Greetings ORCA (including former OMHCA) Members!

Usually the first President’s Message of the year begins with a note of new beginnings and aspirations for the year ahead. While it’s true that I’m very excited and hopeful about the coming year, I’d like to stray slightly from tradition and take this opportunity to speak directly to our members with an important update and a request for help.

Unity and Common Ground

As a profession, we are a community comprised of diverse specialties, populations served, and professional interests—and yet we are united in the practice of “Professional Counseling,” as described in Oregon law. It is this common ground that led to the merging of two state counseling associations over the past year. We brought our unique voices together, forming the new Oregon Counseling Association (ORCA) that is stronger in numbers and leadership, with a renewed focus on promoting and protecting professional counseling in Oregon.

The Shifting Landscape

Change is our new normal. Significant legislative and policy changes at the state, local, and national levels are impacting Oregon counselors, not the least of which includes the sweeping changes related to the implementation of the Affordable Care Act. Recently ORCA, through its Public Policy & Advocacy partnership COPACT, contracted with a lobbyist who masterfully guided us through an impressive 100% fulfillment of our lofty legislative priorities. Key successes included: 1) Important updates to our Practice Act, 2) Adding LPCs to the list of approved providers in Teen Access bill, 3) Increasing internship sites in Oregon and 4) Adding LPCs to a longstanding statute reducing liability for medical malpractice lawsuits. We have proven that ORCA is well positioned and prepared to represent the interests of professional counselors throughout these transitions ensuring we remain a vital, relevant, and recognized part of the shifting mental health and wellness landscape in Oregon. We can do it, but we need your help.

Membership Matters: What You Can Do

What if you knew there was one thing you could do to help protect your profession in this environment of change and uncertainty? There is.

A member-strong association helps us secure our seat at the proverbial table. In the past too many of us have been divided by various specialties, often confused about which professional association to call home. Now the choice is clear: ORCA is the association advocating with the unified voice of all professional counselors. To be effective we must strive to get every Oregon counselor on board.

Take a moment today to reach out to your colleagues, co-workers, registered interns, former classmates, supervisees, and your students. Let them know that their membership in ORCA matters and that by joining they are doing their part to promote and protect the interests of counselors and our clients.

Thank you for your help. I’m honored to serve as your ORCA president for the upcoming year alongside a talented and dedicated governing board. I look forward to being in touch with you this year and hope to connect with you at one of our many events throughout the year, including our November conference in Eugene.

Be well,
Matt Morscheck, LPC
ORCA President
Recovering Self-Identity Amidst Long-Term Unemployment

By Dave Gallison, LPC

This topic, recovery from long-term unemployment, gets harder for me to write about the longer the tail of the “Great Recession” drags on. As a career counselor in private practice, I see the devastating effects on my clients who have been unemployed six months or more, particularly those in their forties and fifties. The frustration and shame is etched in the contours of sorrowful faces, down-turned shoulders and low voices that come from multiple rejections and being forced to tap retirement accounts to meet current living expenses.

From years of work in career counseling and outplacement, I am well-versed in how to teach my clients all the ways to access the “hidden job market,” network effectively, and find new opportunities. But the sheer scale of this recession (at the current rate of adding 144,000 new jobs a month it will take 15 years just to get back to pre-recession levels), suggests the employment landscape has been altered by a tsunami.

Without a Job, Who am I?

While the best-prepared or fortunate few may get back into the workforce at some semblance of their former employment, for many—middle-aged men in particular—the reduction in income and job status may prove to be permanent. More importantly, the involuntary job loss affects not just financial viability, but cuts to the core of identity and meaning in life. This is succinctly captured by a recent book title, Without a Job, Who Am I? by Abraham Twerski.

Life as those former job holders knew it, and the world of work, might never be the same again. Indeed, counselors like me may relay the new conventional wisdom that “all future jobs are temporary” and can end at any time.

For clients dealing with such a radical, frequently painful change in their external world, they may be forced to face inward, to one’s self-identity, the last remaining place that is under one’s control. This possibility of self-renewal is essential to moving forward. Job loss and sustained unemployment sap confidence and undermine quality of life, feeding a vicious cycle that inhibits employment prospects as well.

Proceed in Parallel

What to do? With clients who come to me, I proceed on parallel
tracks—develop and execute a job search campaign that is more focused and effective, and help clients adapt to major changes in their lives and rebuild their sense of meaning and identity. Job seeking for long-term displaced workers in this period of sustained record unemployment is, in itself, a subject for another article, let alone several counseling sessions. However, if we can progressively address the emotional, physical and even spiritual effects of job loss, then we can begin to reverse the spiral of self-doubt that stifles effective job-seeking behaviors.

