It is hard to believe a year has gone by and I am now stepping into the role of ORCA President. It’s amazing how time flies! What’s even more amazing is how much ORCA has accomplished this past year under the leadership of Matt Morscheck. I was reminded of this during our recent annual Board retreat, which takes place in May every year and is the “kick-off” meeting where we plan for the year ahead. This year, we took a few hours and explored our accomplishments. What did we discover? The list is long so I will summarize. We discovered that we not only increased our educational offerings this past year, we reinstated our networking events. We increased our membership and expanded our presence in graduate programs across the state. We revamped our website, increased our communication with members via social media and were able to offer webinars for the first time. We hired a strong representative for COPACT, Elizabeth Remley, to guide our lobbying efforts. And last but not least, we welcomed a number of new volunteers who joined us for the first time to serve our ORCA community. What a fantastic year! We really have many extremely devoted and talented individuals working hard for our members.

Now that we all feel good about where we have been, I would like to switch focus and look at the future. I could list all of our goals for the upcoming year but I decided to instead come up with a theme that will guide this year. That theme is inclusion and engagement. This is really an extension of what previous presidents have done as they led our organization. With my presidency, I would like to highlight this and keep the momentum building.

We will continue to focus on membership, increase outreach to new and seasoned professionals, continue to create new opportunities to connect and learn, and continue our lobbying efforts in order to make a difference in our profession and for the communities we serve. We want everyone to feel included and part of ORCA.

Engagement takes inclusion to the next level, both for individuals and the organization itself. It is one thing to be included in our organization but another to be engaged. I want our new and less active members to become active in our community. This might mean volunteering for ORCA, attending our many educational programs or networking events, or talking to colleagues about the benefits of being a member. We need you! We simply cannot do it alone. Join us as we actively grow our organization. Help us expand and meet the needs of mental health professionals across the state. We ask that you advocate for our profession and for yourself, become a leader in your community, and collaborate with colleagues!

Please feel free to contact me at any time if you have questions, concerns, or want to become more involved in ORCA. It is an honor to serve as the President of ORCA. I hope as this year passes, I will have the chance to meet many of you and that, together, we will find new and better ways to include our colleagues and engage in the profession for the betterment of all.

Warmly,

Marney Hoffman, MA
ORCA President, 2014-2015
In my own therapy practice, I have likened learning how to “feel your feelings” to learning how to swim. For those who do not know how, getting in the water, let alone over your head, is terrifying. No matter how much fun it seems like everyone is having, it’s just too scary. In this petite, smart, and incredibly helpful book, Tina Gilbertson takes us by the hand and, with humor, wisdom, and insight, leads us safely to the deep end.

From its first pages, Constructive Wallowing is wise, interactive, engaging, and funny. Funny! The author uses vignettes, stories from her own life and client sessions, and general life observations to make the experience of emotions come alive. She encourages the reader to explore their own relationship to the idea of emotions and goes from there, steadily building a case that allowing time and space for your feelings is the path to personal freedom and an authentic life... and that mostly likely you aren’t already doing it!

The book is divided into parts, which allows for both easier digestion and a building of skills. Part I educates the reader about emotions and makes the case for wallowing; Part II teaches the how’s of wallowing, and Part III addresses concerns about the experience of wallowing and gives exercises for increased emotional and mental health.

In Part I, among many, many other things, the author immediately delineates a point she will return to again and again: wallowing is allowing, but wallowing is not acting out. You do not have to be afraid of feeling your feelings because you do not have to act on them! This empowering point encourages the reader to realize that they have an inner, private world, and that they can have strong, difficult feelings, and choose whether or not to share those with others. We spend a lot of time worried about how our feelings will affect others. Tina encourages us to be more concerned with how our unfelt feelings are affecting ourselves!

Continued on next page
In Part II, the author encourages the reader to embrace emotions as an intimate, personal affair, and to find time to wallow by themselves, allowing space for the discovery of their own truths safely and privately. What a gift to give, permission to cry by yourself, to feel by yourself, and to have that be not only okay, but an essential part of being a happy human!

Tina not only encourages this but offers step by step guidance, including her own method for wallowing, as well as steps for working through feelings that involve difficult interpersonal situations. She also, of course, encourages readers (at many points in the book) to seek out a therapist if they continue to struggle in the process, and even offers tips on how to find the right one.

