



President's Message

It's amazing how quickly time flies. I know that is such a cliché but it is really true. This is the last column that I will write as president, which means that my term is up in just a couple of months. This realization makes me pause and consider all that ORCA has accomplished this past year and all that I, personally, have not accomplished in my term as president—but I'm not going to let my mind go there right now. For those of you who don't know me, I tend to be a perfectionist, take on way too much, and then feel down about how I didn't get everything done in the time frame that I set for myself. I know what you are probably thinking: Marney, you need to practice some cognitive restructuring. Yes, you are right!!! Thank you, Ryan Melton, President Elect, who reminded the board during our last board meeting that being "average" is okay!

You might be asking, what does this have to do with ORCA? Well, as an organization we set goals every spring during our board retreat in May. Along with setting our goals for the upcoming year we evaluate what we have accomplished the prior year. This past year we set some pretty hefty goals. Although we may have not hit all of our goals, we did accomplish many of them. I would like to share some of what our incredible board and committee members have accomplished this past year on your behalf. After all, it is my job to make sure that all of you, the people we serve, are up to date with what your organization is doing. As I update you on our progress, I invite all of you to think about getting involved in ORCA, join a committee that interests you, attend one of our many events, and/or donate directly to COPACT, our legislative entity. For those of you who already participate and/or donate, thank you! You are the reason we are here and why we have a legislative voice.

Speaking of legislation, the volunteer members of COPACT and our ORCA lobbyist have been immersed in reviewing bills for this legislative session. I am amazed with the time and effort it takes to develop an advocacy agenda. This legislative session COPACT has evaluated approximately 50 bills and has been actively working on 15. Many of you may have read Larry's update on the ORCA listserv. If you haven't, please let me know and I will forward it to you. Moving on to the Fall Conference committee: they planned a very successful event this last Fall at PSU and are now working hard to provide another wonderful conference in Ashland, October 23-24, featuring Dr. Ofer Zur who will be offering a full-day workshop on "Ethics with Soul: Digital Ethics, Traditional Therapeutic Boundaries and Ethical and Clinical Considerations in the Age of Google, Facebook and Telehealth." Our practice development and education committee (PD&E) planned two educational events this past fall and spring, keeping us up to date on what's happening with Health Care Reform. The networking committee planned a number of very well attended networking events where counselors have come together to meet and connect. The graduate student committee planned a very informative panel discussion focusing on how to navigate life after graduation. The human rights committee has kept us informed on how we can provide support on critical issues, such as donating old cell phones to be refurbished and distributed to domestic violence survivors. Then there are the committees who handle all the behind the scenes work: membership committee, communications committee, technology committee, the treasurer, and the secretary, all of who have worked hard to keep the organization running.

I am running out of space quickly and have so much more to say but will end with a sincere thank you! Thank you to all of our board members, volunteers, and organization members. We are where we are because of all of you. Each and every one of you matters to the future of our profession. To conclude, I must say it been a pleasure to serve as your president and I look forward to continuing my service in the years to come. Thank you!

Warmly,

Marney Hoffman, PhD

ORCA President 2014-2015

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ORCA's Spring Networking Event

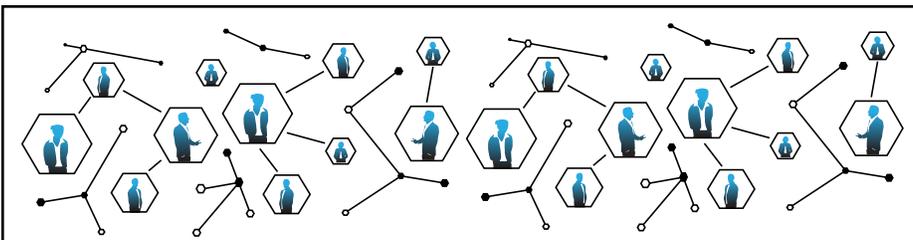
ORCA (Oregon Counseling Association) cordially invites you to join your Portland-area peers for an evening of food, fun and networking. You can even bring a friend: non-ORCA members are welcomed and encouraged!

Meet new faces, find new referral sources, learn about the professionals in your community and what ORCA is doing for Oregon counselors. Bring business cards and your enthusiasm to connect with other counselors!

Event Details:

- Friday, May 8th
- 6:00 – 8:00pm
- Baja Fresh 12286 SW Scholls Ferry Rd
- Information: networking@or-counseling.org

Mark your calendars now and we'll see you soon!



LIST YOUR PEER CONSULTATION GROUP ON THE ORCA WEBSITE

Peer consultation groups provide a forum for clinicians to meet informally with peers and colleagues to discuss clinical and practical issues in a supportive and confidential setting. We know how important it is to find support and exchange ideas. For this reason, ORCA is working to identify peer consultation groups throughout our state to include on our website. If you are an ORCA member and are welcoming new members into your established peer consultation group, or if you would like to advertise a new peer consultation group, contact Catherine Cooney at networking@or-counseling.org.

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Natasha Laumei

Editorial Staff:

Raina Hassan, CJ Strauss, Mariko Clark

Design and Layout:

Tony de Cordoba

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Membership Information:

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.



