Happy Spring, ORCA members!
The cherry blossoms are out and ORCA happenings are in full swing!

This past March, ORCA and COPACT hosted Lobby Day 2019 at the Capitol building in Salem. See page 2 for more updates from the COPACT Communications Chair! ORCA hosted a "working lunch" with our lobbying firm Thorn Run Partners, where Elizabeth Remley, Rachael Wiggins Emory, and Marcus Wiley trained us on how to talk with legislators (which is super easy). We were split into three teams of about 5-7 people each and spoke with 19 legislators from all across Oregon, including Speaker of the House, Tina Kotek, about why mental health bills are important and why mental health matters. Legislators were receptive and excited to have mental health clinicians in their offices, especially since there are a record number of mental health bills this year in Oregon.

Just a few days after Lobby Day, I headed to New Orleans, Louisiana for the annual American Counseling Association (ACA) conference with ORCA’s Professional Development & Education (PD&E) Chair, Tever Nickerson. We attended sessions on supervision, ethics, multicultural concepts in counseling, body image issues, and more. At the conference, I represented Oregon at ACA’s Western Region meeting (which includes 13 states and the Philippines) to discuss licensure portability, networking within the region, and more. I am thrilled to announce that I ran to serve as ACA’s Western Region Chair during my Past Presidency term with ORCA and won! I’ll be starting my three year term in July 2019 at the annual ILT conference in D.C. and will happily be serving the ACA Western Region, trying to connect the region more efficiently and help other states improve their legislative involvement. In between sessions and meetings, Tever and I explored New Orleans in the French Quarter, buying masquerade masks, trying new foods, listening to a variety of live music, and of course eating many beignets.

Recently, our April 5th Networking Event with guest speaker Tyesha McCool-Riley, Mental Health Specialist for the City of Portland’s Community and Civic Engagement Office, had an amazing turnout! We quickly filled up our banquet space and had wonderful conversations with y’all about future event ideas, what therapists and counselors need from ORCA, and how we can better form a strong mental health community in Oregon. Check out the photos on Page 6!

We would also like to thank Sue Ujvary for all of her hard work and for serving with ORCA over many years. Sue is moving into leadership in another organization which helps the community, so best wishes on your journey, Sue! I would also like to welcome our new Networking Chair, April Dodson. April is a graduate student at Portland State University and has worked in various other organizations helping plan events and connect folks together, so we are thrilled to have her on our team. Welcome, April!

On Saturday May 4th starting at 12 noon at Second Profession Brewing in Portland, ORCA’s Graduate Rep Committee, with Chair Jess Montee, is hosting “What To Do After Graduation”. This event will educate students and new grads on the licensure process, tips on starting a private practice, how to work in agencies, and will include a chance to network as well. Join us and register HERE!

Make sure to “friend” us on Facebook (check out fun photos on there) and watch your listserv emails for more info soon. We hope to see you in July at our annual ORCA potluck picnic. If you’re interested in volunteering, send me an email!

Thank you all for your continued support and connections. Now, bring on the sunshine, Oregon!

Gianna Russo-Mitma, M.S., LMFT
President, Oregon Counseling Association
president@or-counseling.org
The Counselor is the quarterly newsletter of the Oregon Counseling Association

Volunteer Staff
Gianna Russo-Mitma, ORCA President
Melissa Chernaik, ORCA Communications Chair

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Statement on Anti-Discrimination
The Oregon Counseling Association will not knowingly engage in activities that

In this issue:
COPACT Lobby Day Update
Points of Detachment in Career Counseling
Counselors Create
and more!

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.
by Charmagne Westcott, LPC, NCC, COPACT Communications Chair

COPACT’s lobby day was Thursday, March 21st. It was an extremely successful day, with 28 LPCs and LMFTs in attendance and a lot of great feedback from legislators.

