President’s Message

Well it has been a year since I was named President-Elect of ORCA, and that means it is time for me to take the President-Elect training wheels off and move in to the role as your President of ORCA. I cannot express enough the appreciation to our President Marney Hoffman and our Past-President Matt Morscheck for their guidance and leadership over the last year as I was transitioning to the role of President. I have big shoes to fill, but they have left me with a strong infrastructure and a committed organization, which makes the transition easy.

I have been a member of many associations over the years as a professional counselor. After the past year that I have observed and have had an opportunity to be a part of ORCA, I can say without any uncertainty this is the most effective association in which I have held membership. Here are some of the highlights over the last year:

• Supporting the field of counseling in Oregon.
• A successful annual conference with wonderful presenters and strong attendance, and a very exciting agenda for our upcoming conference in October.
• Several counselor networking events and training.
• A revitalized Human Rights Committee.
• An active ORCA representation from all graduate schools in Oregon.
• New technology that allows for smooth communication across the nine active committees.
• A renewed relationship with the Oregon Board of Licensed Professional Counselor and Therapists focusing on our shared goals and improved communication.
• An active listserv.
• A new partnership with Paul Cooney, Attorney with expertise in the counseling profession, which allows for a free 30 minute consultation with membership.

Despite the myriad of successes, like all effective and progressive organizations we cannot rest on our laurels. It is my commitment to the members of ORCA that we will continue the areas where we have established success and continue to work on the areas of needed growth. In order to complete these goals we need a strong membership. One area of growth is our need to increase membership: we simply cannot continue to support the counseling profession in Oregon without membership. As members of ORCA I am asking each of you to share with your counselor and therapists contacts the achievements of ORCA and encourage membership and participation.

One of my core values is that of feedback. We at ORCA welcome and need feedback from our members as well as non-members to adequately meet your goals. We are in the process of completing a survey which will be distributed to you all in the next few months. However you do not need to wait for that survey to provide feedback, please feel free to contact me at any time at president@or-counseling.org if you have questions, concerns, feedback or want to become more involved in ORCA. It is an honor and privilege to serve as the President of ORCA. I hope as this year passes, I will have the chance to talk to many of you and that, together, we will create an association that you continue to be proud of as members!

RYAN MELTON
President
President@or-counseling.org
Want To Be Part of The Future of Mental Health?

Save September 19th to learn about a new practice area that is opening up to LPCs and LMFTs. The Professional Development and Education committee of ORCA is sponsoring this exciting workshop. You can attend from anywhere in the state!

THE NUTS AND BOLTS OF WORKING IN A PRIMARY CARE SETTING (OR WITH PRIMARY CARE PROVIDERS)

The changes in healthcare emphasize greater cooperation between medical and behavioral health. Whether you’re in community mental health or private practice, it is important to know what the various models are so you can communicate with primary care providers effectively. While this change in healthcare can be intimidating, a greater understanding of the various models: coordination, co-location or fully integrated will help you understand how you or your practice/agency can change to take advantage of the opportunities and stay relevant.

When: Saturday September 19, 2015, 9am-4:30pm

Where: Attend in person (location TBD) or online (live webinar from your home, office or meeting place) and receive six (6) contact hours (formerly CEUs)

About the Speaker:
Dr. Brian Sandoval is a clinical psychologist with 6 years of primary care experience in several capacities including clinical work, program development, policy, and research. He is currently the program manager for Primary Care Behavioral Health at the Yakima Valley Farm Workers Clinic, an FQHC network with 16 clinics throughout Oregon and Washington. Brian completed his pre-doctoral internship at Linn County Mental Health where he acquired varied experiences in both medical clinics and traditional outpatient settings. He received his postdoc training at the University of Wisconsin Hospital and Access Community Health Centers where he worked alongside Dr. Neftali Serrano, a national expert in primary care behavioral health.

During his professional career, Brian has been involved in several projects integrating mental and physical health and he serves on the Oregon Psychological Association’s Healthcare Reform Task force. He is also the chair of the Integrated Behavioral Health Alliance of Oregon, a workgroup dedicated to developing practice standards and payment reform strategies at the state level. Brian has a passion for working with the underserved and continues to see patients on a part-time basis at Salud Medical Center in Woodburn. Brian and his family reside in the Portland metro area.

