President’s Message

Dear ORCA members,

Well, here we are in the midst of winter. Wherever you are, I hope you are staying warm—or playing in the snow! If you are hibernating inside and have a free moment, I hope you’ll check out our [new website](https://www.or-counseling.org). I think you will find the redesigned site is easier to navigate and makes it simpler to manage your membership. We also have plans for interactive forums and will be posting pictures from our annual conference, networking events, and other community gatherings.

I know these times seem strange, stressful, and turbulent for many of us. I encourage you to practice good self care for your own peace and well-being, but also because you are no doubt an important source of calm and presence in your clients’ lives. Perhaps you saw the statement we published about this a few months back following the election. In case you missed it, you can read it here on page 2.

If self care for you means being part of community, I encourage you to become more active with our board. We currently have a few key positions open and are looking for new ORCA members to get involved. Our Membership Committee and Technology Committee Chair positions are currently open, as well as our Webmaster post. And we always welcome new members to join any of our committees. If you’re interested in volunteering with our board, please visit our website and [contact President-Elect Joel Lane](https://www.or-counseling.org). In February, we will also be seeking nominations for our next President-Elect and Secretary. See page 14 for more information, and watch your inboxes for an email about that very soon from Past-President Ryan Melton.

Speaking of community, at our fall conference in November, we honored a few outstanding members of our counseling community: The EASA Young Adult Leadership Council won the Human Rights Award, Marney Hoffman won the Distinguished Service Award, Lisa Aasheim won the Leona E. Tyler Award, and Larry Conner was the first recipient of our new Distinguished Public Advocate Award. It was an honor for our association to publicly recognize these fine human beings. I encourage you to keep your peers in mind for next year’s awards. We will open those for nominations in the spring.

I attended a community organizing event recently and heard an inspiring quote; I’d like to share it with you here. St. Augustine said:

> Hope has two beautiful daughters. Their names are anger and courage—anger at the way things are, and courage to see that they do not remain the way they are.

When I heard this quote, I thought of the work we do everyday to hold safe space, help our clients sort through difficult emotions, and light the candle of hope—again and again—as we support their journey to change.

On behalf of the entire ORCA board, I wish you all a bright and warm season. Keep lighting those candles.

Sincerely,

Raina Hassan, MS, LPC
President, Oregon Counseling Association

### In This Issue

- Statement of Support
- Get Involved!
- Importance of Culture
- Learning Curve
- Nourish Yourself
- Highlights: Conference
- Speech: Larry Conner
- It’s Just a Metaphor
- Career Corner
- Election Announcement
- Ask Paul Cooney
Statement of Support & Solidarity

November 23, 2016

We at the Oregon Counseling Association write to you today to offer our support following what must have been a very intense few weeks in your counseling practice after the recent election. No matter what setting you are in—and no matter your political viewpoints—whether you teach or work in an agency or private practice, we know you have held space for big emotions, been witness to and support for grief processing, and provided grounding, safety, and resources for your clients. We know you have had an intense few weeks because we are an all-volunteer board of counselors and therapists, and we have been alongside you in this work.

Please know we value the important work you do on behalf of the mental health of Oregonians, and we are here to support you. We’d like to clearly state that the Oregon Counseling Association respects, supports, and values all clients and practitioners. We stand with our fellow practitioners and clients who identify as LGBTQI, our fellow practitioners and clients of color, our fellow practitioners and clients whose religious backgrounds have been subjected to hate crimes over the past few weeks, particularly those of Muslim and Jewish faiths. We are with you.

To you, our members, we’d like to offer a few ideas of how to bolster your supports at this time:

Please take care of yourselves: consider your own self care a top priority right now and commit to focusing or continue focusing on whatever helps you sustain yourself in this work. The books Trauma Stewardship by Laura Vandernoot Lipsky and Self-Compassion by Kristin Neff are great practice resources.

Please share resources: If you have ideas about good counselor self care or offer self-care resources to the counseling community, please post about that on our listserv and Facebook page. If you know of groups or other resources for our clients who are feeling uncertain, angry, or afraid at this time, please share them as well on our listserv and Facebook page. The ACA has published this list of post-election resources (counseling.org/about-us/post-election-resources).

Please come together: If you are not already part of a supportive, inclusive consultation group, please consider joining or starting one in your area. We hope you will use our listserv to do this.

Looking ahead to the future, we want you to know our Human Rights Chair, Kathleen Coleman, will be revamping the resources section of our website soon to list more inclusive resources to support your practice and your clients. And President-Elect Joel Lane will be focusing on inclusivity as one of his top priorities for his presidency next year.

Please make sure all of your clients have access to the crisis line in their area. Multnomah County residents can call 503-988-4888. To find the crisis hotline in your area, visit suicide.org/hotlines/oregon-suicide-hotlines.html.

Thank you for your dedication to the mental health and well-being of all Oregonians. We appreciate you and are honored to support you in this work.

Raina Hassan, LPC
President, ORCA

Joel Lane, LPC, PhD
President-Elect, ORCA

Kathleen Coleman, LPC
Human Rights Chair, ORCA
Hello 2017! Looking for ways to build community and offer support? There are many ways to be supportive. If you are wondering how you can help, here is a quick list of where you can donate, volunteer, and get involved!