COPACT’s Lobby Day is an opportunity for LPCs and LMFTs to attend face-to-face meetings with state legislators to discuss and advocate for COPACT’s agenda: Advancing access to quality mental health care for all Oregonians. It occurs once every long session (odd years) and some short sessions (even years). This was the first time that ORCA offered a CEU ethics workshop at the state capitol hearing room prior to the scheduled meetings with legislators, drawing a record number of LPCs and LMFTs from throughout the state.

The day began with an ethics workshop facilitated by OBLPCT licensing board members, Lindsay McGrath, LMFT and Don Thomson, LPC. All attendees were then escorted to the House of Representatives chamber floor where we were recognized (given courtesies) by Representative Barbara Smith Warner (D-House District 45) before returning to the hearing room for the second workshop facilitated by ORCA’s Ethics Chair, Jenipher Gaffney, CRC, LMHC.

COPACT lobbyists, Elizabeth Remley and Rachael Wiggins Emory divided the large number of attendees into 3 separate groups so that each of us would have an opportunity to meet directly with the legislators representing our districts. In total, we met face-to-face with 13 representatives and 6 senators, advocating for legislation that promotes quality mental health care and protects LPCs, LMFTs and our clients in Oregon.
“Every Body is a Beach Body”
Conference at the Coast

Friday, November 8, 2019 - Saturday, November 9, 2019

Tolovana Inn, Cannon Beach, Oregon

**Friday:** All day CEs & sponsor tables
**Saturday:** Morning yoga & Networking Brunch

**Topics will include:**
- Body acceptance
- Disordered eating
- Intersectionality

More information and registration coming soon!
www.or-counseling.org/PDE
Spring Networking Event!
Upcoming 4th Friday Presentations with the Oregon MH CE Consortium
We are approved to offer APA credit

Take AM or PM for 3 CEs - $100
or both for 6 CEs - $150
Live or via interactive webinar
Not sure how to do a webinar? We’ll do a free trial run with you prior to the event to make sure you’ve got the hang of it.

April 26 * 12-4 (4 CEs/$100)
HIV/AIDS for Mental Health Clinicians

May 24 * 9-12 and/or 1-4
Trauma + Neurobiology

June 28 * 9-12 and/or 1-4
Legal + Ethical Issues

July 26 * 9-12 and/or 1-4
TBA

For more info and to register: ormhce.com
Interested in presenting? Find out how on our website.

Who We Are: A group of multidisciplinary, licensed + practicing mental health professionals dedicated to bringing you meaningful CEs in a warm, inviting format delivered by local and regional experts.

What We Offer: CEs every 4th Friday
10% donated to charity every time

ORMHCE Consortium is approved by the American Psychological Association to sponsor continuing education for psychologists. ORMHCE Consortium maintains responsibility for this program and its content.

On The Precipice Of Important Change: Points of Detachment in Career Counseling

by Aubrie De Clerck, CPC

In working with clients on their career transitions, I find there are two prominent times when they could use some support in detaching in a healthy way—letting go of an employment situation or being over-invested in a new desired outcome.

To be clear, I’m not referring to attachment disorder, rather a normal part of human experience. When at the precipice of something—an edge of change—getting beyond the stuck place requires leaving behind the known and taking a conscious risk. It’s a leap of faith towards new beliefs and experiences, a new relationship with work.

In coaching, there is a lot of focus on crafting powerful questions to help the client shift perspective and come to solutions on their own. For the two scenarios, I’ve added probing questions that could help your clients understand what is underneath their surface attachment.

Unable to take action

“I just don’t have the energy to do a search. I spend so much time at work dealing with the politics, trying to fix all the problems management is creating that I’m worn out at the end of the day. I wish they could see what I’m trying to do and get on board, then I could move on to what’s important to me.”

“I can’t believe I got laid off. It was so unfair the way it was done. And I just heard yesterday that they are hiring for similar positions!”