Is there an Alternative to the Status Quo for the Long-term Unemployed?
I have found a few ways to help clients accept the reality of job loss and its attendant disruption of lifestyle, family, relationships, etc. To start with, we are often not aware of the values we operate under until our bubble bursts. Job loss and the struggle of long-term unemployment can cause us to re-evaluate. Instead of “Will I measure up to my neighbors and obtain the American Dream?” maybe we should ask why we even judge each other by material gain. Why do we overly identify with what we do rather than who we are? Can we possibly live fulfilled lives with less money? Instead of overly identifying with our jobs, what about giving more to the other roles in our lives such as parent, family member, volunteer, etc? As Elbert Hubbard reminds, “We work to become, not to acquire.”

Time for an Activity Adjustment
Awareness of misguided values can begin to free up a consciousness that was formerly brainwashed by false aspects of our culture and possibly consumed with over-working. Once freed up, how do you help clients recover self-worth, zest for living, while still unemployed (or at least in the time not spent looking for work)? In The Joy of Not Working,
a whimsically titled and inspiring book, Ernie Zalinski suggests the loss of work makes apparent the need to replace three things:

1. **Structure**
2. **Purpose**
3. **Sense of Community**

For instance, losing the **structure** provided by workplace routines can be unsettling to those now unemployed. As a result, clients may benefit from directed coaching about ways they can rebuild their own newly-rewarding routines: daily exercise, working as a volunteer, and taking college courses as well as scheduling job search activities.

While having a **purpose** is subtler than structure needs, it is perhaps more essential to happiness and fulfillment. If a client is not aware of their purpose in life, then I may direct the client to exercises like writing a mission statement or to various forms of contemplation or readings to explore the deeper self. For many, meaning can be found in contribution, in living for something larger than self.

And finally, because work tends to provide ready friends and after-work activities—one’s **sense of community**—the period between jobs will require deliberate cultivation of friends and social relationships if balance is to be restored. I have been surprised by how much support and validation my clients report after a referral to any of the numerous area job search support groups. And, seeking involvement with a group—be it church, community-related, interest or sport, etc.—reduces isolation and can add structure and reinforce one’s sense of purpose.

Let me bring this full circle: There is life after layoff and its personal, structure-altering and an economic jolt. **The inner work for a client**

to realize they are more than their job and to rebuild self-worth is essential to getting back on the career track after long term unemployment.

Dave Gallison, MS, LPC, has a practice in Portland, Oregon that emphasizes career and personal development to help clients find rewarding work. Dave is one of eight area career counselors in private practice that contribute to a biweekly blog, “Career Transition: The Inside Job,” [http://ccppblog.wordpress.com/](http://ccppblog.wordpress.com/), where a portion of this article was originally published. Feel free to subscribe and refer clients!

[www.gallisonconsulting.com](http://www.gallisonconsulting.com)
dave@gallisonconsulting.com
By Sarah Lebo, LPC, CADC I

For those of us working in addiction, we know that you can’t force (or nag) a person into the “action” stage of change. We instead focus on psychoeducation and “motivation enhancement” techniques, while addressing mental health symptoms along the way. Since the client population I work with is often abusing drugs like heroin, methamphetamine, alcohol and benzodiazepines, I rarely blink an eye when I hear they’re smoking a pack of cigarettes a day during an assessment.

This is unfortunate. I recently attended a wonderful training by Deb Drandoff, MEd, of the Washington Healthy Communities Resource Center. The education opened my eyes to the devastating effect smoking has on our communities and our clients (including effecting their medication regimen, their economic status and their isolation/ability to integrate into the community).

Some statistics she shared:
• 70% of people with behavioral health concerns are tobacco users, making nicotine dependence the most common substance use disorder among our clients.
• Tobacco-related illness is the leading cause of death for those in recovery from any substance addiction.
• Annual smoke-related deaths stand at 450,000, compared to 12,000 deaths annually from heroin, morphine and cocaine.
• Smoking affects the absorption of psychotropic drugs, meaning clients who smoke often are needing up to 50% higher doses of their antipsychotics, antidepressants and anxiolytics to get the same effect as nonsmokers.

“I need it for my stress”

When you look at the neurological effects of smoking, you can see that much of the panic and anxiety that clients feel when attempting to quit (or even talking about the subject!) can actually be attributed to the nicotine withdrawal cycle. Nicotine does a lot of things in our brain: it increases arousal, heightens attention, produces pleasure, decreases fatigue, decreases anxiety, reduces pain, and improves cognitive function. All of these things are made possible by the release of norepinephrine, glutamate, acetylcholine, GABA, serotonin, dopamine, and endorphins. Unfortunately the “perk” doesn’t last long, and the rebound effect of feeling anxiety or craving another cigarette occurs quickly. Stress levels in smokers are consistently higher than those in nonsmokers.