<table>
<thead>
<tr>
<th>Willamette Week’s Holiday Give Guide</th>
<th>Native American Youth and Family Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Willamette Week has handpicked 141 of Portland’s most impactful nonprofits and put them under one digital roof. giveguide.org/#intro</td>
<td>“Guided by our elders and trusted by the community, NAYA creates a place for our people to gather together and live the values of our own unique cultures. When the Native community thrives so does the entire Portland region. NAYA provides culturally-specific programs and services that guide our people in the direction of personal success and balance through cultural empowerment. Our continuum of lifetime services create a wraparound, holistic healthy environment that is Youth Centered, Family Driven, Elder Guided.” nayapdx.org</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>American Civil Liberties Union</th>
<th>Outside In</th>
</tr>
</thead>
<tbody>
<tr>
<td>The ACLU is a nonpartisan, non-profit organization whose stated mission is, “To defend and preserve the individual rights and liberties guaranteed to every person in this country by the Constitution and laws of the United States.” It works through litigation, lobbying, and community empowerment. aclu.org</td>
<td>Outside In began in 1968, and has continually revised Homeless Youth Services and Medical Services to meet changing community needs. Their mission is to help homeless youth and other marginalized people move towards improved health and self-sufficiency. outsidein.org</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Black Lives Matter PDX</th>
<th>Planned Parenthood</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is a local chapter of the official BlackLivesMatter Organization. Black Lives Matter is an online forum intended to build connections between Black people and allies to fight racism, to spark dialogue among Black people, and to facilitate the types of connections necessary to encourage social action and engagement. blackpdx.com/destination/portland/black-lives-matter-pdx</td>
<td>Planned Parenthood’s mission is to provide, promote, and protect access to sexual and reproductive health care. Planned Parenthood has provided a broad range of sexual and reproductive health care, family planning and other medical services; trained and educated community members on issues of sexuality; and advocated for the protection of reproductive rights and freedom. plannedparenthood.org/planned-parenthood-columbia-willamette</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Immigrant and Refugee Community Organization</th>
<th>Q Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRCO supports immigrants, refugees and mainstream community members to become self-sufficient. They strive in their programming, outreach, and education to foster understanding, compassion and communication between Oregon’s established communities and newest arrivals. irco.org</td>
<td>The Q Center provides a safe space to support and celebrate LGBTQ diversity, equity, visibility and community building. pdxqcenter.org</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Association for the Advancement of Colored People</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>The mission of the NAACP is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. naacp.org</td>
<td></td>
</tr>
</tbody>
</table>

Continued on page 4
Get Involved! (continued from page 3)

**Raphael House**
Raphael House of Portland is a multi-faceted domestic violence agency dedicated to ended intimate partner violence. They serve individuals and families of all backgrounds, cultures, ages, and sexual orientations. [raphaelhouse.com](http://raphaelhouse.com)

**Rural Organizing Project**
The ROP is committed to social justice and human dignity, and cares about making rural Oregon’s communities exciting and vibrant centers for democracy. Founded in 1991, the ROP now has a network supporting over 50 human dignity groups across the state. [rop.org](http://rop.org)

**Showing Up for Racial Justice**
SURJ is a Portland based group focused on educating, organizing, and mobilizing white people to work for racial justice. SURJ PDX provides a space to build relationships, skills, and political analysis to work effectively within a multiracial movement for justice. They work to connect people in the Portland area while also supporting and collaborating with national racial justice organizing efforts. [surjpdx.org](http://surjpdx.org)

**Unite Oregon**
Unite Oregon represents the merger of two strong organizations - Center for Intercultural Organizing (CIO) and Oregon Action (OA) - who together have decades of experience organizing immigrants, refugees, people of color, and low-income Oregonians to address racial and economic disparities and improve quality of life in our state. [uniteoregon.org](http://uniteoregon.org)

**VOZ**
VOZ is a worker-led organization that empowers diverse day laborers and immigrants to improve their condition and protect civil rights through leadership development, organizing, education and economic opportunity. [portlandvoz.org](http://portlandvoz.org)

**YWCA of Greater Portland**
The YWCA of Greater Portland’s mission is to eliminate racism, empower women, and promote peace, justice, freedom and dignity for all. [ywcapdx.org](http://ywcapdx.org)

---

**Join the ORCA Human Rights Committee**
Are you a professional who is passionate about addressing the intersection of human rights and mental health? If so, the Oregon Counseling Association (ORCA), Human Rights Committee is actively seeking volunteer committee members who are interested in:

- Writing book reviews and short articles on relevant topics to be publishing on the ORCA website and in the quarterly ORCA Newsletter.
- Collaborating with other social justice groups and non-profits to address barriers to mental health, and ways we can support these groups through attending events and workshops, fund raising, and spreading awareness.
- Collaborating with COPACT ([copactoregon.com](http://copactoregon.com)) to address ethical, human rights, and legal issues that impact counselors and clients in Oregon.

If you are interested in joining the HR Committee and would be willing to volunteer a few hours each month, please contact Kathleen Coleman at: [humanrights@or-counseling.org](mailto:humanrights@or-counseling.org)

---

**RESTORATIVE SELF CARE WITH ELSBETH MARTINDALE, PsyD.**

Gain A Renewed Excitement & Confidence In Your Work

A thoughtfully designed experiential weekend sharing 30 years of tools and strategies for personal and professional self care.

7 CEU’s (Including 2 Hours of Ethics)

**TEACH YOUR CLIENTS BETTER SELF CARE BY CARING FOR YOURSELF**

Coming Spring 2017

[ElbethMartindale.com](http://ElbethMartindale.com)
The ORCA board recently released a Letter of Support and Solidarity to the Oregon counseling community as well as a Post Election Press Release to Oregonians. As we are healing from the election cycle, there are many families and communities who are divided, who do not want to have conversations that will be painful or may end in fighting. As I think about the state of affairs, I am reminded that people’s opinions are shaped not only by their personalities and experiences, but also by their cultures.