Many times clients say they want to leave a situation behind, but week after week can’t seem to take action. They are feeling stuck and frustrated. Often they are angry, wanting the employer to see their value, to be heard. Defeatism might be at play—nowhere is going to be better, so why try? Or they could just be completely exhausted and can’t muster the energy to change the situation just yet. Specific situations could include being fired or laid off, unexpected role changes, poor reviews and reorganizations. Clients may be guided toward healthy detachment through questions that help them recognize where they are hanging on to beliefs and situations that don’t serve them.

Questions a counselor might ask to support discouraged clients:

- If a friend told you about this situation, what advice would you give them?
- What do you believe the situation means about you?
- How can you give yourself space for the sadness?
- What do you want that you don’t have now?
- How do you know when you’re done?
- What is the permission you need/want to move forward?
- What toll is this taking?

(continued on next page)
Excited to take the leap, but...

“I got called for an interview and I’m really nervous. I’m trying to not get too excited about it. I really want this job, what if I bomb it?”

“From everyone I’ve talked to, being a business analyst sounds perfect for me. It asks for the skills I already have, and brings opportunity for new learning. I think I’d really love the work. There are a number of postings, but I’m scared to apply. Am I moving to quickly? What if this isn’t my perfect job and I’m missing my real calling?”

Another point where the concept of healthy detachment can be helpful is when a client has narrowed down what they are excited about, able to really feel the excitement and possibility of a new role, chapter, or employer. They are invested and want the change—and are afraid that it might not happen. Or they are afraid of missing out on what else is out there by committing to something. If a client gets an interview for a job they really want or has found a job title that feels perfect for them, they might freeze, stopped by worries about the outcome.

Questions a counselor might ask to support over-invested clients:

• What are you most worried about / afraid of? What do you need in order to take the leap?
• What is your intuition telling you? What will increase your chance of success?
• What support do you need? What can keep you connected to the excitement?
• How can we celebrate how far you’ve come?

No matter why clients are having a hard time taking action towards what they want, encouraging healthy detachment can be a supportive action. By asking powerful coaching questions, counselors and clients can partner to identify underlying beliefs, needs, and then paths for moving forward. Awareness is the first step in being able to let go and see options more clearly.

Aubrie De Clerck, CPC, is a Career Coach in private practice in Portland, OR. She and has over 10 years experience helping people find fulfillment at work in all stages of life (new careers, mid career changes, retirement). Aubrie is well versed in corporate, non-profit, education and entrepreneurial sectors, with expertise in helping clients get clear on what they want from their work lives. www.coachingforclarity.net
We need each other. To care for our clients, our colleagues, our communities, and ourselves - not just in difficult moments but day in and day out - we need each other.

Join us.

The Oregon Counseling Association’s mission is to “empower a profession, one counselor at a time.” We do this through providing networking and CE events, by advocating for social justice, and by lobbying for the profession. If your job is to support the mental health of Oregonians, then we are here to support you.

Membership benefits:

• Maintaining a strong lobbying presence in the capitol on behalf of counselors and therapists. ORCA membership dues directly fund a seasoned lobbyist in Salem who provides ongoing advocacy around improving access to healthcare. This role has also supported bills that outlawed conversion therapy for minors, allowed LPCs and LMFTs to bill insurance companies, and much, much more.

• Being a part of an organization that stands up for social justice. Advocating for diversity and human rights is at the heart of what we do.

• Opportunities to connect and network. Whether IRL during professional development events, Networking Nights, our annual summer picnic - or online via our members-only listserv - ORCA makes building professional relationships easy.

• Opportunities to grow as a leader in the profession, and to make your voice heard on critical issues. ORCA has many mentoring and leadership opportunities available to help grad students and new professionals jump-start their careers.

• Discounted member rates at our professional development events and conferences, which provide Continuing Education units necessary for licensure and certification.

• Guidance to help you comply with the ethical standards of counselors and therapists in Oregon. Expert consultation around ethics, technology and the law are offered free of charge to all ORCA members.