How to quit, “when you’re ready”

Smoking is often seen as one of the more tolerable vices since there isn’t the same risk of intoxication (or legal/community concerns) as there are with “harder” drugs. However, the stats above show there

Continued on page 7
OREGON EFT EXTERNSHIP

with Drs. Mark Kaupp and Lisa Palmer Olsen

September 12th -15th, 2013
Marylhurst, University
Portland, Oregon

EFT will transform your work with couples and families.

Cost
$850
$750 before August 1st
$550 student rate
$500 student rate before August 1st

The Externship

This is a four-day basic training that will give you a foundation for working with couples and families. This training is the prerequisite for all other EFT trainings and the first step towards certification as an EFT therapist. There will be a combination of theory and experiential practice of the model. There will be two live demonstrations by the trainers of Emotionally Focused Therapy with couples.

This training is for mental health professionals who would like to improve their work with couples and families. Students are welcome.

Oregon Counseling Association 6 Summer 2013
are larger implications to this substance. Including tobacco treatment can also improve outcomes from other drug use (by 25% according to an 18-study meta-analysis by Prochaska in 2004).

Fortunately there are free tools that have been proven to assist smokers in their quest to quit:
- Oregon Tobacco Quitline: www.quitnow.net/oregon/ or 800-QUITNOW (provides up to 2 weeks of free nicotine patches)
- Facilitating a Tobacco Awareness Group (Tobacco Recovery Resource Exchange) (PDF 485 KB)
- Learning About Healthy Living (Jill Williams, MD - revised 2012) (PDF 1.3 MB)
- Learning About Healthy Living - Spanish Version (Jill Williams, MD) (PDF 2.12 MB)
- "How to Quit" curriculum (Kaiser Permanente) (PDF 2.72 MB)
- Smoking Cessation for Persons with Mental Illnesses - A Toolkit for Mental Health Providers (updated Jan/2009) (PDF 620 KB)
- Tobacco Treatment for Persons with Substance Use Disorders - A Toolkit for Substance Abuse Treatment Providers

All of these and more can be found on a great resource web site: http://www.whcrc.org/presmaterials.cfm

Often with substance use we hear a lot of intolerance and misunderstanding — this affects smoking as well, with many people dismissing it as “not much of a problem” or believing a person can just stop, simple as that. It’s not so simple, when reflecting on the neurological benefits and high potential for physical dependency. Counselors are uniquely positioned to assist clients with personal insight and access to useful resources — both important steps to change.

Sarah Lebo, LPC, CADC I, has a private practice in downtown Portland that specializes in substance use and chronic pain treatment. She also serves on the ORCA board in the role of conference chairperson. She can be reached at conference@or-counseling.org

Lewis & Clark Eating Disorders Certificate Program

The Eating Disorders Certificate Program at Lewis & Clark is the only one of its kind in the Pacific Northwest.

Our 8-credit course of study provides the comprehensive knowledge base required to work professionally with clients experiencing disordered eating.

Lewis & Clark
Graduate School of Education and Counseling

Join the program this fall
The first course in the sequence, Introduction to Eating Disorders, begins October 19.

Courses in the certificate program can be taken for graduate degree-applicable or continuing education credit.

To accommodate the schedules of working professionals, classes convene on weekends while study and discussion continue online between class sessions.

For more information about this program and how to apply, visit go.lclark.edu/graduate/eating/disorders or contact the Center for Community Engagement at 503-768-6040 or cce@lclark.edu.
Oregon Counseling Association 2013 Annual Fall Conference

A New Horizon: Counselors as Leaders and Advocates

November 7th, 8th & 9th, 2013 • Valley River Inn, Eugene, Oregon

**Ethical Issues in 21st Century Clinical Practice**

*Presented by Douglas Querin, JD, LPC, CADC I, and Michael Kahn, JD, LPC*

**Keynote Speaker: Sean Kolmer, MPH**

*Health Policy Advisor for Governor Kitzhaber*

*The vision of Oregon’s health care system.*

**Evening Awards Banquet**

*(1 CE hour)*

**Dinner Speaker: Maura Roche, COPACT lobbyist**

*Legislative update specific to counselors.*

**Keynote Speaker: Ted Sundin, MD**

*Exploring psychiatric prescribing and how counselors can help clients in their process of reducing or changing their medications.*