Lynne Coon, LPC
Practice Development and Education Co-Chair
orcoworkshops@gmail.com
Free Legal Consultation

ORCA has partnered with Cooney, Cooney and Madigan, LLC as legal counsel for ORCA.

All ORCA members are entitled to one free 30-minute consultation per year. Consultations may be on any legal or ethical issue, including Board complaints, requests for your records, subpoenas, abuse reporting, or court testimony.

If you need additional legal services, you will receive those services at a discounted rate.

When calling Paul Cooney or David Madigan please identify yourself as an ORCA member.

PAUL A. COONEY
Attorney at Law
Cooney, Cooney and Madigan LLC
12725 SW 66th Ave, Suite 205
Tigard Oregon 97223

Phone: (503)607-2711
Fax (503) 607-2702

Emotionally Focused Therapy (EFT) Externship

RIVERS EDGE HOTEL AND SPA – PORTLAND, OREGON
OCTOBER 21ST-24TH, 2015

EFT will transform your work with couples and families

An Externship in Emotionally Focused Therapy for couples is the first level of training on the road to learning this powerful model. This four day training will cover the steps and stages of working with couples from an attachment perspective. Training will be packed with didactic as well as experiential learning opportunities. There will be two live consultations of a trainer working with a couple.

Visit EFTOregon.com for more information

with

YOLANDA VON HOCKAUF, MED, RMFT
ROY HODGSON, MA, LMFT

Brought to you by OCEFT
Oregon Community for Emotionally Focused Therapy
WWW.EFTOREGON.COM
Dear Licensees and Registered Interns,

In 2010 the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT) began to require new applicant, licensees, and registered interns to complete a fingerprint based criminal background check. The OBLPCT policies and administrative rules require that the criminal background check be conducted every 5 years. 2015 will be the first year of the re-check of the criminal background process.

Only those who renewed their license or internship in 2010 or were granted a license in 2010 must complete a background check in 2015. The renewal cost for licensees is $125 per license plus the cost of the Oregon State Police and the FBI to process your fingerprints, which is $47.25.

The renewal cost for registered interns is $80 plus the $47.25 for the criminal background check.

There will be three options to have your criminal background check completed:

**OPTION A**
The Board now has an electronic option (LiveScan) for those licensees/interns living in Oregon. Please go to the following URL and following the instructions to schedule an appointment: [http://www.oregon.gov/oblpct/ActionDocs/Fingerprint%20instructions.pdf](http://www.oregon.gov/oblpct/ActionDocs/Fingerprint%20instructions.pdf)

**OPTION B**
Form #9, Background verification form (The Form is located on Board’s website – [www.oregon.gov/oblpct](http://www.oregon.gov/oblpct) under the board’s Form tab). Only those licensees and interns who have completed a fingerprint-based background check within one year of their renewal date are eligible for Option B. The Background Check verification Form is subject to the Board’s approval.

**OPTION C**
Fingerprint Card and instructions. Please contact the Board and we will be happy to send out the documents.

Please contact us if you have additional questions.

Lonnie Knotts, MBA  Connie Brown
Intake Coordinator  Licensing Coordinator
lonnie.p.knotts@state.or.us  connie.brown@state.or.us

Oregon Board of Licensed Professional Counselors and Therapists
3218 Pringle Road SE, Suite 250
Salem, Oregon 97302-6312
Tele: (503) 378-5499 Fax: (503) 470-6266

THE COUNSELOR

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

EDITOR
Natasha Laumei

EDITORIAL STAFF
Raina Hassan, CJ Strauss

DESIGN
Marika van Adelsberg

ADVERTISING POLICY
ORCA reserves the right to edit all copy and refuse ads that are not consonant with the principles of Title VII of the Civil Rights Act of 1964 (EEO). Publication of an advertisement in The Counselor is not an endorsement of the advertiser or of the products or services advertised.