Membership dues:

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<th>Membership Type</th>
<th>Dues</th>
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<td>Professional (LMFT, LPC, etc) / Associate</td>
<td>$96/year</td>
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<tr>
<td>Registered Intern</td>
<td>$72/year</td>
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<tr>
<td>Student / Retiree</td>
<td>$48/year</td>
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The Oregon Counseling Association is volunteer-run and membership driven, which means that we depend on our fellow healers joining us as members. Join us. We can’t do this without you.
Your ORCA Membership Dues at Work: COPACT’s Legislative Advocacy

After 15 years of hard legislative work, LPCs and LMFTs were able to get our Practice Act passed into law in 2009. The Practice Act does two things: it gives us the right to receive insurance reimbursement for our work, and it defines that LPCs and LMFTs are legally considered core providers of mental health services in Oregon, joining Psychiatrists, Nurse Practitioners, Psychologists, and LCSWs. Thus LPCs and LMFTs are at the table whenever a major decision is being made concerning mental health services in Oregon.

The Coalition of Oregon Professional Associations for Counseling and Therapy (COPACT) originated in 2010 to be an ongoing lobbying organization to represent both LPCs and LMFTs and to protect the Practice Act.

This is what COPACT has done for you since 2010:

2010
• COPACT worked to protect and strengthen the Practice Act and to amend any statutes that included social workers but not LPCs and LMFTs.
• Passed HB 3668, which amended the Practice Act to allow 100 LPCs to hold onto their licenses.

2011
• Passed HB 2217, which extended the exemption from punitive damages in malpractice suits to include LMFTs and LPCs.
• Met with the Oregon Insurance Commissioner to address many years of mental health reimbursement rate cuts.
• Stopped a bill that threatened the Practice Act.

2012
• Worked on a failed bill to require insurers to be more transparent about how they determine reimbursement rates.
• Worked on failed independent mental health agencies bill that would increase the availability of internships.

2013
• Hired Maura Roche as COPACT’s lobbyist.
• Passed HB 2768, which amended the Practice Act to make practice definitions more enforceable and better situated for health care reform. It also amended the LMFT internship section to allow the same amount of internship for LMFTs as LPCs.
• Passed SB 491, which allowed teens to self-refer to access care from LPCs and LMFTs.
• Worked on HB 2737, which allowed independent mental health clinics to more easily bill insurance, which had the effect of increasing the availability of internships. The bill passed.
• Testified in support of a failed bill to require insurers to be more transparent in their determination of reimbursement rates.
• Helped with the merger of the Oregon Mental Health Counselors Association and ORCA to give COPACT a more secure funding base.

2016
• Throughout the year, met with the Insurance Commission work group that was trying to define what makes an adequate provider network.
• During the short session, kept an eye on a number of mental health related bills including SB 1558, which protects students’ mental health records. This was an attempt to protect the privacy of survivors of sexual assault on college campuses.
• Met with the Insurance Commission to address how reimbursement cuts have a negative effect on access to mental health care for Oregonians.
• Met with the Oregon Health Authority to address increasing caseloads for therapists working in Community Mental Health Programs.

2017
• Evaluated 74 bills that had an impact on mental health services and LPCs and LMFTs.
• Protected the rights of LMFTs and LPCs to use art in their practices and to provide services to sex offenders.
• Supported Art Therapists in their successful effort to obtain state licensure.
• Successfully fought against legislative efforts to define required topics for continuing education training.
• Closely watched a failed bill, which would have allowed clients to receive psychiatric medications from qualified and supervised...
Counselors Create
by Kerri Anderson-Linde, MS, LPC

Counselors engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities.” -ACA Code of Ethics, Section C Introduction

It's the end of a long week. I've seen 20 clients, taught two classes and met with multiple supervisees. I am exhausted; physically, mentally, emotionally. I have a little time before bed. I could grade papers, I could read any of the myriad of books I've recently ordered, I could finish that online ethics CEU I started…or…I could take myself upstairs and spent 30 minutes in my art studio. I know from experience, if I can get myself up the stairs, those 30 minutes spent in the studio will be replenishing no matter what medium I use or what the project is.