In Part III Tina addresses a “Dirty Dozen” of worries that often arise and get in the way when attempting to wallow well. My favorite is #7: "I Should Be Grateful It’s Not Worse." (If I had a dollar for every time I have to untie that knot in my office!) Tina’s response: “Pain is pain, don’t make light of yours.”

The Dirty Dozen are followed by “Your Wallowing Workout”, 10 activities for improved emotional and mental health. These include relaxing the body, identifying important life events and the feelings that went with them, loving yourself, and listening to your heart. Profound, with a premise that is simple yet previously unexplored by the publishing world, Constructive Wallowing is exhaustive in detail, as the author answers every question and concern you (or a client) might come up with about the idea of “(w)allowing.” Just when you think she’s covered every point, she finds another, deepening the experience of the reader.

In an era when the world of self-help is filled with the lofty idea that personal happiness and fulfillment in the world are right there if you can just change how you feel and want it badly enough, Constructive Wallowing is downright countercultural. This approachable book disarms the reader and delineates an intimate yet intense approach to emotional health and an authentically lived life, no super-humanism required.

Erin Moline is a licensed professional counselor and registered yoga teacher practicing in Portland at Confluence Clinic. She specializes in depth psychotherapy and yoga therapy for anxiety. www.erinmoline.com.
Meet Your Legislators
Summer is the perfect time to meet your elected neighbors

By Elizabeth Remley

Summer is here, and it’s a great time to meet your neighbors! Specifically, your neighbors who are elected to the Oregon State Legislature. COPACT, the legislative advocacy group for ORCA and OAMFT, is encouraging members to meet their State Senator and State Representative this summer.

Those relationships, once established, are incredibly valuable to an organization like COPACT. It’s important for legislators to know about the issues their constituents care about and for them to have a resource (you!) in their own district when it comes to mental health policy. You each have two legislators to meet with—one State Representative and one State Senator.

It’s not as scary as it sounds. Here’s how it works:

1. Look up your state legislators by going to https://www.oregonlegislature.gov/ and entering your address in the “Find Your Legislator” box near the bottom of the page. Use your home address, as that’s where you vote. The results will show you all your elected officials, including your STATE Senator and Representative. (It doesn’t matter whether you voted for the person; once they’re elected they represent everyone in their district.)

2. Set up a meeting at a local coffee shop or other community space. Remember, these folks likely live near you because they represent your district. These meetings are typically 15-30 minutes.

3. Some suggested talking points are included below. You’ll have to fill in the blanks from your own experience. Feel free to ask about other issues that are of concern to you in your neighborhood—that’s what you elected them for. Remember, these folks are your neighbors. They are part-time legislators who also have real jobs and kids in the neighborhood schools. They care about your community the same way you do.

4. Let your ORCA leadership know who you met with so we can keep track of those important relationships! (email president@copactoregon.com)

Talking Points

1. Introduce yourself: who you are, where you live, what you do for a living, how your family is involved in the community.

2. Introduce ORCA and COPACT: I’m involved with ORCA, the professional association for Licensed Professional Counselors. COPACT, which stands for Coalition of Professional Associations of Counselors and Therapists, is our legislative advocacy coalition made up of members from the professional associations of Licensed Professional Counselors and Licensed Marriage and Family Therapists. COPACT has a lobby firm, Thorn Run Partners, with Elizabeth Remley and Dan Bates (most legislators will recognize those names).

3. Introduce LPCs
   • professionals who diagnose and treat mental and behavioral health.
   • Licensed by the Oregon Board of

Continued on next page
Licensed Professional Counselors and Therapists.
• Provide similar services to a Licensed Clinical Social Worker, but with different education and licensing.
• Often work in private practice or clinical settings.
• Can’t be reimbursed by Medicare (a federal issue), but will take private insurance.

4. Legislative advocacy
• In 2009, the legislature modernized the Practice Act for Counselors and Therapists. The new law set licensing standards for professional Counselors and Therapists, and required private insurance to reimburse LPCs and LMFTs for mental health services. This was a great first step, but we still see some problems.
• **2015 session**: This year, we’re watching some important conversations that could turn into bills for the 2015 session:

**Network Adequacy**: It’s really hard for us to get on an insurance panel and be part of a commercial insurer’s network.
• Sometimes, there aren’t enough mental health providers to serve all the insured lives, and wait times for patients to get an appointment is long.
• Some insurers don’t tell us when their panels are open so we can apply. Others haven’t opened their panels in years.
• The **Insurance Division has a workgroup to draft a bill** to require insurance companies to have enough and the right kind of providers for their insured population.
• This is really important for patients, and it’s also important for providers—we want to help every patient who calls to make an appointment with us, but if we can’t take their insurance, they either pay out of pocket or search for a provider who can take their insurance.

