



THE COUNSELOR

President's Message

The season is finally changing and so are the initiatives and goals of the Oregon Counseling Association!

It was great seeing so many of you at the Oregon Counseling Association Conference a few weeks ago. I was very excited about the opportunity to be with so many dedicated professionals in beautiful Ashland, Oregon at Southern Oregon University. I would like to give special thanks to our presenters who donated their time to share their expertise with you, as well as our keynote speakers, Dr. Ofer Zur and Dr. Darryl Inaba. I would like to publicly thank the efforts of Dominick Robertson, Candice Elliot, Sarah Lebo and all members of the Fall Conference Committee for their efforts in putting the conference together. They did an amazing job organizing this conference for you all! They are a tireless group and are already planning for next year's conference in Portland.



In addition to the conference, ORCA continues to serve the counseling profession in Oregon, and at the national level as well. In July, Dr. Joel Lane (President of the Association for Oregon Counselor Educators and Supervisors) and I traveled to Washington, D.C., to attend the International Leadership Institute. While there we spoke with legislators regarding bills supporting Medicare reimbursement for LPCS and MFTs, as well as bills that would increase mental health care to veterans, students and individuals with disabilities. We were also honored once again with the ACA 5 Star Branch Award.

Please stay tuned for announcements on upcoming networking events, continuing education offerings, and legislative initiatives COPACT and ORCA will be following. Finally, as I have mentioned in previous newsletters, I am very open to and wanting your feedback. Do not hesitate to call me at 503-722-7119 or email me at president@or-counseling.org to let me know what's working and what ORCA can do to meet your needs as a professional counselor and/or therapist in Oregon.

RYAN MELTON, Ph.D., LPC, ACS
President
President@or-counseling.org

Southern Draw: ORCA Conference Heads to Ashland, Draws Big Names for 2015

BY SARAH LEBO, LPC, CADCI

This year's conference broadened the horizons of state counselors and the Oregon Counseling Association in general, bringing in nationally known speakers to headline the event: Dr. Ofer Zur and Dr. Darryl Inaba. More than 150 counselors attended both days, with many expressing appreciation to volunteer chairperson Candace Elliot who led a crew of volunteers to pull off the event.

Ethics CEs

Ofer Zur, PhD, is a licensed psychologist, writer, forensic consultant and lecturer from Sebastopol, CA. As a prominent authority in the area of therapeutic boundaries, his educational videos are a regular feature in many master's counseling programs.

During the event, there were lots of laughs, gasps and candid confessions from the audience as they discussed difficult topics like gifts, physical touch, therapist self-disclosure, home visits and chance encounters outside the office. Dr. Zur's message was to think critically about unique client needs when considering boundaries, not taking a "one size fits all" or paranoid approach.

The mantra for the day was "it depends," in answer to whether a boundary crossing was appropriate (examples like giving a supportive hug to a grieving client, accepting a small termination gift from a client, and flying in an airplane with a patient who suffers from phobia of flying). With videos, jokes and audience stories, we learned how boundary crossings are unavoidable and expected, however "boundary violations" are where things turn harmful and clients may get exploited.

Many attendees expressed surprise and fascination by the discussion, and a general sense of refreshment by the incorporation of compassion, flexibility and appropriate client/therapy context when considering professional boundaries. There was also an interesting cultural discussion towards the end of the day, with Dr. Zur explaining that the rigid attitude towards boundary crossings stems in part from sexualizing boundaries — a distorted view more prevalent in the U.S. which views many benign interactions as sexual in nature.

Breakout Education on Day 2

The second day of workshops featured Darryl Inaba, PharmD, CATC-V, CADCI, who is famous for authoring the book *Uppers, Downers, All-Arounders*, a standard reference for drug and alcohol counseling courses, as well as the certification exam in drug and alcohol counseling in Oregon.

Dr. Inaba provided a comprehensive keynote discussion and breakout session, complete with statistics on drug use and treatment, and the neurological effects on the brain with various substances (which also give clues to rehabilitation and recovery).

This is a particularly relevant discussion for the state of Oregon, since we consistently rank high among places in America where drug abuse occurs (Dr. Inaba mentioned that Jackson county is actually the #1 area in Oregon where it's an issue). He also mentioned that a recent report from the Drug Enforcement Agency on drugs of concern mentions only one city in the country by name: Ashland, Oregon!

The day also featured many standout local presenters, discussing topics like feedback informed treatment, trauma processing, pathological conflict in couples, gender identity, sensory integration for ADHD, projective techniques for supervision, marijuana legalization, self-care for counselors, the most desirable qualities in therapists and drama-therapy using Shakespeare plays.

