venture into a therapeutic dialogue about a client’s struggle with career decisions. There is a great partnership waiting to be formed between career consultants and therapists that can be leveraged for the benefit of the client at a time like this.

This article is excerpted from Chapter 6 of Answering The Three Career Questions: Your Lifetime Career Management System by Bruce Blackstone Hazen, a career and management consultant and president of Three Questions Consulting. Bruce brings over 25 years of diverse experience as a therapist, regional healthcare manager, human resources/OD professional and consultant to management in a range of industries.

www.threequestionsconsulting.com
Qigong and Counseling

By Peter Gold

Incorporating qigong into your counseling practice offers many benefits for you and your clients. This article is about those benefits and the complementary nature of psychotherapy and qigong.

A sweeping comparison in 2010 by the National Institute of Health (Jahnke, R., Larkey, L., Rogers, C., Etnier, J. & Fang Lin, 2010) found that anxiety and depression improved significantly as a result of practicing qigong and tai chi. My experience as a therapist and client affirms these findings.

When therapists use qigong in their practices they prevent burnout and enhance their effectiveness and longevity as practitioners. During the long sedentary days of sitting with clients hour after hour, practicing just a few minutes of qigong between sessions re-establishes integration between the thinking mind and the feeling body. As a result, therapists increase their capacity to understand clients and track session nuances of content and process.

Using qigong with clients during sessions deepens the therapeutic alliance by increasing previously established safety and trust. It also gives therapists access to information precluded from exclusively verbal sessions. Practicing qigong with clients often exposes new revelations, insights and details that organically change previously held thoughts, feelings and behaviors.

While complementing talk therapy and psychopharmacological treatment, qigong improves many of the symptoms associated with anxiety, depression and the mood disorders. It also clarifies various types of conflict; and promotes authenticity and relational sensitivity. Qigong gives clients an easily accessible and always available tool for self-soothing and self-efficacy. They become better able to take care of themselves in healthy ways. People suffering from a wide range of adverse symptoms can use qigong as an effective, low-cost tool that supports psychological health and healing.

The highly eminent qigong master, China scholar, and health expert Kenneth Cohen writes, “I firmly believe that qigong and psychotherapy are congruent and comparable healing modalities. Sometimes either technique is enough to solve a problem; often both are required” (p. 227). Accordingly, many therapists utilize qigong in their practices.

Psychologist, qigong teacher and author Michael Mayer writes that, “A fundamental part of the suffering of civilized men and women comes from being out of touch with nature, our nature…[when we use qigong] we “re-member” our connection with the elements of our wider nature” (Mayer, 2007). Echoing Mayer’s sentiments, author, therapist and qigong teacher Patrick Dougherty writes that, “Integrating qigong into therapy offers immediate, effective tools to not only help people mitigate the effects of their stress-filled world, but to help them maintain the changes they have made in therapy (Dougherty, 2007).

Continued on next page
My experience squares with Dougherty’s writing: as a therapist and client I have found that changes occur more readily, hold much easier, and last much longer when qigong and therapy are used concurrently.

Peter Gold, M.A., has written extensively on the benefits of combining qigong and psychotherapy. He is a practicing therapist in Portland and has designed a 6-session class that teaches therapists how to use qigong for themselves and their clients. For more information please visit: PeterGoldTherapy.com/trainings.

References

OBLPCT Update
In October, ORCA received a letter from the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT) announcing the launch of a self-initiated pilot project to consolidate some administrative tasks with the Oregon Board of Psychologist Examiners. The project is in response to several recent actions that have increased interest in combining various state licensing boards in an effort to increase efficiency and effectiveness. The project would not consolidate the boards themselves but would combine some personnel including the director, who would work with both boards. The two boards will remain separate, keep their existing functions, retain separate budgets, and license requirements will remain unchanged. According to the OBLPCT letter, “the impact to licensees will be minimal, although there may be some process changes to support this framework.” The pilot project will be reviewed in July 2015 to identify lessons and evaluate successes. Questions, concerns, or suggestions may be directed to the OBLPCT. www.oregon.gov/OBLPCT
In July, Margaret Evans and Karen Hixson attended the Institute for Leadership Training (ILT) in Washington D.C. The ACA ILT brings together ACA leaders from Regions, Branches, and Divisions seeking to enhance their leadership skills and dedication to the counseling profession. One of the main activities is a lobby day on Capitol Hill where ACA counselors meet with their representatives to lobby for legislation in the areas of mental health, school, and career counseling.

**What were the big messages you were taking to your legislators this year?**

**Karen:** This year, we were working on issues of systematic and comprehensive school counseling program funding, ensuring that more LPC and LMFTs get incorporated into the Veterans Affairs workforce and Medicare reimbursement for LPCs and LMFTs. The issues are very important in getting our clients more access to mental healthcare.

**Was it intimidating to meet with your representatives and congressmen/women on Capitol Hill?**

**Margaret:** The ACA prepared us well with talking points. We found the staffs of our senators and congressmen/women very receptive to our message. They asked smart questions and were interested in hearing our experience. The meetings made me proud to live in Oregon where our representatives are introducing bills and expressed support of bills to help with mental health care access for Oregonians.
What did you enjoy about Washington D.C.?

Karen: I absolutely loved walking around D.C., going on adventures for food and spending time at the museums at the National Mall—especially The National Gallery. Public transit made it easy to utilize our time outside of the institute to enjoy D.C. I was completely energized by the people I met on my travels!

Margaret: I loved the easy access to the U.S. Capitol, our representatives, the Washington Monument, and my favorite, the Lincoln Memorial. Karen and I were leaving the Washington Monument when President Obama’s helicopter flew over dropping him off in front of the White House. It was fun to be a part of the crowd welcoming him home.

What inspiration or new knowledge did you bring home with you?

Karen: It was really helpful to go to the ILT to get a sense of what was happening on the national level in the field of counseling. I heard what other states and regions were working on and what challenges they were facing in their own state. It was great to get the experience of talking to legislators about the important issues that impact our clients and our profession.

Margaret: It reminded me of the importance of being part of our professional organization nationally and locally. The voice of the counseling profession needs to be heard and have a seat at the table especially now when so many changes are being made. We cannot depend on others to do it, we all need to get involved in our profession to make sure we are able to practice in the way that is meaningful to us and our clients.

A huge thanks to the Western Region of the ACA for the grant that made our attendance at the ILT possible!

To learn more about the ILT, go to http://www.counseling.org/institute.
To join or renew your membership to ORCA, go to: http://or-counseling.org/membership/
LinkedIn: Regarding Gina Senarighi’s post about “affair repair” resources she uses with her clients
“Thanks for posting and nice article. I too like Janis Abrahms Spring's books. Other resources on building trust and connection are helpful using the EFT model and the Gottman model.”
—Sheila Somers, LPC, psychotherapist

Become a LinkedIn Group member:
http://www.linkedin.com/groups?gid=2467168

Facebook: Quoting Fall Conference Keynote Ted Sundin, MD
“Every human being is a unique path to the divine. That is very different than the DSM 5.” —Ted Sundin, MD
—OACES President Karen Hixson

Like our page to get newsfeed updates:
http://www.facebook.com/OregonCounselingAssociation
Tune in to our Twitter feed:
https://twitter.com/OregonCounselor

Yahoo Groups: We changed our name
Please note: the name of our Yahoo group has changed from “oregoncounseling” to “ORCAmembers.” Therefore, if you'd like to send a message out to the group, the new email address to use is: orcamembers@yahoogroups.com.

Join our group to get regular e-mail news updates:
Go to http://health.groups.yahoo.com/group/OregonCounseling/ and click join now.
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