5. Other issues you want to talk about

If you don’t know an answer to a question, tell them you will get back to them. Make a note of the question, and send it to COPACT to help you get an answer. Try not to use acronyms; they mean different things in different worlds and can be confusing.

Elizabeth Remley is senior vice president at Thorn Run Partners and serves as COPACT’s lobbyist.

Lewis & Clark offers a graduate certificate in ecopsychology

Join us to explore the interface between humans and nature in the 21st century through questions like:
• How do green spaces support the healthy development of children—and of communities?
• What happens when you bring nature into the counseling office? Or when you take therapy into the outdoors?
• How can psychological insights invigorate conservation efforts and support advocacy for justice and wellness?


More at go.lclark.edu/graduate/ecopsychology
Oregon Counseling Association 2014 Annual Fall Conference
Holistic Care
October 4th & 5th, 2014 • Portland State University

Saturday
Oct. 4th
Conference Workshop
(6 CE hours)

Restoration Through Mindfulness: An Experiential Program
Presented by Susan M. Pollak, MTS, EdD, president of the Institute of Meditation and Psychotherapy and instructor at Harvard Medical School.

Sunday
Oct. 5th
(6 CE hours)

Keynote General Session: The Neurobiology and Research on Meditation and Compassion
Presented by Susan M. Pollak, MTS, EdD

Morning
Effects of Technology on Sexual Behavior and Intimacy ......................................................... Catherine Cooney, LPC, CSAT
Changes & Challenges in the 2014 ACA Code of Ethics ......................................................... Roy Huggins, LPC, NCC
Making the Most of Group Supervision ..................................................................................... Lisa Aasheim, PhD, LPC, ACS
Spirituality in Counseling: A Client Empowerment Approach .................................................. Rick Johnson, PhD

Catered Lunch (Included)

Afternoon I (1:15 p.m. – 3:15 p.m.)
Clinical Supervision: Beyond the Gatekeeping Role ................................................................. Karen Hixson, LPC & Tom O’Leary, LPC
Acceptance and Commitment Therapy Experiential Interventions ............................................. Brian Thompson, PhD
DSM-5: Updates and Implications for Counselors .................................................................. Ryan Melton, PhD
Emotion-Focused Individual Therapy—Using Emotions as a Pathway for Change.................. Jamie Levin-Edwards, PsyD

Afternoon II (3:30 p.m. – 4:30 p.m.)
Exploring a Yogic Approach to Anxiety ...................................................................................... Erin Moline, LPC
Hoarding Disorder and Harm Reduction ..................................................................................... Zoe Cryns, MA
Increasing Counselor Self Efficacy with DBT .............................................................................. Wendy Bruton, PhD, LPC, ACS
Cultural Trauma: Understanding and Treating Your Whole Client ............................................. Ime Kerlee, MS

Registration Includes:
• Two days of invaluable training from nationally and locally known counselors
• 12 CEUs
• Continental breakfast, snacks and coffee both days
• Catered lunch on Sunday
• Networking opportunities with more than 120 mental health professionals from Oregon, Washington and the Pacific Northwest

Co-Sponsored by:

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.

This training is sponsored by the Oregon Counseling Association (ORCA) to provide NBCC continuing education contact hours. ORCA is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors (NBCC provider #2038). ORCA adheres to NBCC Continuing Education Guidelines.
It’s pretty safe bet that face to face therapy in a calm office environment with a capable therapist or counselor, is not going away anytime soon.

However, a significant number of career counselors and counseling professionals are using technology to conduct at least semi – virtual career, life coaching and therapy sessions to the satisfaction of both parties.

Provided your technology choices are HIPAA compliant, how might you use technology to benefit your practice and the lives of the people who come to you for help?

Could technology allow you to make your services available to as many people as possible? Could it allow more flexibility between you and your clients and patients? Possibly, depending on the person, their needs and your abilities.

What if you have a client who is too ill to leave their house? What if you have an executive who travels constantly? What if you have professionals with hectic schedules who can’t get away during normal office hours?