MEMBERSHIP INFORMATION
ORCA membership information may be obtained online at: [www.or-counseling.org](http://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.
After a big move to another state, you unpack, settle down, and finally get to relax. You then realize that you are about to embark on a new chapter, not just personally, but professionally as well. For those of us in private practice, starting for the first time takes a lot of work, patience, determination, and self-motivation. Starting over the second time (or third or fourth time) takes all of that, but multiplied. Doing the same things over again, knowing it worked the first time and feeling impatience starting to build can create self-doubt. Maybe you keep reflecting back on your "old life" and how much better or easier it was. Yes, it seemed easier, but go back and look at the first few months of your practice the first time. It probably wasn't as sugarcoated as we remember it.

In my experience, when moving to Oregon, I left behind a part-time agency job, a private practice with 20 clients, the title of Program Director for Co-Parenting Classes, and the knowledge that I actually made money in the first year of a new business. Of course I still have that title and teach those classes, but I don't have the 20 clients or the assurance of steady income. It took me a little over a year to gain that success. Within a month of moving and saying goodbye to my clients and office in Nevada, I was anxious to start work again. I patiently awaited the Board to approve me and saw clients the next day. I started seeing clients for the first time in Oregon as summer was approaching. In private practice, summer is generally a slow time of year. That thought in the back of my head saying "I had 20 clients, I should have more than this by now!" left me feeling downhearted and defeated in my career.

Then I realized that I am a therapist; I needed to understand and fight those cognitive distortions, stop feeling sorry for myself, pick myself back up, and turn the negatives into positives! So I started to list things and get more organized to make the situation easier. Negative: I am not working as much and feel useless. Positive: I have more time for self-care, which I needed more of, and exploring my new city. I also have more time to advertise and take an active role in social and professional groups. I joined the Oregon Counseling Association and worked into a leadership position. I joined one networking group and two private practice support groups, and I have applied to one agency job and one adjunct professor position. Negative: I don't have many clients right now, which means less income. Positive: I found an affordable office, and I am learning how to better budget my business. Negative: I don't have as many clients as I used to have. Positive: It is summer and I know work slows down in summer. It took 12 months to gain 20+ clients in a city with less therapists; I have been working for 4 months in a city saturated with therapists (Give yourself a break!). I had to keep reminding myself that I have been successful before and I will be successful again. Why? I am a hard worker, I don't give up, I am persistent, and I am a good therapist (Thank you, self). These are the positive self-thoughts that we can all use.

When thinking about all of this and feeling lost in my career and fearful of my future, I think about all the clients that come to us during their transitional times. These times are defining times for clients because life is all in how you handle situations, not the situations themselves. We have all been through transitions;
it does not mean we understand exactly what clients are going through, but we can empathize with a rollercoaster ride of emotions during transition. We can also empathize with clients that cognitive distortions, while unhealthy and can be changed, are typical human emotions to have, especially in times of transition. It is also important to understand and teach the lesson that the things worth having in life take time and hard work. Empower clients to take action and make things happen, instead of waiting for things to change on their own. This is a significant way to empower clients and create positive self-talk to help them work through feeling lost in transition and counseling them through change.

I have realized in life that, cliché as it may be, patience is a virtue. Hard work will eventually pay off, and is not as easy as some people make it look. Everything worth having in life takes time to build. Teaching ourselves and clients that it is perfectly alright to be anxious about change is so important, as well as expressing that if you keep working, it will eventually pay off. Success is earned, not given, and it feels so much better when you can look back at the hectic journey and say, “I did that. Look at me now.”

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

Gianna Russo-Mitma, M.S., MFT Intern, is a client-centered and strength-based therapist in the Forest Park area. She specializes in clients in transition, such as teens and their families, co-parenting after separation and divorce, and the 65+ population. Gianna has recently stepped into a leadership role with the Oregon Counseling Association and is excited for the next step in her journey.

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/

Amyotrophic Lateral Sclerosis (ALS) Tools and Resources for the Mental Health Professional

A FREE Continuing Education Program offered by

**ORSW**

Wednesday, October 28th, 2015
6 pm - 7:30 pm
Portland Providence Hospital Auditorium

OR

Thursday, October 29th, 2015
8 am - 9:30 am
St. Vincent’s Hospital Auditorium

For questions or more details on these events, please contact: Karen Galloway, Care Services Director
KarenGalloway@alsa-or.org or 503.238.5559 ext 100
"When your brain is balanced, everything gets brighter."