I didn’t fully understand culture until I lived outside of mine. Living in a small, isolated town in the Sahel desert of northern Burkina Faso, I spent 2 years in the Peace Corps. I taught at a public high school, collaborated with community members, and immersed myself in the culture. We had a phrase to describe the intent of Peace Corps Volunteers in their communities, “bien intégré,” which translates as well-integrated. The idea is that you couldn’t be effective in your community as an outsider. If you were bien intégré, you’d be more impactful, you’d leave more lasting impressions, you’d be family. This experience revealed the depth and power of culture in a way I had never seen before. While learning about the Burkinabe culture of the Fulani people, I realized how much my own worldview was rooted in my culture. Things like goals and dreams, family treatment of children, educational perspective, and even common sense are all culturally bound. Cultural values are often so ingrained they are unrecognizable, and yet they can have a tremendous influence on our perspectives and life decisions.

“Tolerance” and “acceptance” are words that are often used when discussing differences. I think they both fall short of the mark. It’s important to not only tolerate, but to respect and appreciate these cultural differences, understanding their impact.

I’m submitting this article to the Oregon counseling community as a reminder to keep culture in the forefront of your mind as you’re working with clients. It’s my hope that we as a counseling community can help people increase their respect and appreciation for each other, and that we can be role models of this respect and appreciation.

I also challenge you to step outside your culture for a while. Two years ago I had the opportunity to spend a month in Alamos, Mexico. It was a perfect opportunity for me to work on becoming “bien intégré” in another community, greeting neighbors, running stairs with the fire department, becoming a regular at the neighborhood spots. Experiences like this help me reflect on what cultural norms I take for granted as “truths”. But these kinds of cultural experiences do not always require leaving the country; they’re available in our local communities. I have a dear friend who works in partnership with the Asian Health and Services Center in Portland and through her contacts, I had the opportunity to visit the center, see the beautiful artwork, join in an aerobics class with community elders, and talk with mental health professionals working there. Whether you have a month, a week, a few days, or just a few hours, seek out ways to increase your cultural experiences.

Kara Eads, MS, NCC, LMHCA, LPC Intern, serves as the Oregon Counseling Association Treasurer. She runs a private practice that specializes in seeing clients in an online format. Contact her at 360-922-4747, or online at karaeadscounseling.com.

Empowering a profession, one counselor at a time.

Whether you’re a student, intern, counselor, or mental health ally. If your job is to support the mental health of Oregonians, then we’re here to support you.

Join us.
Learning Curve: Joining ORCA During Grad School

by Meghan Opbroek, ORCA Graduate Program Committee Chair

Hello, everyone! My name is Meghan Opbroek and I’m the Graduate Program Committee Chair for the Oregon Counseling Association (ORCA). In this position, I am responsible for helping graduate students navigate their ORCA membership, help students become representatives for the counseling community at their school, coordinate networking events, and increase awareness of ORCA through the grad schools in Oregon.

I have been in this position since July 2016 and have noticed that I keep getting asked the same question: “Why should students join ORCA?” I will provide many answers to this question over the next several newsletters in this new column, “Learning Curve.” I will share my point of view as a graduate student, with added insights from ORCA members in my network.

This column is not just for students interested in ORCA, but also for you seasoned counselors out there to recognize the importance of connecting with, and perhaps mentoring, an up-and-coming counselor in your area!

But first: grad students, why should you join ORCA?

Networking, Networking, Networking!

ORCA is a growing and thriving state-wide organization for professional counselors. As a member, you have greater access to these professionals, access to our meetings (typically held in Portland), access to Networking events which are held at various locations across Oregon, and more. Networking events range from large, such as ORCA’s Fall Conference, to small such as the ORCA Student and New Professional Mixer hosted in late 2016. I have met counselors from diverse identities and backgrounds across Oregon at these events and have learned a great deal about agencies, loan forgiveness, what happens after graduation, and how to develop a thriving practice.

ORCA Listserv

This is a member only benefit that you can use to connect with other ORCA members to learn about opportunities for employment, volunteering, and training events. It’s also a place to learn about upcoming legislation or issues facing our profession. It can also be beneficial around seeking out counselors in your area with similar professional interests. This database can help you connect with other counselors and expand your network before you even leave graduation!

If you’re waiting until after you graduate to start networking, you might be waiting too long. Both new and seasoned professionals coming together allows for greater communication of professional needs, dissemination of treatment modalities and the most salient issues facing clients, and a shared sense of community and social capital.

Stay tuned next time and to see “How Joining ORCA Can Enhance Your Education.” If you have any questions about getting more involved as a student, or you are a counselor educator and would like your students to become more involved in the community, please feel free to contact me at gradprograms@or-counseling.org

Please support our lobbying efforts 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 lobbying efforts. Please keep your ORCA membership current, and encourage your colleagues to become members as well! Thank you for your support.
This is a passion for me. Having spent over 25 years in this field, I know from personal experience the importance of keeping nourished in order to be fully present in my work with clients.

In previous articles we’ve been talking about a fictitious therapist Carla. Her stress level was causing her to be frustrated in her work and agitated in her home life. I suggested she needed to increase her self-reflective time, an action that is essential to gain objectivity and the ability to steer and design one’s life. I also suggested Carla needed better boundaries with her work, making a clear distinction between when she is “on duty” to care for others and when she is in a receptive role, taking in care and nourishment for her own well being.

A third area where Carla could use some support is in actively seeking sustenance from her social connections. Carla is hard working and devoted in her profession. She gives care and support to others at the office and additionally cares for her two young children and her partnership. While these relationships are important and feed her in various ways, she can add additional support to her system by intentionally seeking outside relationships which feed and nourish her spirit.