Besides confidentiality and privacy, can you still provide the same levels of service as in person sessions? Certainly you can use technology to enhance your therapeutic work.

Integrated Movement Therapy® Training

Would you like to incorporate more movement, mindfulness, and/or spirituality into your mental health practice?

Integrated Movement Therapy (IMT) is a yoga-based therapy approach, developed by masters-degreed clinicians that can be used in conjunction with existing mental health practices. Trainees are welcome to take, and use, the program in part, or the entire 1000-hour yoga therapy certification program. With IMT, you can use yoga to help your clients and yourself feel better!

Portland Trainings 2014

IMT Basics - September 25 or November 6
IMT & Children, Level 1 - September 26-28
IMT & Adults, Level 1 - November 7-9

All trainers of IMT have the E-RYT500 distinction - the highest level of training available in yoga credentialing.

More info: www.unfoldportland.com
unfold studios // 3249 se division // 503-349-8883
In my own career counseling practice, I often combine approaches by meeting in person first to establish a connection, and then move forward virtually depending on my client’s needs.

There are a plethora of virtual meeting tools available like Skype, Live Meeting, Webex and others. One tool that provides HIPAA compliance is Vsee (http://vsee.com/). It is similar to Skype only more confidential. It is free to download and, as I’ve heard, no more difficult than Skype to use. With VSee it comes down to no third party handling your private information. VSee may be a better choice for those who must follow Board guidelines for client confidentiality.

For those of you who market your practice on LinkedIn, there are many counseling related groups that you can participate in, especially if you want to research how technology can help you. A few of these are American Counseling Association and Mental Health Network. You can even start your own professional interest group online. LinkedIn groups have discussions that you can participate in or just use to browse information.

Another idea for using technology is to make a video where you talk about one of your areas of expertise, then place that video on YouTube.

Here is a recent TED Talk by Stephen Ilardi, PhD on Depression:

https://www.youtube.com/watch?v=drv3BP0Fdi8

Now, I’m not suggesting you saturate the internet with your presence, just begin to consider how technology might work for you in your daily practice.

Aly Anliker, MEd, is a member of CCPP, Career Counselors in Private Practice, a collegial group of career counselors in Portland founded in the early 1980’s. The articles published with ORCA are drawn from our blog Career Transition: The Inside Job at www.ccppblog.wordpress.com. We welcome the opportunity to share them with you, in the hopes that they will shed light on the career issues confronting you and your clients.
At the Forefront

New, Portland-Based Resource Ensures Private Practice Is Here to Stay

By Jeff Guenther, LPC

Portland Therapy Center (www.portlandtherapycenter.com), Portland’s first inclusive online therapy directory for therapists and counselors in the Portland-metro area, officially launched in February of 2014.

I have heard a lot of feedback from clients that finding the right therapist is a difficult process. Portland Therapy Center (PTC) seeks to make that process easier. The user experience, for both prospective clients and therapists, is straightforward and intuitive and the site design is modern, interactive and easy to navigate. Search options include an advanced matching system to help users identify the style of therapist that will best suit their needs.

Although there are several national therapist directories, Portland Therapy Center offers users a more local and uniquely Portland experience. I’m proud to live and work in Portland and I am so pleased to create this resource for Portland therapists and the city we serve. The site has grown rapidly since its soft launch in February and has over 140 Portland-area therapist members to date. But creating the online directory is really just the tip of the iceberg.

Portland Therapy Center is committed to making sure that private practice is here to stay. Having an abundance of clients and making a good living is something that all therapists should experience and PTC wants to help therapists get there. PTC provides affordable part time office space in two locations close in on the east side and will be opening a third location downtown on 3rd and SW Washington later this summer. It’s a great place to launch your practice or have a part time space on the side.

More at go.lclark.edu/graduate/eating/disorders

Lewis & Clark
Graduate School of Education and Counseling

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.

Join the program this fall: The first course in the sequence, Introduction to Eating Disorders, begins October 18. Apply in August to ensure your participation.

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.
Portland Therapy Center is constantly looking for new ways to adapt and innovate. Currently, PTC is working closely with local primary care physicians to create a much needed referral system for doctors and their staff to set up counseling appointments through the site. PCPs often complain that finding a therapist for their patients in need can feel like a losing battle. PTC is aiming to fix that problem.

Portland Therapy Center is also developing a feature on the website that will allow users to schedule an appointment with therapists through the website. There will be no further need to play phone tag or endlessly email back and forth about appointment times.