**Ethical Issues in 21st Century Clinical Practice**

*Presented by Douglas Querin, JD, LPC, CADC I, and Michael Kahn, JD, LPC*

**Keynote Speaker: Sean Kolmer, MPH**

*Health Policy Advisor for Governor Kitzhaber*

*The vision of Oregon’s health care system.*

**Evening Awards Banquet**

*(1 CE hour)*

**Dinner Speaker: Maura Roche, COPACT lobbyist**

*Legislative update specific to counselors.*

**Keynote Speaker: Ted Sundin, MD**

*Exploring psychiatric prescribing and how counselors can help clients in their process of reducing or changing their medications.*

**Morning**

**Involving the Family in Counseling and Advocacy** .......................................................... Debra Depew, MSW

**Addressing Suicide in Your Practice** .............................................................................. Gary McConahay, PhD

**Neuro-Science and Resiliency After Trauma** ................................................................. Chuck Craytor, MA

**An Inside Look at the World of Disability** ............................................................... Susan Stuntzner, PhD, LPC, LMPH-CPC, CRC, NCC

**Afternoon I**

**The Intersubjectivity Music of the Client/Therapist Dance** .................................... David Manock, PhD, LMFT, MDiv, & Michelle Cox, PhD, LPC, NCC, ACS

**Communicating With Families to Save Lives** ............................................................... Stewart S. Newman, MD, & G. Ness Matthew Gabay, JD

**Mutual Leadership: The Power of Mindful Attunement in Clinical Change** .......... Donna Roy, LPC, CHT, and M.E.T.A. Colleagues

**Cultural Competence for the Independent Practitioner** ................................................. Delisha M. Pittman, PhD

**Afternoon II**

**Healing Trauma Through Stress Reduction in a Wilderness Setting** ................................ Corey May, MS, NCC, LPCi, & Elizabeth Deardorff, APSW, MSW

**Incorporating DBT and Qi Gong** ................................................................................... Samuel Chi Baker, MS, NCC, MAC, LPC

**Employee Assistance Advocacy & the Leader-Member Exchange** ......................... Thomas W. Ayala, PhDc, LPC, GCDfi

**Assessing and Referring Problem Gamblers** ................................................................. Pete Pennington, MS, NCC

**Saturday, Nov. 9th**

**Morning**

**Effects of Warzone Service on Veterans & Families** ................................................. Margaret Eichler, PhD, LPC, NCC, ACS, & Belle Landau

**Understanding, Screening for, and Intervening with Anger and Domestic Violence** ........................................................ Deena Crandall, MA

**Psychiatric Medications & Behavioral Strategies for Treatment** ............................... Ted Sundin, MD

**Prescribing Nature: Adding Ecotherapy to Your Clinical Practice** .............................. Patricia Hasbach, PhD

**Afternoon I**

**Sex, Shame, Authorship and Advocacy: Constructive Narrative Interventions** ............. Karen Hixson, LPC, & Rebecca Taplin

**Stepped Care for Insomnia: The Counselor’s Role** ....................................................... Rocky Garrison, PhD, CBSM

**Working with Gender-Transitioning Clients** ............................................................... Jordan Shin, MS, LPC

**Activist Support as a Form of Social Justice Counseling** ............................................. Tod Sloan, PhD

**Afternoon II**

**Therapy and 12-Step Recovery for Adult Children of Alcoholics** ................................. Andrew Davis, LCSW

**Strategies for Empowering Female Adolescents** ......................................................... Laura Sanchez, LPC, NCC, & Kristen Hughes, MEd

**Saying Goodbye Before Saying Hello: Innovations in Grief Counseling** ..................... Deena Crandall, MA

**Math Anxiety: Defining and Helping Students and Teachers With It** .......................... Cass Dykeman, PhD, NCC, NCSC, MAC

Up to 19 CE hours available. ORCA is authorized Continuing Education Provider #2038 for the NBCC.

For information and to register, visit www.or-counseling.org, or call 503-722-7119.
**A New Horizon:**
**Counselors as Leaders and Advocates**

---

**Conference 2013**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Education</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOV. 7-9</td>
<td>19 CE&lt;sub&gt;s&lt;/sub&gt;</td>
<td>EUGENE</td>
</tr>
</tbody>
</table>

---

Register Now for Savings!

After studying 63,000 brain images across 90 countries over 20 years, Dr. Daniel Amen shares his revelations about the human brain.

Dr. Daniel Amen from The Amen Clinics gave a TED talk in 2011 called “Change Your Brain, Change Your Life.” At the Amen Clinics, they have done over 63,000 brain scans and have found that when the brain works right you see positive results in your judgment, personality, character, and innovation. Conversely when the brain is troubled, you are much more likely to have troubles in those same four areas.