Make Connections With Healthy Others

You can get a skewed view of the world if you work your whole day exploring people’s problems and pathologies and don’t balance that with connections with folks who are healthy. Many are drawn to the helping professions because they desire to care for the needs of others. This is lovely, but you can get worn down by giving too much if you aren’t conscious of filling yourself up with what is nourishing.

What do you do to seek, receive, and nourish your own needs? Do you take care of yourself last after everyone else’s needs are met? I know you tell your clients not to live this way! Please take some of your own medicine on this one.

Conclusion

In your work as a therapist you are the most valuable tool. In order to be effective you need to keep your most important implement sharp, clean, and effective. This means you need to attend to yourself regularly and fully. You need to take time to turn inward and listen to your own longings. To keep energized you must set clear boundaries about when you are working and when you are not; when you are in the role of giving and when you need to be a receiver. You must surround yourself with healthy, solid people so you don’t become defeated and doubting of human possibility and goodness.

By doing these things you can stay alive to your work, find passion, be creative, and be in-joy as you help your clients unpack and sort through the challenges they face. As you embody these healthy ways of being caring toward your self, you will both experience satisfaction in your work and be a model of health for your clients.

Elsbeth Martindale, Psy.D. is a psychologist in Portland, Oregon with nearly 30 years of experience in clinical practice. She offers a skill- and tool- focused approach to psychotherapy as a means for educating and equipping her clients. As a seasoned professional, she is turning her focus toward supporting younger therapists, offering trainings on important topics including: The Complete Psychotherapy Toolkit, Healing Old Wounds, and retreats around Restorative Self-Care. See more at elsbethmartindale.com or call 503-236-0855.

Join the ORCA Technology Committee

- Use your skills in a way that helps other counselors! Be part of the team that supports this amazing organization that provides lobbying, resources, and connection to counselors all across the state.
- Participate from anywhere! Most of our meetings and projects are online.
- There are dozens of ways to contribute. Are you interested in troubleshooting tricky software problems, helping us keep the website up to date, coordinating A/V for events, hosting webinars, or think you’re a really good Googler? We’d love to have you!
- You don’t have to commit to anything you don’t have time for. There’s no minimum investment, other than attending an online meeting every other week.
- We have a great sense of humor!
  http://or-counseling.org/volunteering/
Happy New Year, Oregon Counseling Association members! The conference committee wanted to provide a recap on ORCA’s best conference yet! The 2016 Mental Health Practitioners Conference, presented by ORCA and EASA Center for Excellence, put on a fantastic fall conference this last November 4th and 5th.

Candice Elliott, MS, LPC did an amazing job as the 2016 ORCA Conference Chair, coordinating and orchestrating a smooth and successful conference at the Crowne Plaza Hotel in Portland, Oregon. With over 350 registrants, 14 sponsors and exhibitors, and over 20 breakout speakers, we had an educational time earning 12 CE’s while enjoying the camaraderie of colleagues. From all of us at ORCA: Thank you, Candice!

On Friday, we had a fabulous all-day workshop presented by Scott D. Miller, PhD, of The International Center for Clinical Excellence. He spoke on how to achieve excellence in one’s practice with three steps to superior performance. He provided concrete tools for boosting clinical abilities and effectiveness. Through his humor, personal stories, and sheer bluntness, Dr. Miller shared ways to help all clinicians grow by using tenacious personal reflection in order to get out of their comfort zone and start to pursue excellence.

Dr. Craigan Usher of OHSU, the Saturday keynote speaker, presented clinicians with ways to be supportive of an individuals’ ego functioning during brief interactions, regardless of the setting. Other presenters spoke on pain management, identity and psychosis, creativity, integrative approaches, ethics, trauma and psychosis, biological predisposition, sensory issues, teens and technology, minimizing pediatric anxiety and trauma, career counseling, technology and online counseling, peer support, paraprofessionals, and the role of Occupational Therapists in mental health. The speaker lineup was exceptional, and the feedback was positive.

Many attendees said that Dr. Miller was excellent and engaging. They reported that they enjoyed Dr. Miller’s humor, vulnerability, and practicality. They said he was professional, challenging, and inspirational, and “the humor made the difficult edges much easier to hear.” One attendee said, “Really effective presentation, accessible, relevant, and engaging. This presentation will impact my practice goals going forward!” Another attendee said, “Deliberate practice is now on my radar!” Lastly, one attendee said, “One of the best presentations I’ve attended in 20+ years of practice!”

The conference ran smoothly and attendees acknowledged this with, “I thought this was an incredible event, very thoughtful, wise, and helpful.” Additionally stating, “Great meeting. The registration, etc was smooth. The selection of food and set up of room and displays was really nicely done. Good job!”

We look forward to our Fall Conference in November 2017. More details to come, so keep checking our website!

Brenda Hanson, MS, LPC Intern
ORCA Conference Chair 2017
At the 2016 Mental Health Practitioner's Conference, Oregon Counseling Association President Raina Hassan presented Larry Conner with the inaugural “Distinguished Public Advocate” Award. Following are the comments Larry made upon accepting the award.

Back in 2007, after we lost by one vote with a bill that would have given LPCs and LMFTs insurance reimbursement, I went to a meeting in Eugene where Representative Phil Barnhart told us we needed to write a Practice Act - a much more complex piece of legislation than we had been trying to pass. Prior to that, I had been a financial and emotional supporter of our effort to get insurance reimbursement, but I was not directly involved. As I listened to what he said, I had a sense I could help with it. So, I volunteered to help with the process. That is when I became one of the authors of the Practice Act. That was the first of many steps that have brought me to this moment.