Referrals from primary care physicians and appointment scheduling are just a couple projects currently in development. There are also plans in place for the launch of a large-scale marketing campaign and other professional tools to keep your private practice thriving.

When you join Portland Therapy Center, you become a member of a community of dedicated professionals that want to make a real difference. Our work is essential to this city and we are part of the overall health of our community. There may be changes coming in the near future in technology, managed care and how clients access therapy. PTC will be at the forefront of those changes, making sure that we are all set up for success.

Join Portland Therapy Center now and enjoy your first three months for free by entering promo code PTCTRIAL when signing up for a profile. Profiles start at just $15 per month and you can cancel at any time.

Jeff Guenther, LPC, is a Portland-based counselor and CEO of Portland Therapy Center (PTC)
www.portlandtherapycenter.com

Upcoming workshops for counselors and therapists

- **September 12-13** • 15 CEUs
  - Trans Families: It’s Everyone’s Transition

- **September 19 and online** • 12 CEUs
  - Listening to the Body: YogaCalm for Therapists

- **September 27** • 6 CEUs
  - Law and Ethics Symposium for Mental Health Professionals

- **October 3-4** • 14 CEUs
  - 9th Annual Liberation-Based Healing Conference

- **October 8** • 3 CEUs
  - Healing Stories: Supporting Little Children During Big Changes

- **October 11, December 13, and online** • 30 CEUs
  - Gambling Counselor Pre-Certification I

- **October 15** • 3 CEUs
  - Choice Words: Igniting Greatness in Youth

- **October 24** • 7 CEUs
  - The Enneagram: Exploring a Tool for Clinical Practice

- **November 1** • 7 CEUs
  - Psychopharmacology: General Principles and Problems of Prescribing

- **November 7** • 7 CEUs
  - Working with Physical and Emotional Pain: Strategic Application of Mindful Awareness

- **November 13-14 and 20-21** • 30 CEUs
  - Clinical Supervision

- **December 5** • 4.5 CEUs
  - Counseling Clients Experiencing Grief and Loss: A Fresh Perspective

More at go.lclark.edu/graduate/counselors/workshops
Domestic violence. When we hear the term, the image that often comes to mind is an individual with bruises, cuts, or broken bones. The signs of physical abuse are easy to assess and yet there are many forms of abuse that leave no visible evidence. Unseen abuse can be emotional, psychological, sexual, financial, and/or spiritual. These forms of abuse are methods of manipulation and control abusers use to gain power over survivors.

So how do we assess for domestic violence if we can’t see it? When I suspect a client is experiencing unseen abuse, I open the discussion one of two ways. First, I may talk with my client about the components of unhealthy relationships. This gives the client space to explore unhealthy aspects of their relationships at their own pace, and me the opportunity to validate their experiences. Second, I also might ask specific questions that focus on each form of abuse. I ask direct questions and include specific examples of abuse. Ideally, this will challenge and expand upon a client’s definition of abuse.

These are just a few examples of the types of questions I use to guide client exploration:

**Emotional/Psychological abuse**
- Does your partner call you names or put you down, making you feel bad about yourself?
- Does your partner humiliate you in front of your friends?
- Does your partner blame you or others for their actions?
- Does your partner use looks, gestures or display weapons to intimidate you?
- Does your partner threaten to abandon you or commit suicide to frighten or coerce you?

**Sexual abuse**
- Does your partner force you to have sex?
- Unwanted “playful” use of force in sex?
- Does your partner tamper with your birth control?

**Financial abuse**
- Does your partner prevent you from getting a job or force you to quit your job?
- Does your partner control where and when you spend money?
- Does your partner hide money or debt from you?

**Religious abuse**
- Does your partner use religion/faith to have power over you?
- Does your partner use religion to justify their abusive behaviors?