The Mourner's Bill of Rights

On Grief and Grieving in the Counseling Profession

Melinda Laus, Ed.S, NCSP

In June of 2003, my husband and I had a beautiful two-year-old son, our second beautiful boy had just been born, and we had finally bought a home for our growing family. We felt blessed. Our lives were full of joy. Then, on the morning of June 26th, I received a phone call from David's office. My husband had collapsed.

"What happened? Is he breathing?" I asked.

"No," was the co-worker's response.

David's death was confirmed an hour later. His heart had simply stopped. There was no explanation. No satisfying answers.

In the months that followed, I never felt it was okay to cry in public. People winced with discomfort when I expressed grief about the freight train of loss that had bowled through my life. Clearly, I was breaking the rules of grieving—but I didn't know what they were, only that they obviously weren't created to help me heal.

And I'm not alone. For instance, Bobbi came to my office for our first appointment. A well-dressed woman in her late 70s, she was struggling with grief and wanted help moving forward. Bobbi's initial concern was that she was "not coping well. I am just not getting over this like I should be." Bobbi, who had lost her husband of 45 years a mere three months before, was frustrated and overwhelmed with the enormity of her sadness. "What is wrong with me?" she asked. "I'm not getting better."

Of course, there was nothing wrong. Bobbi was simply sad and grieving. Her expectation that she would recover from such a loss within three months was unrealistic and added to her pain. As a grief counselor, I see many clients who, like Bobbi, are pressured by family members and well-meaning friends to "get back to normal," as soon as possible. But as anyone who has experienced profound loss can tell you, there is no "getting

back to normal," there is only learning to live in the new normal.

As counselors, we are often woefully unprepared for supporting our clients through a major loss. Few accredited graduate programs offer formal education in grief and loss. We may have heard of Kubler-Ross's Five Stages of Grief and Loss, yet even these are often misapplied to a griever's process. As I quickly learned when my husband died, it is possible to experience all five stages in the span of an hour. These milestones, laid out as "stages," do not tell the truth of the experience of loss, which is neither linear nor tidy—and never leads to "graduation."

As a griever, I found my greatest relief in the permission to mourn however I needed. As a grief professional, I am grateful for the work of Dr. Alan Wolfelt and his Mourner's Bill of Rights, which puts that permission in black and white and seals it with an official seal, affirming our clients' rights to explore and experience the individual nature of their journey to healing.

The Mourner's Bill of Rights

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "grief bursts."
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

Melinda Laus, Ed.S, NCSP • www.courageousmourning.com



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Getting Past “No” in Job Search

[Dave Gallison, LPC](#)

Application in: check. Interview: check. Offer: “No.” Not getting the nod stuns and hurts, and when repeated, can be downright depressing for clients. All the build-up of how right they were for the job and the company, and how financially relieving that paycheck will be . . . comes crashing down with that abrupt two-letter word.

The longer a client’s job search has gone on, the more discouraged and desperate they feel with each post-interview “No.” It takes a toll on one’s emotions and identity (see [“Recovering Self-Identity Amidst Long-Term Unemployment”](#)).

I am writing on this topic because how clients handle rejection is possibly the most defining aspect of whether their job search ultimately succeeds. Not only does this counselor offer daily pep talks and post-rejection analysis to clients, but I have also lived application and interview rejection hell many times over. Once when vying for an Executive Director position I persevered through seven (7!) rounds of interviews with different combinations of recruiter, board members and staff members (including two meals) over two months. I was sure I had the job on lock, only to be the runner-up (or as the saying goes, first loser).

In the gradations of “No,” the “No” after a phone screen or in-person selection interview is often the hardest to move past. Then there are the lesser “Nos,” such as not even getting acknowledged by email for having submitted an application or resume.

continued on next page



Upcoming workshops for counselors and therapists

Friday, June 5 • 6.5 CEUs
First Annual Oregon Ecopsychology Symposium:
Expression, Scholarship and Engagement

Friday, June 12 • 6 CEUs
An Interpersonal Neurobiology Lens on
Therapy: Charting the Course of Integration and
Change

Saturday, June 13 • 5.5 CEUs
Balancing Collaboration, Creativity and
Directiveness: Applying Experiential
Approaches to Narrative Therapy and Crisis
Intervention

July 22-24 • 21 CEUs
41st Annual Northwest Institute of Addictions
Studies Conference—Conference to Client:
Translating Knowledge into Professional
Practice

Friday, August 14 • 6 CEUs
Cognitive Behavioral Therapy: Implications for
Current Practice

[More at go.lclark.edu/graduate/counselors/workshops](http://go.lclark.edu/graduate/counselors/workshops)

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All job seekers want to get to that “Yes” of a job offer, but how do they keep going when employers keep saying “No”? First, if you can help clients understand possible reasons for “No” then it is often easier for them to process those emotionally; at that point they can progress to what they might do differently to improve.

Possible Meanings of “No” and Tips to Move On.