I am immensely grateful for having gotten involved. I have met many of the most inspirational people I have ever known as a result: the coalition members who wrote and passed the Practice Act in 2009; the board members who rebuilt OMHCA, and then three years later courageously agreed to merge with ORCA to create one unified voice for LPCs in Oregon; the ORCA presidents and board members, who agreed to the merger, and then did the painstaking work to build the infrastructure to maintain it; and I cannot leave out my colleagues in COPACT, who have worked tirelessly for the last 6 years on your behalf. We have done some great things together. We have rejoiced with some great victories and supported each other through a few defeats. We have learned how to be extremely effective advocates for LPCs and LMFTs and on behalf of vulnerable Oregonians in need of mental health care. I am proud beyond words for what you each have become.

I don’t have time to recognize all of the people I want to thank by name, but you know who you are. You have been some of the finest human beings I have known in my life and it has been an honor to work with you. This award is for all of you as much as it is for me.

I am often asked by LPCs and LMFTs, “How can I help?” I have two suggestions: The first is, if you feel a call to help out the community of therapists, please say, yes. Too many of us think only of our own jobs or practices. I ask you to think about the whole public and private mental health system and where it needs help. Right now, COPACT is most concerned about the huge caseloads therapists are carrying in community mental health agencies and the ongoing struggle with declining insurance reimbursement in private practice. But there are many other parts of the system that COPACT keeps an eye on. I invite you to be curious about the whole system and all of its other moving parts, including hospitals, educational institutions, corrections, addiction treatment, and rehabilitation and career counseling agencies. If you feel drawn to help make the system work better, please go for it. It will be good for you, and for our profession, and for the vulnerable people in our state.

I am often asked by LPCs and LMFTs, “How can I help?” I have two suggestions: The first is, if you feel a call to help out the community of therapists, please say, yes. Too many of us think only of our own jobs or practices.

COPACT can always use your help, especially in the upcoming long legislative session in 2017, when there will be up to a hundred proposed bills that may have an effect on the mental health system. ORCA and OAMFT can also use your help. Please get involved. And remember, COPACT can always use your financial support, which goes to support our lobbyist, Elizabeth Remley, who advocates for all of us very effectively and watches our back all year long in Salem while we are busy with our own work. You can donate to COPACT at copactoregon.com.

Continued on page 10
Speech: Larry Conner (continued from page 9)

The second thing I want to mention is a request: please be kind to each other. That may sound strange when addressed to a group of compassionate mental health providers, but the fact is that there is way too much criticism and judgment in our field between professions and between adherents of one treatment modality or another. Other health professions are way better at supporting each other than the mental health professions.

We learned yesterday from Scott Miller that academic degrees and treatment modality have zero effect on outcome. So, why do we focus on them so much? I think it has a lot to do with ego. Here’s my position: if we want to mature as a profession, we need to check our egos at the door. When you are tempted to judge another therapist’s work, I invite you to consider the other therapist has one very important thing in common with you: the courage to continue to do the work when it gets hard.

And as you know, it can get very hard. A number of years ago, a colleague, a psychologist from another state, called me to tell me she had had two suicides in her practice in one week. My response was: “Oh My God. How are you doing?” I did not care what her therapeutic approach was. I did not care about her academic degree or license. All I cared about was her bruised humanity and how she was managing it. And, then two days later, she went back to work. That is courage. That is the kind of courage that changes the world.

Look around this room. Think about all your colleagues who are not here today. We each have that same courage. If we didn’t, we would not be in this profession. That is what we all need to focus on rather than our differences. We need to honor each other for having the courage to do what we do.

I am not just saying this for the heck of it. If we learn to support and respect each other, we will be stronger as a profession. That translates into our being stronger politically. And that makes us all that more safe. That is my purpose in talking about this. I want every person in this room and all of your clients to have a safe and more secure future. Supporting and respecting each other is a big step in that direction.

Thank you ORCA for this amazing award. Thank you for your trust in me. It has been an honor to serve you over the last ten years.

Larry Conner, M.A., LPC is the current Government Relations Chair and the founder of the Coalition of Oregon Professional Associations for Counseling and Therapy.

Looking At Temperament: Evidence-Based Treatments for Disorders of Over and Under Control

Keynote Speaker: Thomas R. Lynch, PhD

Dr. Lynch is the founder and developer of Radically Open Dialectical Behavior Therapy (RO-DBT), an evidence based, transdiagnostic treatment for patients who suffer from emotional and behavioral over-control. Over 20 years of research suggests that RO-DBT is effective for patients with chronic depression, Anorexia Nervosa, and also other, more complex groups that can be difficult to treat, such as Autism Spectrum Disorders and Obsessive Compulsive Personality Disorder. This will be Dr. Lynch’s first time speaking on this exciting topic to an Oregon audience.

Additional Breakout Sessions: Dialectical Behavior Therapy for Complex Eating Disorders: The First Sessions, Charlotte Thomas, LCSW, Manager, Path to Mindful Eating Program, Portland DBT Institute, The Complicated Intersection of Digestive Health and Eating Disorders, Valerie Edwards, MS, RD, LD, Clinical Dietitian, Providence Portland Medical Center

Cost and CEUs

$160 by 2/3, $175 following. Reduced rates are offered for CREDN members, students, and medical or nursing residents. Registration includes 6 CEUs, breakfast, lunch, and afternoon refreshments.

More Information and Online Registration

go.lclark.edu/graduate/credn/conference

This conference is co-sponsored by the Columbia River Eating Disorder Network (CREDN), and Lewis & Clark Graduate School of Education and Counseling’s Professional Mental Health Counseling–Addictions Program and the Center for Community Engagement.

Oregon Counseling Association - Serving Oregon counselors across disciplines since 1947.
Professional Development Opportunities for Professional Counselors

Please join us for these exciting human services training opportunities this winter. For more information about each training, including costs and registration instructions, please follow the link listed under the program title.