Once the client has identified the abuse within their relationship, they will often have the desire to leave their abuser. Safety is then paramount as there is an increased risk of escalating violence when a survivor leaves the abuser. Supporting clients as they prepare to leave involves developing a safety plan. Just as each situation is different, each safety plan should be individualized. Below is an example of a basic safety plan I use with clients planning to leave an abusive relationship.
These important documents and personal items should be left with someone the client can trust or in a safety deposit box:

**Identification**
- Driver’s license
- Copies of Birth Certificates
- Citizenship documents (such as your passport, green card, etc.)
- Verification of social security numbers

**Other**
- Medical records (immunizations, etc.)
- School records
- Extra keys, medicine and clothes
- Valued pictures, jewelry or personal possessions
- Extra cell phone
- Obtain a P.O. Box

**Financial and Legal**
- If possible get credit cards/bank accounts in your name only
- Leave extra cash with someone you can trust
- Credit cards or a list of credit cards you hold yourself or jointly
- Pay stubs
- Checkbooks and information about bank accounts
- Copies of protective order
- Lease, rental agreement or house deed
- Car registration, insurance and title
- Proof of health insurance
- Marriage/divorce license

I have spent the past few years working with survivors of domestic violence and discovered that the *unseen* forms of abuse are just as prevalent as physical abuse. Clients may not share their abuse until a strong therapeutic relationship is developed or not even at all. It is up to us, as counselors, to create a safe environment for our clients to explore the various forms of abuse. Domestic violence survivors can reconnect with their inner strength and regain personal power. With our support, validation and encouragement, they will find safety and discover their healing path.

I am always willing to provide confidential consultation and answer further questions about domestic violence assessment and safety planning. There is also space available in my domestic violence support group and I am accepting referrals.

Jessica Tolleson is a master’s level registered intern with the OBLPCT. In September 2013, she opened Pathways Therapy Services, a private practice located in downtown Portland. Jessica uses her extensive knowledge of domestic violence and trauma to provide individual and group sessions for survivors.
EASA: Helping Young People with Psychosis to Stabilize and Thrive

Oregon’s Early Assessment and Support Alliance is a unique and growing program

By Michelle Roberts

Oregon’s Early Assessment and Support Alliance (EASA) is one of the few state-wide early psychosis programs in the US. EASA began in 2001 as part of the Mid-Valley Behavioral Care Network and has now grown to serve the majority of Oregon’s population. Before the conception of EASA, young individuals with emerging psychotic symptoms would experience long delays in treatment, barriers to care, and avoidable trauma such as involuntary hospitalizations. EASA began with the idea to serve psychotic disorders such as schizophrenia and now also includes bipolar with psychotic features.

EASA is currently serving Clackamas, Clatsop, Columbia, Deschutes, Crook, Jefferson, Douglas, Hood River, Wasco, Sherman, Klamath, Lane, Linn, Marion, Polk, Multnomah, Tillamook, Union, Washington and Yamhill counties. New programs in Eastern Oregon are in development phases, with the goal of serving 100% of the Oregon population as soon as next year.

EASA continues to evolve and combat barriers to care so that all individuals between the ages of 15-25 (as low as 12 in some counties) can access treatment regardless of insurance coverage. EASA combines evidenced-based practices with enough flexibility to tailor programs to meet each participant’s needs. EASA is also active in the international community of early psychosis research, constantly updating interventions to incorporate new knowledge. EASA teams, depending on the size of the county, employ supervisors, mental health professionals such as counselors and social workers, medical professionals such as nurses and psychiatrists, as well as supported employment specialists, occupational therapists and peer support specialists. EASA is a two-year program that treats both the young person and his or her family/support system.

EASA serves both its participants and also the community by engaging in community education and reducing the stigma associated with schizophrenia and other psychotic disorders. EASA uses participatory decision making and strengths assessments to empower their participants to make choices and to instill hope. All EASA counties take referrals and hope to receive more referrals in the future from mental health professionals. Emerging psychotic symptoms usually begin slowly and include reduced performance, like trouble reading complex sentences, behavior changes like new, bizarre beliefs and perceptual changes like hearing sounds that others do not hear. A complete list of early psychotic symptoms can be found on our website, www.easacommunity.org. EASA’s aim is to reach participants before a hospitalization and intervene as early as possible in the course of the condition. We, at the EASA Center for Excellence, encourage all counselors to think about their own ideas around psychosis and schizophrenia. Are these conditions chronic and debilitating? Or are these conditions like any other mental illness—symptoms cause distress but can be managed and the individual can lead a full and productive life? We at EASA have shown the latter to be true as we’ve had reduction in hospitalizations and up to 80% of participants either employed or in school or both. We hope that all counselors in Oregon will stay connected with EASA through Facebook, Twitter, Tumbler (EASA Community), and to refer to our website for great professional resources and contact information for each local team.