What you are about to read is not new information. However, when you see the brain scans that back up the research regarding the impact of healthy and unhealthy lifestyles on the brain, you will not forget it.

Americans spend millions of dollars on anti-aging efforts. Dr. Amen claims not taking care of your brain is the most significant age accelerator: brain injuries, alcohol, drugs, obesity, smoking, high blood pressure, lack of exercise, diabetes, and something Dr. Amen refers to as ANTS—automatic negative thoughts—all accelerate the aging process.

Conversely, when you feed your brain, you decelerate the aging process. Food for the brain includes: making positive social connections, continuing to learn, eating a healthy diet (food is medicine or poison for your brain), getting enough sleep, exercising, practicing gratitude, and having healthy anxiety, which is good as it makes you aware of the consequences of your decisions. Dr. Amen suggests writing down three things you are grateful for daily to feed your brain and fight depression.

You can accelerate the aging process of the brain, or you can decelerate it, Dr. Amen says. He reports that the good decisions you make today for your brain will improve your brain functioning within two months. “Everything in life will be better,” says Dr. Amen.

Check out his TED talk now for some inspiration to take better care of your brain! [http://youtu.be/MLKj1puoWCg](http://youtu.be/MLKj1puoWCg)

Margaret Evans, LPC, works as a counselor at Western Psychological and Counseling Services and is Secretary of the Oregon Counseling Association.
**LinkedIn:** Regarding ORCA Conference Chair Sarah Lebo’s post on addressing nicotine dependence with clients

“Thank you, Sarah, for your very informative posting! Since I did not know about the evidence in literature concerning tobacco use and mental health issues, I was never able to pass this knowledge on to parents I worked with in the past.”
- Olga G. Straight, LCSW

**LinkedIn Group:**
http://www.linkedin.com/groups?gid=2467168

---

**Facebook:** Regarding ORCA board members Margaret Evans and Karen Hixson, who met with Legislators in DC

“So excited and proud of you!! Thank you for representing!”
- Kim Larson Edgar

**Facebook:**
http://www.facebook.com/OregonCounselingAssociation

**Twitter:**
https://twitter.com/OregonCounselor

---

**Yahoo Groups:** Efforts with counselors and veterans recognized in *Counseling Today* magazine

“We had an exclusive story written on us by Counseling Today Magazine, showcasing what we’re doing and our story behind what we’re doing. This type of recognition is crucial as we move forward to dig our heels deeper in the mental health arena with cultural competency.”

http://ct.counseling.org/2013/06/veterans-family-uses-past-experiences-to-enhance-cultural-competencies-for-counselors/

- Derek Neuts, Director, Institute for Veteran Cultural Studies

**Yahoo Groups:**
Go to http://health.groups.yahoo.com/group/OregonCounseling/ and click join now.
Every year at the state-wide Conference, the Oregon Counseling Association takes time to recognize individuals in our state who have made outstanding contributions to our Association and/or our profession. Find out more by clicking the link below.

**Nominate someone for an award today!**

Oregon Counseling Association 2013 Leadership Roster

<table>
<thead>
<tr>
<th>Executive Officers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>President:</strong> Matt Morscheck</td>
</tr>
<tr>
<td><strong>President Elect:</strong> Marney Hoffman</td>
</tr>
<tr>
<td><strong>Past President:</strong> Dominick Robertson</td>
</tr>
<tr>
<td><strong>Treasurer:</strong> Heather Bennett</td>
</tr>
<tr>
<td><strong>Secretary:</strong> Margaret Evans</td>
</tr>
<tr>
<td><strong>Public Policy &amp; Advocacy:</strong> Larry Conner</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Committee Chairs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Communications:</strong> Raina Hassan</td>
</tr>
<tr>
<td><strong>Technology:</strong> Roy Huggins</td>
</tr>
<tr>
<td><strong>Fall Conference:</strong> Sarah Lebo</td>
</tr>
<tr>
<td><strong>Graduate Programs:</strong> Becca Dembosz &amp; Jenny Pugh</td>
</tr>
<tr>
<td><strong>Human Rights:</strong> (open)</td>
</tr>
<tr>
<td><strong>Membership:</strong> Chris Boothby &amp; CJ Strauss</td>
</tr>
<tr>
<td><strong>Networking:</strong> (open)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Division Presidents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OACES President:</strong> Karen Hixson</td>
</tr>
<tr>
<td><strong>OCDA President:</strong> Greg Flores</td>
</tr>
</tbody>
</table>

If you are interested in becoming a working member on the board, please contact President Matt Morscheck for more information at: President@or-counseling.org