AH! speaker Brad Pendergraft, LCSW, Therapist, Coach, Teacher of Neuroscience

Neuroscience has proven we can rewire our brain to feel happier and relieve anxiety, irritability, brain fog, depression, mind chatter and much more. Learn from experts and personal stories of triumph on how to harness your internal state of mind to make dramatic positive changes in your life and the lives of others.

DATE: October 3, 2015
PLACE: Lakewood Center for the Arts, Lake Oswego, Oregon
TIME: 9 AM - 3 PM
COST: $57 (with lunch)
INFO: www.ActivatingHappy.com

Rewire Your Brain and Activate Optimum Living
ORCA Facebook:
“I couldn’t agree with this more. Why are insurance companies even allowed to have a say in when they believe a person should be better. Each person is different and sometimes recovery is fast more often than not however it is a slow often painful process.” -Janine Johnson Kelty. From the original post “If Physical Health Problems Were Treated Like Mental Health Problems” (video: https://www.youtube.com/watch?v=0B5nfaeplc&feature=youtu.be)
https://www.facebook.com/OregonCounselingAssociation

ORCA LinkedIn:
Question about discussing social media in sessions: “To be honest it has become a problem with families... It negatively affects the family system in many ways: 1. Communication 2. Discipline of Children 3. Conflict resolution, and many other things... I am personally recommending a family night once per week when all media is turned off and the family play games together, cook together, or plan an outing that does not include going to a movie which is also media driven. The plan is that they communicate effectively.” -Rhonda Cyprus
https://www.linkedin.com/grp/post/2467168-101262892?trk=groups-post-b-title

ORCA Yahoo group:
Larry Conner’s update from Elizabeth Remley, COPACT’s lobbyist:

COPACT submitted letters of support on a range of issues, including insurance network adequacy and reimbursement, a bill that banned therapists from performing “conversion therapy” with minors (signed into law May 18, 2015), and a bill that would allow the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT) to withhold licenses from applicants convicted of a sex crime (takes effect January 1, 2016).
https://groups.yahoo.com/neo/groups/ORCAmembers/conversations/messages/899

* IMPORTANT MENTION: June 26, 2015
marriage equality legalization *

Start a conversation and/or comment on our social media sites, and your quote could be shown in our next issue!
EXECUTIVE OFFICERS

PRESIDENT
Ryan Melton
President@or-counseling.org

PRESIDENT ELECT
Raina Hassan
PresidentElect@or-counseling.org

PAST PRESIDENT
Marney Hoffman
PastPresident@or-counseling.org

TREASURER
Iris Haugen
Treasurer@or-counseling.org

SECRETARY
Suzy Elton
Secretary@or-counseling.org

PUBLIC POLICY & ADVOCACY
Larry Conner
PublicPolicy@or-counseling.org

COMMITTEE CHAIRS

COMMUNICATIONS
Gianna Russo-Mitma
Communications@or-counseling.org

TECHNOLOGY
Emily Kolibaba
TechTeam@or-counseling.org

HUMAN RIGHTS
Chalaina Connors
Humanrights@or-counseling.org

FALL CONFERENCE
Candice Elliot
Membership@or-counseling.org

GRADUATE PROGRAMS
Jenny Pugh
GradPrograms@or-counseling.org

PRACTICE DEVELOPMENT & CONTINUING EDUCATION
Lynne Coon
ContinuingEd@or-counseling.org

MEMBERSHIP
CJ Strauss
Membership@or-counseling.org

NETWORKING
Catherine Cooney
Networking@or-counseling.org

ORCA PROGRAM ADMINISTRATOR
ACEP ADMINISTRATOR
Susan Zall
ACEPadmin@or-counseling.org

DIVISION PRESIDENTS

OACES PRESIDENT
Joel Lane
oaces@or-counseling.org

OCDA PRESIDENT
Adry Snorradottir
ocda@or-counseling.org

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