Michelle Roberts first became interested in mental health and especially Early Psychosis during the two years she spent working at an orphanage in Mexico, mentoring adolescents, some of whom were experiencing psychotic symptoms. She is currently earning a Master’s in Clinical Mental Health Counseling from Portland State University and has worked for the EASA Center for Excellence since 2013.
LinkedIn: Conversation about the 2014 Fall Conference

“Thanks everyone for putting together what looks like an excellent two days! Really appreciate how current all of the topics are that are being covered.”
—Lacy Cooper, Therapist at LINKtherapy

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

Facebook: About helpwhenyouneedit.org

“A family member of a person experiencing psychosis created this amazing resource. Enter in your zip code, and it finds the nearest social help, health care, social services, food stamp retailers, etc. available. Check it out!”
—Ellie Taylor, ORCA Communications Committee member

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

Yahoo Groups: Cedar Hills Hospital Expanding Job Pool

“. . . We are looking for licensed therapists with group experience to increase our ‘on call’ pool. Please go to www.Cedarhillshospital.com and apply. If you do not see a specific job listing feel free to forward me a resume at: mike.siegel@uhsinc.com.”
—Mike Siegel, LPC, Lead Therapist at Cedar Hills Outpatient Services

Join our group to get regular e-mail news updates:
Go to http://health.groups.yahoo.com/group/OregonCounseling/ and click join now.
# Oregon Counseling Association 2014 Leadership Roster

## Executive Officers

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<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>Marney Hoffman</td>
<td><a href="mailto:President@or-counseling.org">President@or-counseling.org</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Ryan Melton</td>
<td><a href="mailto:PresidentElect@or-counseling.org">PresidentElect@or-counseling.org</a></td>
</tr>
<tr>
<td>Past President</td>
<td>Matt Morscheck</td>
<td><a href="mailto:PastPresident@or-counseling.org">PastPresident@or-counseling.org</a></td>
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<tr>
<td>Treasurer</td>
<td>Iris Haugen</td>
<td><a href="mailto:Treasurer@or-counseling.org">Treasurer@or-counseling.org</a></td>
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<tr>
<td>Secretary</td>
<td>Suzy Elton</td>
<td><a href="mailto:Secretary@or-counseling.org">Secretary@or-counseling.org</a></td>
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<tr>
<td>Public Policy &amp; Advocacy</td>
<td>Larry Conner</td>
<td><a href="mailto:PublicPolicy@or-counseling.org">PublicPolicy@or-counseling.org</a></td>
</tr>
</tbody>
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## Committee Chairs

<table>
<thead>
<tr>
<th>Division</th>
<th>Chair</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communications</td>
<td>Raina Hassan</td>
<td><a href="mailto:Communications@or-counseling.org">Communications@or-counseling.org</a></td>
</tr>
<tr>
<td>Technology</td>
<td>Roy Huggins</td>
<td><a href="mailto:TechTeam@or-counseling.org">TechTeam@or-counseling.org</a></td>
</tr>
<tr>
<td>Ethics &amp; Human Rights</td>
<td>(open)</td>
<td><a href="mailto:Ethics@or-counseling.org">Ethics@or-counseling.org</a></td>
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<tr>
<td>Fall Conference</td>
<td>Sarah Lebo</td>
<td><a href="mailto:Conference@or-counseling.org">Conference@or-counseling.org</a></td>
</tr>
<tr>
<td>Graduate Programs</td>
<td>Jenny Pugh</td>
<td><a href="mailto:GradPrograms@or-counseling.org">GradPrograms@or-counseling.org</a></td>
</tr>
<tr>
<td>Practice Development &amp; Education</td>
<td>Lynne Coon and Susan Zall</td>
<td><a href="mailto:ContinuingEd@or-counseling.org">ContinuingEd@or-counseling.org</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Chris Boothby &amp; CJ Strauss</td>
<td><a href="mailto:Membership@or-counseling.org">Membership@or-counseling.org</a></td>
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## Division Presidents

<table>
<thead>
<tr>
<th>Division</th>
<th>President</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>OACES</td>
<td>Joel Lane</td>
<td><a href="mailto:oaces@or-counseling.org">oaces@or-counseling.org</a></td>
</tr>
<tr>
<td>OCDA</td>
<td>Greg Flores</td>
<td><a href="mailto:ocd@or-counseling.org">ocd@or-counseling.org</a></td>
</tr>
</tbody>
</table>

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