The 2-day event concluded with a first for the conference: A Shakespeare Play for attendees, for a true Ashland experience.

And the Award Goes To . . .

Roy Huggins, LPC, was recognized with the Distinguished Service Award. He is a board member and has contributed countless volunteer hours supporting the Oregon Counseling Association members with technical and ethical support. He has also assisted in advancing our organization with modern-day technology to provide educational webinars and increasing accessibility of many organization management tools.

Audrey Lehmann, PhD, LPC, LMFT, CADCI, was recognized with the Human Rights Award. Her touching acceptance speech demonstrated her commitment to the transgender community.

Sarah Lebo works in a group private practice specializing in trauma in northwest Portland, OR.

We want to hear from you!

Have you tried to find behavioral health services (mental health care and addiction services) for yourself, your child or another loved one? Were you able to find help in your community when you needed it?

We need to hear YOUR stories about what worked and what didn't. Your story can help make services better in the future!

Senator Sara Gelser and OHA Director Lynne Saxton invite you to share your story at a Town Hall Meeting in Portland. They will briefly introduce themselves, but we want to hear from the real expert – YOU! This is part of a statewide listening tour to help us find ways to make Oregon a place where people living with mental health needs can thrive!

Friday, November 20, 2015

3:30 to 5:30 p.m. and 6 to 8 p.m., dinner will be provided

Portland State Office Building

800 NE Oregon St, Portland, Oregon

Please RSVP and indicate which meeting you will be attending to BH.TownHalls@dhsoha.state.or.us. If you need alternate formats, language interpreters (including sign), physical accessibility or other reasonable accommodations, call the Oregon Health Authority at 1-800-282-8096, at least 48 hours before the meeting.

This meeting is for those who are using, have used or have tried to use behavioral health services for themselves or their families, no matter what type of insurance coverage they have. We do encourage advocates, providers, educators, first responders and other community members to attend as listeners.

Another legislative session has come to a close, and COPACT is pleased to report some great outcomes for funding and policy in support of mental health in Oregon

Wait...back up. What is COPACT and why does it matter to me as a therapist?

Good question! [COPACT](#) (Coalition of Oregon Professional Associations for Counseling and Therapy) is an organization representing the interests of all LPCs, LMFTs, registered interns, and counseling students across Oregon. A professional alliance between [ORCA](#) and [OAMFT](#), our board serves as the voice of LPCs and LMFTs in the legislative process—advocating for and against bills that impact the counseling profession in Oregon.

As your voice in Salem, COPACT and our professional advocate/lobbyist Elizabeth Remley were at the Capitol every day—promoting key policies that matter to Oregon’s counselors and therapists, our clients and our profession. We hope you’ll take a moment now to join your colleagues in [supporting this important work!](#)

Session Overview

The fast-paced 2015 legislative session was marked by an aggressive policy agenda from the Democrats—who hold majorities in both the State House and State Senate—and a robust budget boosting funding for state services.

In big news, the Legislature approved a significant investment in mental health services across Oregon, including:

- \$26.1 million in community mental health;
- \$44 million to fund ongoing program investments made in community mental health;
- \$8.7 million in additional funding for caseload growth;
- \$20 million in lottery bonds to build housing for individuals with mental health and/or addiction disorders.

Additionally, the legislature passed a host of bills that broadly impact Oregon families, including paid sick leave for most employees, a ban on asking about criminal history on job applications (“Ban the Box”), a significant change in Oregon’s class-action process that will increase funding for Legal Aid, expanding options for retirement savings, implementation of Measure 91 (legalized recreational marijuana), and significant funding increases for Career & Technical Education (CTE) and Science Technology Engineering and Math (STEM) programs.

COPACT’s Priority: Legislation Affecting Counselors, Therapists and Our Clients

Our primary objective for the 2015 legislative session—which we achieved!—was to advance good public policy on mental health issues by **servicing as the go-to resource for legislators** on issues affecting the LPC and LMFT professions, and by **collaborating** effectively with other groups who share our values.

In 2015, COPACT got involved in legislation affecting three main areas: mental health policy, insurance & payment issues, and budget & mental health funding. **We evaluated 88 mental health-related bills**, strategically testifying and submitting letters of support where we could make the biggest difference.