BEHAVIORAL HEALTHCARE
pdx.edu/ceed/behavioral-healthcare

Foundations of Motivational Interviewing
With Charles Smith
Fri 5:30–9:30pm Feb 10, and Sat 8:30am–4pm Feb 11, 2017

Advanced Motivational Interviewing
With Charles Smith
Fri 5:30–9:30pm Apr 28 and Sat 8:30am–4pm Apr 29, 2017

Cognitive Therapy for Psychosis series
With Ron Unger
Register for one or both days

Day 1: Cognitive Therapy for Psychosis: An Individualized, Recovery Oriented Approach
Fri 8:30am–4pm Feb 17, 2017

Day 2: Trauma, Dissociation, and Psychosis: Cognitive Behavioral Therapy and Other Approaches to Understanding and Recovery
Sat 8:30am–4pm Feb 18, 2017

Social Security Disability Law
With Bennett Engleman
Fri 5:30–9:30pm Feb 17, and Sat 8:30am–4:30pm Feb 18, 2017

Key Steps to Effective Group Therapy
With Gregory Crosby
Register for one or both workshops

Day 1: The Journey from Forming the Group to the Final Session
Fri 8:30am–4pm Feb 24, 2017

Day 2: Integrative Cognitive Behavior Group Therapy
Sat 8:30am–4pm Feb 25, 2017

Developing Your Private Practice
With Patrick Johnson
Fri 5–9:30pm Apr 21, and Sat 9am–4 pm, Apr 29, 2017

CLINICAL SUPERVISION SERIES
pdx.edu/ceed/clinical-supervision

Ethics and Legal Issues in Clinical Supervision
With Doug Querin
Fri 8:30am-4pm Mar 17, 2017

Clinical Supervision
With Lisa Aasheim
Thu and Fri 8:30am–4pm Apr 13, 14, and May 4, 5, 2017

TRAUMA INFORMED SERVICES
CERTIFICATE OF COMPLETION AND WORKSHOPS
pdx.edu/ceed/trauma

Integrating Brain Science into Trauma Therapy
With Greg Crosby
(Formerly the Interpersonal Neurobiology of Trauma)
Fri and Sat 8:30am-4pm Jan 27, 28, 2017

Understanding Trauma and Crisis Response
With Ann-Marie Bandfield
Fri 8:30am-4pm Mar 3, 2017

Organizational Resilience: Healing the Trauma and Empowering Your Business
With Pat Davis-Salyer
Fri 8:30am-4pm Mar 10, 2017

Trauma Informed Services across the Lifespan
With Dawn Williamson
Fri and Sat 8:30am–4pm Apr 14, 15, 2017

CERTIFICATE IN ADDICTIONS COUNSELING
Seven sequential graduate-level courses, or 190 hours, designed for behavioral health, mental health, addictions treatment, and other human services professionals at both the graduate credit level with the Graduate Certificate in Addictions Counseling, and the noncredit level Certificate of Completion in Addictions Counseling. Either certificate will help to better serve clients, as well as increase employment options: mental health professionals benefit from the additional training in addictions counseling to serve clients struggling with this issue. pdx.edu/coun/addictions

Kathy Lovrien, LCSW, Mental Health and Addictions program manager
lovrienk@pdx.edu | 503-725-8165

Graduate School of Education
pdx.edu/education
It’s Just a Metaphor… Or is It?

by Robert Plamondon

Anyone who practices talk therapy can benefit from more effective speech, and metaphor has therapeutic advantages over simple declarative statements. Since a metaphor is, by definition, not literally true, its interpretation leaves wiggle room for client and therapist alike. Metaphors fit in a single sentence and often a single phrase, achieving a density of meaning not achievable by other methods. Extended metaphors can take the form of anecdotes, parables, and fables.

Often without knowing it, we all use metaphor constantly and fluently. With some intention, we can engage this skill to benefit our clients.

What makes a good therapeutic metaphor?

A good therapeutic metaphor is:

• Instantly understood by the client
• Implies more than it says
• Casts no moral judgment

The first point, instant understanding, is one where our expert bias tends to get in the way. Since we have extensive training in our therapeutic fields, many concepts that are obvious to us are not obvious to our clients (and vice versa in their own fields of expertise). By using a metaphor, we abandon our detailed knowledge in favor of something that's a good fit symbolically, emotionally, or procedurally, without being literally true at all.

For example, I’m a hypnotherapist, and hypnotherapy is a brief therapy. How is this possible? People are complicated! I explain through this extended metaphor: "I'm like a tow truck driver. Once I get your car unstuck, you can continue on your journey."

Such a metaphor implies more than it says, and the mind searches for additional meanings. The tow-truck metaphor is equally valid for a trip around the block and a trip across the continent, and this is implied. The tow-truck metaphor also frames the client’s issue as a mere incident, rather than a disaster. I could have added drama and self-aggrandizement by using a car-crash metaphor and casting myself as a paramedic, but I think that would be a mistake as our job is to normalize rather than dramatize.

The third point is that the metaphor should cast no moral judgments. Nothing ruins a session like stirring up anger, shame, resentment, or other strong emotions by slamming a client by accident. (Except doing it on purpose. That’s worse.) My role in the metaphor is important and intentional. I recommend avoiding metaphors that involve violence, death, punishment, subordination, or being judged, even favorably. I’m not a long-suffering tutor who teaches you the stuff you were too dumb to learn the first time around. I’m not the cycle of nature that takes dog doo and turns it into flowers. This is because a great deal of human speech is loaded with more or less unconscious indicators of, “I’m the boss of you,” and “You’re dumb and sinful.” That’s why I like the tow-truck metaphor. A tow-truck driver is a service provider, not an authority figure, and needing a tow truck is something that happens to everyone from time to time.