Here’s a short checklist of a half dozen reasons for “No” in a job search. See if these explanations might help your clients cope with the rejection and strategize a more effective approach next time:

1. “No” means “not yet;” true, you did not receive the offer at hand, but job search is a process of indeterminate length with all too many “Nos”; every rejection gets you one step closer to that “Yes.”
2. “No” triggers “not again . . .”: You take the rejection personally, and feel even more down because it reminds you of past losses. While it’s okay to be truthful with yourself about how you feel, be wary of the tendency to take it personally or catastrophize about your life.
3. “No” is a reality of a flooded job market: There often are many more technically-qualified candidates, or at least one with a better inside connection to the company than you.
4. “No” is a reality check: Are you trying to morph your experience into somehow qualifying you for jobs that really aren’t a good fit for your background?
5. “No” is sparing you a lot of pain: you could have applied for a job that would be a disaster for your personality, or does not meet your needs for a supportive employer culture, or is the wrong career for you. It may take one or a series of rejections to realize you’re not in the career you want to be.
6. OR “No” is a wake-up call: You may not be projecting the professional approach and competence they expect in order for you to stand out as a candidate. Use that rejection as a motivating lesson on what not to do, and, through trial-and-error and feedback, develop a strategy that proves more and more effective.

Using Job Rejection to Make Yourself Stronger.

Whatever the reason for “No” it is possible to transform those negative feelings that follow “No” into positive life lessons clients can use to boost their job search success beyond what they ever thought was possible.

And it’s a good idea to not wander in this rejection maze alone for too long. Searching out a career counselor can help clients regroup, shift up their strategy, and hopefully shorten their path to get to “Yes”: the job they have been waiting for.

Dave Gallison, MS, LPC favors an action-oriented approach to career management that puts clients in control of their future. Dave has over 15 years’ experience in career counseling, job search consulting, and executive coaching and works with all ages from college to retirement. His private practice is located in SW Portland, in Hillsdale.



Cascadia Behavioral Healthcare (www.cascadiabhc.org) is the largest nonprofit provider of behavioral health services in the state of Oregon. Cascadia Behavioral Healthcare is a Recovery-oriented, trauma-informed service provider for persons with serious mental illnesses and addictions. Cascadia seeks to become consumer-involved, consumer-engaged, and consumer-driven. Cascadia furthermore seeks to increase its trauma-sensitive services. The heart of Cascadia is her people - the people we serve, our coworkers, and our community partners.

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* LCSW

* CADC II/III are required in addition for some positions

* Clinical Experience

Job numbers to review are: 3038, 3095, 3073, 3050, 3029, 3057, 3075, and 3085 (Please visit the URL provided to learn more and to apply for these positions: www.cascadiabhc.org/careers/)

Inquiries are welcomed. To learn more details about these positions and others, please contact
Sita Khalsa, HR Business Partner/Recruitment, Cascadia BHC: (503) 412-6427

To learn more about Cascadia please visit: www.cascadiabhc.org. Cascadia encourages applications from people of many cultures knowing that diverse staffing enriches the diverse community we serve and the Cascadia community as a whole.

OVERHEARD

SOME SNIPPETS FROM ONLINE MEMBER DISCUSSIONS:



LinkedIn: [Upcoming continuing education event about health care reform, legal and ethical Issues](#)

"Please join us online or in person for the upcoming event:

BEING AN INFORMED COUNSELOR IN 2015 & BEYOND

Health Care Reform, Legal and Ethical Issues

6 Contact Hours...

Register here: <http://or-counseling.org/continuing-education-events/>

Become a LinkedIn Group member

<https://www.linkedin.com/groups?gid=2467168>



Facebook: [ORCA Spring Membership Phone Drive](#)

"We send out a hearty thank you to ten board members and volunteers who donated their time and energy to organize and carry out a successful Spring Membership Phone Drive last night. With much gratitude to Valerie Strickland, Katharyn Waterfield, Tony de Cordoba, Kara Eads, CJ Strauss, Jenny Pugh, Raina Hassan, Catherine Cooney, Marney Hoffman, and Suzy Elton! If you're reading this post and haven't renewed your membership yet, you can do so at www.or-counseling.org."

Like our page to get newsfeed updates:

<http://www.facebook.com/OregonCounselingAssociation>

Tune in to our Twitter feed:

<https://twitter.com/OregonCounselor>



Yahoo Groups: [Meditation & Psychotherapy Blog](#)

"Attached is the first entry of a new blog on meditation and psychotherapy which explores the value of meditation for you as a psychotherapist. To receive future blogs on this topic, please sign up for my email list at <http://pinestreetsangha.org/for-therapists/>.

Also we are accepting new members into a four-session CE group that meets every other Friday afternoon from 1:00- 3:30pm (May 1, May 15, May 29 and June 12).

More information available at: <http://pinestreetsangha.org/for-therapists>"

--Nelly Kaufer, LPC

Join our group to get regular e-mail news updates:

<https://groups.yahoo.com/neo/groups/ORCAmembers/info>



Oregon Counseling Association 2014 Leadership Roster

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oaces@or-counseling.org

OCDA President: Greg Flores
ocda@or-counseling.org

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