Key bills we supported include:

- Requiring insurers to include LPCs and LMFTs on their provider panels;
- Streamlining reimbursement for out-of-network providers;
- Gaining access for LPCs and LMFTs to primary health care settings for work;
- Banning dangerous and discredited “conversion therapy” from being performed on minors;
- Prohibiting those with sex offense convictions from getting mental health provider licenses;
- Changing the civil commitment statute to make it easier for courts to place the mentally ill in the hospital for lack of basic self-care;
- Shaping discharge procedures for mental health clients getting out of hospitals to help ensure patient-centered best practices.

Please peruse our website for [additional details about COPACT’s 2015 key bills.](#)

THE COUNSELOR

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For information about advertising or submitting articles contact: editor@or-counseling.org

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ORCA membership information may be obtained online at: www.or-counseling.org

ANTI-DISCRIMINATION STATEMENT
The Oregon Counseling Association will not knowingly engage in activities that discriminate on the basis of race, gender, color, religion, national origin, sexual orientation, disability or age.

Next Steps

In 2015, COPACT will continue to serve as Oregon's leading advocacy organization on behalf of LPCs, LMFTs, interns, and counseling students. Our priorities are your priorities, so we'll be working to make insurance reimbursement rates fairer and the reimbursement process more reliable. We're also working to strategically broaden our coalition of allied organizations.

Have you noticed that insurance reimbursement rates for counselors and therapists keep dropping, while reimbursement for those in the medical field holds steady? We have too. In part, that's because the medical field has a powerful, established lobby and huge membership in the medical association.

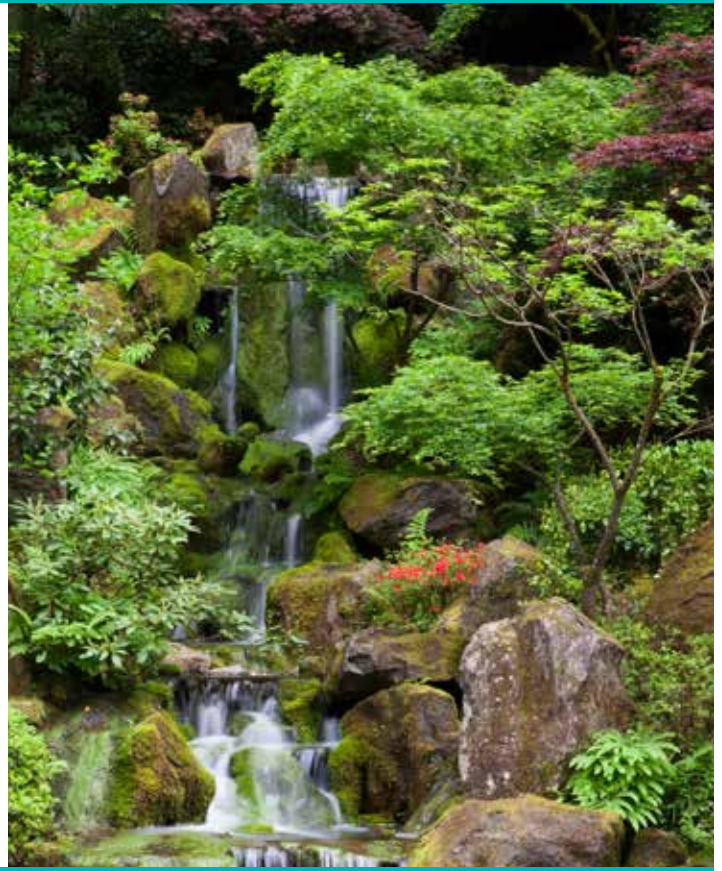
What's the lesson here? **If you are not yet a member of your professional association (ORCA or OAMFT), do it now to make your voice heard!** Your membership makes a difference.

"If everyone helps to hold up the sky, then one person does not become tired." ASKHARI JOHNSON HODARI

As always, **COPACT welcomes your ideas, your involvement and your support—we couldn't do it without you!**

CHAD ERNEST, MS, LPC,
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Oh Come All Ye Stressed Out

BY GIANNA RUSSO-MITMA, M.S., MFT INTERN

It is almost that time of year! The holiday season is upon us! We all have our own distinct set of holiday traditions, rituals, and memories. We also all have our own set of family issues, relationship patterns, and dysfunction. Even more so, our clients have their own memories, dysfunction, and stress surrounding this time of year, which they bring to session with us.

In times of heightened stress it can often be hard for therapists to show empathy toward clients' family and holiday struggles when we are dealing with our own family dysfunction. The thought of traveling to the multitude of family gatherings, dealing with a range of different family members, having too much egg nog, and then getting a phone call from your client about the same issues, can be more than daunting.