Finding and Developing Therapeutic Metaphors

Therapeutic metaphors are all around us, and getting good at them is a skill like any other. The classic work on the topic is Therapeutic Metaphors by David Gordon, and you can find resources online as well.

Once you get interested in the topic, you’ll soon start noticing other people’s metaphors and cribbing the best ones, as well as developing your own. You might want to record a few of your own sessions and see what gems and duds you’re actually using. You’ll be amazed how quickly the gem-to-dud ratio improves when you do this.

Robert Plamondon is a hypnotherapist in Corvallis, Oregon. He can be reached at robert@plamondon.com and hypnosis-corvallis.com.

---

Oregon Counseling Association - Serving Oregon counselors across disciplines since 1947.
As I coach career transition clients daily, I notice that there are best practices that come up over and over again. I want to share these with you so that you can share them with any clients of yours who might be preparing for a career change.

Job seeking is not for the faint of heart. It takes courage to extend yourself in the marketplace. And so one of the first tools I reach for is an assessment instrument. Assessment results can provide a needed confidence boost, reminding clients of their strengths and positive attributes when they need this the most. My clients also enjoy using their results to provide language to use around marketing or branding themselves - including resume career summary and accomplishments, LinkedIn® profile, cover letters, business cards, positioning statement, and a marketing plan (if they choose to create one).

The second thing your clients will need is a good editor. As clients create their branding documents, it is a “must” to have a second pair of eyes review their materials. I review resumes daily and one of the biggest mistakes I see is inconsistent dashes in resume dates. It may seem like a minor thing, but resume reviewers look for both content and format in these documents and they need to be letter perfect to pass the screening process.

Once a client’s able to effectively brand themselves, they’ll begin to receive calls from employers for interviews. At this point, I counsel that they need to have their own questions prepared. I always recommend some version of “What is your process going forward?” This is an extremely important question to ask because it reveals when the job-seeker should follow up. Following up is crucial to getting hired. I generally recommend clients follow up a few days after the employer said they would make a decision. There is a fine line between being a pest and showing interest. I also coach them that they can vary how they follow up, either through email or phone.

And of course part of follow up is the thank you note. Always, always send one. A job seeker is building relationships throughout the hiring process and this is a step many candidates overlook.

Another best practice relates to the client’s process, especially the internal process of keeping their spirits lifted while waiting on a job offer. I coach them not to stop their job seeking efforts until they have accepted an offer and have a start date firmly in place. This prevents the “eggs all in one basket” problem, which can stall a job search.

I hope you’ll find these recommendations for the beginning and middle of clients’ career transition process helpful.

Aly Anliker, Ed.M, is a creative organizational and career consultant with extensive experience in Training Management, Executive Coaching and Instructional Design. She is passionate about brand identity and what makes people unique in the world of work, and has worked with individuals in career transition for over 15 years.
ORCA Election Announcement

Your Opportunity to Make a Difference at the State and National Levels for Professional Counselors!

The Oregon Counseling Association will soon be accepting nominations for the elected positions of President-Elect and Secretary. The official nomination form will be posted on our website and social media by early February. Nominations will be due by Feb 28th and members will vote during the month of March, with election results to be announced in April 2017. If you are interested in taking on a leadership role in your professional community, or have a colleague you consider ripe for the challenge, please considering making a nomination. Please see the description of positions below. Note that service in either position requires membership in both ORCA and the ACA.

President-Elect: The President-Elect will be chosen from the membership at-large and will automatically become President one year after taking office as President-Elect or upon the death or resignation of the President. The Past President will continue to serve in an advisory role for the following year. Primary duties of President-Elect include but are not limited to:

- Learn from the current President the role and duties of the President,
- Participate actively at ORCA Board and Executive Committee Meetings,
- Attend the National Conferences as needed,
- Support the mission of ORCA, which may include project leadership and policy development as delegated by the Governing Board or the President,
- Organize the yearly ORCA retreat!

Secretary: The Secretary will record the minutes of proceedings during meetings of the Members and of the Governing Board. The Secretary will perform duties customary to the office, or as delegated by the Governing Board or the President.

If you have any questions regarding these positions or if you are interested in nominating yourself or peers, please contact Ryan Melton via email at pastpresident@or-counseling.org

Sincerely,

Ryan Melton
ORCA Past President
Announcing the Oregon Career Development Association’s 2017 PDI

Each year, the Oregon Career Development Association’s biggest and most anticipated event, the Professional Development Institute (PDI) brings together regional career development professionals from business, schools, colleges and universities, and public and private agencies.

This event provides a great chance to enhance skills, network with colleagues, recognize outstanding individuals, share best practices, and earn CEUs.

Along with the presentations and hands-on activities, there will also be plenty of camaraderie, logo contest judging, and food. Please join us!

About Kathy M. Evans, PhD:

Dr. Evans has been a Counselor Educator for more than 23 years, 18 of which have been at the University of South Carolina where she’s an Associate Professor. Her research interests focus on multicultural and diversity training, multicultural career issues, and counseling African Americans. Dr. Evans has given 100+ presentations at local, regional, and national conferences and has more than 40 publications, including four books.
What to Do When Protected Health Information Goes Missing

by Paul Cooney, Attorney, General Counsel for ORCA

Let’s face it, mistakes happen. Hopefully you will never need the information contained in this article, but in the event that protected health information is lost or stolen, it’s important to know what to do. This can include lost or stolen electronic devices that contain protected health information (PHI), misdirected faxes or emails, or unauthorized access by staff. First, ensure that your electronic data is encrypted.

What Should I Do?