We as therapists have to recognize our own stress and be aware of several additional issues surrounding client care and the holidays:

Differentiating your family and holiday issues from your clients' issues:

As therapists, we have all learned about Bowen's teachings of differentiation from our family and having healthy boundaries. We have to do the same with clients. It is important to identify our own issues with family and recognize which issues are ours and which are our clients'. Sometimes, lines can become blurred if you and your client have similar family issues. It is important to remember that your family is not your client's family, and vice versa. Identify when you are genuinely engaging with clients, and conversely when you are projecting your personal issues, thoughts, and emotions onto them. Use what you know about boundary making and enforcing to create healthy sessions.

Not allowing countertransference to occur:

We are well aware of when transference of client to therapist occurs, but when countertransference of therapist to client occurs, we need to recognize it and address it immediately. Resolving this issue can include reaching out to colleagues, speaking with someone more experienced than you, working with your own therapist, or taking time for self-care and personal processing. When countertransference and projecting occurs, it can blind us from helping clients appropriately, and it can possibly create more issues for them (overgeneralizing that their family is like yours, feeling like they might need a new therapist, etc.).

Balance work, home, and self-care time, or get burnout from drama:

Burnout is very common in this career field, and when it occurs, it usually means it has been happening for too long already, like dehydration. We starve ourselves from balance and personal time and eventually see the fallout from it. Using time management and priority management is important year-round, but when the holidays are here, there is an extra layer of stress that we may not have prepared for. Around this time of

year, it is even more important to balance life, and leave extra room for self-care, personal therapy, and growth. General burnout is bad enough; burnout from your family drama, your partner's family drama, your best friend's family drama, your client's family drama, and the stress of the holidays is a recipe for disaster for you personally and professionally.

Using the self-of-the-therapist to have more empathy and understanding for clients:

As stated before, it is important to not have countertransference with clients. However, you can use your struggles for good as well. With struggle comes a stronger ability for empathy. Use the positive side of dysfunction and allow yourself to feel your clients' pain to truly understand what they are expressing. Clients can tell whether or not you are being genuine. Use your personal understanding of unhealthy family patterns to empathize with their struggle through the holiday season and beyond. Remember these times to improve your self-of-the-therapist and continue your professional growth.

Going home again means something different for everyone:

The people and places of where you come from shape you as a person mentally and emotionally. Some people love going back home, but others dread it. That original place may still be called home to some people, but others may have struggled to forget that original place and call a new one home. A helpful lesson in projecting: not everyone feels the same way about home as you do. So, when a client talks about how wonderful or how horrible their family is, be a healthy therapist and process with them; try not to offer opinions or anecdotes about your own family unless you truly think that your self-disclosure will help their process.

For many people, the holidays can be the best time of year, and for some it can be the worst. For therapists personally (yes, we are humans, too), it can be either. For therapists professionally, it can be stressful to care for our families as well as keep up with clients' families. Do what you do best as a therapist: listen, validate, encourage therapist/client boundaries, and help to the best of your abilities.

Good luck on your journey, and good luck in helping clients on their journeys! You can do it . . . Happy Holidays!

Gianna Russo-Mitma, M.S., LMFT Intern, is a client-centered and strength-based therapist in the Forest Park/Sylvan area. She specializes in working with adolescents, including facilitating "G.E.T. It! Girls Empowering Themselves", a teen girl support group, and does workshops and counseling for co-parenting after separation and divorce. Gianna is also the Communications Chair for the Oregon Counseling Association and is loving every minute of it!



AMHCA-ACES-NBCC Portability Standards for Counselors

In the United States, state regulatory bodies are responsible for the licensing and regulation of health care professionals, including counselors. Counselors who move between or practice in more than one state must obtain a license in each state where they want to offer services. Licensure portability is the facilitation of movement between states by licensees and is a priority for many health care professions.

To reduce the barriers that restrict movement between states, counselor licensure laws must possess a high level of uniformity. A key impediment to portability is the variability in the counselor licensure degree requirements, including degree hour requirements, coursework, clinical training hours and professional identity. To address these factors and facilitate cross-state practice and movement, professional counseling organizations must establish a uniform educational and training requirement for portability.