Step 1: Don’t panic. This is survivable.

Step 2: Don’t procrastinate. The timelines are short, and the penalties for missing deadlines are severe.

Step 3: Call an attorney who understands HIPAA. David Madigan in our office is our HIPAA guru: (503) 607-2711 or dmadigan@cooneyllc.com

Step 4: If your electronic PHI is not encrypted, today is the day to make a plan to make that happen. Roy Huggins, LPC (personcenteredtech.com) is an excellent resource.

When a breach occurs, there are several questions to be answered:

Are you a HIPAA Covered Entity? If you or your billing service submits bills electronically, then you are most likely a covered entity and subject to the HIPAA Breach Notification rules.

Is the information protected health information (PHI)? PHI is broadly defined as any information about health status, provision of health care, or payment for health care that is created or collected by a Covered Entity and can be linked to a specific individual.

Has there been a breach? A breach is an impermissible use or disclosure that compromises the security or privacy of the protected health information. A breach is presumed unless the covered entity or business associate demonstrates that there is “a low probability” that the protected health information has been compromised based on a risk assessment. Encryption, if done properly, can alleviate all of this. Encryption makes the information “unavailable” to any prying eyes.

If the lost or stolen information is not accessible by the person stealing the information, you do not have a breach. malpractice carrier since many policies do have this additional coverage.

Continued on page 17
Ask Paul Cooney (continued from p. 16)

Breach Notification Requirements: Covered entities must provide notification of the breach to affected individuals, the Secretary, and, in certain circumstances, to the media.

Individual Notice: Covered entities must notify affected individuals following the discovery of a breach in written form by first-class mail, or by posting the notice on the home page of its website for at least 90 days, or by providing the notice in major print or broadcast media where the affected individuals likely reside. Notifications must be provided without unreasonable delay (60 day maximum) and must include a brief description of the breach, a description of the types of information that were involved in the breach, the steps affected individuals should take to protect themselves from potential harm, a brief description of what the covered entity is doing to investigate the breach, mitigate the harm, and prevent further breaches, as well as contact information for the covered entity.

Media Notice: A breach affecting more than 500 records, requires notice to prominent media outlets serving the State without unreasonable delay (60 day maximum) following the discovery of a breach and must include the same information required for the individual notice.

Notice to your Licensing Board: While not mandated, it is advisable to inform the licensing board of any breach. The letter to the Board should outline the basic information regarding the breach and what is being done about the breach.

Notice to the Secretary: Covered entities must notify the Secretary of breaches by visiting the HHS website and filling out and electronically submitting a breach report form. If a breach affects fewer than 500 individuals, the covered entity may notify the Secretary of such breaches on an annual basis. If a breach affects 500 or more individuals, covered entities must notify the Secretary without unreasonable delay (60 day maximum).

Paperwork: A covered entity should maintain documentation that all required notifications were made, or, alternatively, documentation to demonstrate that notification was not required: (1) its risk assessment demonstrating a low probability that the protected health information has been compromised by the impermissible use or disclosure; or (2) the application of any other exceptions to the definition of “breach.” Covered entities must have in place written policies and procedures regarding breach notification, must train employees on these policies and procedures, and must develop and apply appropriate sanctions against workforce members who do not comply with these policies and procedures.

Stay tuned to this column for future newsletter articles on custody issues, subpoenas, suicidal clients, and more.

Paul Cooney is a healthcare attorney, licensed in both Oregon and Washington, who has been in practice for 24 years. He is a partner at Cooney, Cooney and Madigan, LLC where he specializes in healthcare litigation and represents a wide variety of healthcare professionals in all aspects of their practice, including malpractice cases, licensing and discipline, and general business matters. Call (503) 607-2711 or email Pcooney@cooneyllc.com

A Relationship Enrichment Weekend for Couples

PORTLAND | HOLDMETIGHT
Charles Edwards Ph.D.
Jamie Levin-Edwards Psy.D.
CONVERSATIONS FOR CONNECTION

THIS PROGRAM HELPS COUPLES TO:
• Create a lively and intimate relationship
• Change repetitive negative patterns
• Manage conflict more effectively
• Rekindle desire and affection

BASED ON EMOTIONALLY FOCUSED THERAPY NEXT WEEKEND: June 30–July 2, 2017
portlandholdmetight.com • 503.222.0557
ORCA BOARD OF DIRECTORS

EXECUTIVE OFFICERS

President
Raina Hassan
president@or-counseling.org

President Elect
Joel Lane
presidentelect@or-counseling.org

Past President
Ryan Melton
pastpresident@or-counseling.org

Treasurer
Kara Eads
treasurer@or-counseling.org

Secretary
Suzy Elton
secretary@or-counseling.org

Public Policy & Advocacy
Chad Ernest
publicpolicy@or-counseling.org

COMMITEE CHAIRS

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

Technology
Emily Kolibaba
technology@or-counseling.org

Human Rights
Kathleen Coleman
humanrights@or-counseling.org

Fall Conference
Brenda Hanson
conference@or-counseling.org

Graduate Programs
Meghan Opbroek
gradprograms@or-counseling.org

Professional Development & Education
Taylor Wolf
practicedev@or-counseling.org

Membership
(open position)
welcome@or-counseling.org

Ethics
Doug Querin
ethics@or-counseling.org

Networking
Sue Ujvary
networking@or-counseling.org

ORCA/ACEP Administrator
Susan Zall
ACEPadmin@or-counseling.org

DIVISION PRESIDENTS

OACES President
Joel Lane
OACES@or-counseling.org

OCDA President
Joseph Hernandez
OCDA@or-counseling.org

If you are interested in becoming a working member on the board, please contact ORCA President-Elect Joel Lane for more information!