The Association for Counselor Education and Supervision, the American Mental Health Counselors Association, and the National Board for Certified Counselors endorse the following portability standards for licensed counselors seeking licensure in another state:

EITHER A degree from a clinically focused counselor preparation program accredited by CACREP;

OR Certification as a National Certified Counselor;

OR Fulfillment of standards adopted by a state counseling licensure board;

AND Possession of a counselor license for independent practice for at least two years.



From Pink Slip to Red Slip: Improving Performance during Job Interviews Part I

By Andrea King, MS, NCC, MCC, LPC Intern

Before going into a job interview, it is natural to feel somewhat anxious. This is completely normal and it is okay to accept the fact that you will have some level of discomfort. The trick is to reduce anxiety to a level that allows you to perform well enough under pressure.

Get Excited!

Performance anxiety is better helped by telling yourself to get excited rather than to calm down, according to Professor Alison Wood Brooks, PhD, of Harvard Business School:

"When you feel anxious, you're ruminating too much and focusing on potential threats. In those circumstances, people should try to focus on the potential opportunities. It really does pay to be positive, and people should say they are excited. Even if they don't believe it at first, saying 'I'm excited' out loud increases authentic feelings of excitement and was found to improve performance." American Psychological Association's *Journal of Experimental Psychology: General* (2014)

I advise my clients to visualize themselves already working in the position they are going to interview for. Have a clear picture of how your office looks, a favorite outfit you wear, the relationships you develop with new colleagues, and accomplishments you have achieved in this new job. For added confidence, try re-reading accomplishments in your resume as well as those from performance reviews.

Research and Remember

Be ready to be asked what you know about the company. Know what to say as if you are going to be on stage. If you research and learn about the company's products, services, culture, values, and vision, you will get there at least with the confidence of knowing your subject by heart. To find information about the company, research as much as you can on the company website, talk to current/former employees, utilize LinkedIn, and search on Google.

Don't stress about forgetting the information just hours before the interview. This is normal, and if you have studied, the information is there and should be accessible once you are asked by the interviewer.

Simply a Conversation

Think about the interview like it's a simple conversation with someone, to discover each other and see if there's a fit. Like meeting any other person for the first time – we get to know each other a little before we decide to meet up again. It's a simple conversation with questions and answers, and that's all it is.

Stay tuned for Part II, where I reveal what tip the red slip refers to, along with a few others.

Andrea King, MS, NCC, MCC, LPC Intern | Careerful Counseling Services
Andrea assists clients in successfully achieving rewarding employment. She works with a diverse array of adults from all industries, backgrounds and stages, both employed and unemployed or somewhere in between.
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Oregon Mental Health Professionals Conference

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Founder of the International Center for Clinical Excellency

Keynote: Craigan Usher, MD
Director, Child and Adolescent Psychiatry, OHSU

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Upcoming workshops for counselors and therapists

Friday, December 4 • 6.5 CEs
Motivational Interviewing Workshop

Wednesdays, February 10 & 24 • 6 CEs
Choice Words: Igniting Greatness in Youth

Friday, February 26 • 12 CEs
Listening to the Body: Yoga Calm for Therapists

Saturday, February 27 • 6 CEs
19th Annual Columbia River Eating Disorder Network Conference

Friday, April 15 • 6 CEs
An Interpersonal Neurobiology Lens on Therapy: Charting the Course of Integration and Change

Friday, April 22 • 7 CEs
Introduction to Dialectical Behavior Therapy

Friday, April 29 • 6.5 CEs
EcoWellness Counseling: Practical Strategies and Ethics for Integrating the Natural World into Therapy

More at go.lclark.edu/graduate/counselors/workshops

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ORCA Call for Volunteers!

Are you interested in meeting other counselors and expanding your professional network? Are you looking for a way to give back to your community? ORCA is an all-volunteer organization and we need you. If you're interested in sharing your talents, visit our website to learn more about the opportunities available:
<http://or-counseling.org/volunteering/>

Please Support our lobbying effort through COPACT:
Coalition of Oregon Professional Associations for Counseling and Therapy



COPACT is ORCA's and OAMFT's legislative advocacy organization working on behalf of LPCs and LMFTs in Oregon. The funds we raise go directly to paying our lobbyist, Elizabeth Remley, to pursue the passage of legislation that supports and protects our professions. To learn more about what COPACT is doing for LPCs and LMFTs visit www.copactoregon.com.

You can donate directly to COPACT via paypal at www.copactoregon.com/donate. All donations are tax deductible as business expenses. In addition to direct donations, a large percentage of ORCA membership dues go to our lobby efforts. Please keep your ORCA membership current, and encourage your colleagues to become members as well! Thank you for your support.





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