Creativity has long been utilized as a tool for assisting clients in reaching new clarity around presenting concerns, but creativity can also be an important addition to counselor self care. Creative expression may not only help to bring awareness to issues of countertransference (Jackson, Muro, Lee, & DeOrnellas, 2008; Koltz, 2008), but it may also assist counselors in processing difficult emotions related to client care (Bradley, Whisenhunt, Adamson & Kress, 2013). Creative expression can allow for a moment of externalization which may allow a counselor to more clearly view a clinical issue or a unacknowledged feelings associated with professional practice.

(continued on next page)
But where to start? For many counselors the belief that creativity could be a beneficial tool for self care is accepted, but struggling to access that inner artist or even how to use certain creative mediums can prevent willing counselors from sitting down to create. Here are a few suggestions for creative play that require few supplies, no previous artistic training and less than 30 minutes.

**Visually depict your clients.** For this exercise you’ll need a few magazines, a glue stick, scissors and a surface to glue your images onto (I like using individual surfaces for each client, like small squares of cardstock cut into 3”x3” squares) Spend 15 minutes going through magazines looking for words or phrases that represent how you see each of your clients. This could be related to their presenting problems, your feelings about them, what their goals are or how therapy is going. You can select several images for each client, a combination of words and images or only words. Try not to overthink your choices. The finished collages can give insight into your experience of those clients; how you see them, how you see your work with them, or possibly what might be next for their therapy. You can do this same exercise with drawing (stick figures work great), photography or sculpture.

**The counselor I am today.** This exercise can be done repeatedly to track counselor development (I do this once a week in my planner). All that’s needed is paper and a writing utensil. Sit for a few moments and consider how you feel (not look) as a counselor. Maybe close your eyes and focus on the mental images that come as you consider yourself in your professional role. Without concern for the finished product, open your eyes and sketch what you saw. On the reverse side of the paper, write an explanation for what you drew. You can also do this exercise with any number of creative mediums (paint, collage, wearable art) as you have time and supplies.

**Keep a journal.** The best way to prioritize and simplify creative self care is to have the tools at the ready. Keep a journal and an assortment of writing/drawing/collaging implements with you in your bag. Whenever you have a few moments, maybe between clients, maybe as part of your ritual before beginning your client day or before heading home, take a few moments to doodle or write. It doesn’t have to be a work of art or a brilliant deduction, just a record of your thoughts and feelings in that moment. Ongoing engagement can provide insight as well as allow you to externalize personal or clinical issues so they don’t cross contaminate other areas of your life.

To explore additional mediums or find new exercises, you can look to online sources (the Journal for Creativity in Mental Health is an excellent resource), local art supply stores, or attend trainings/retreats such as Creative Self Care for Helping Professionals. The next edition of this day-long retreat will be Saturday, October 19, 2019 at McMenamins Edgefield, and will focus on book arts including creating a journal, exploration of assorted media for creating pages (alcohol ink, watercolors, stenciling, etc) and journal prompts that can be used for counselor self-care or client care.

Kerri Anderson-Linde, MS, LPC, is a counselor and clinical supervisor in private practice in Portland, OR. She also works as adjunct faculty in the Counselor Education department at Portland State University and in the Higher Education and Student Affairs department at the University of Portland. As a counselor and an artist, bringing creativity to the process is Kerri’s passion; connect with her and learn more at her website [www.kerriandersonlinde.com](http://www.kerriandersonlinde.com) or via email: kerriandersonlinde@gmail.com.
ORCA 2019

JANUARY 18  Counselors of Color Reception
An evening of community, support, and celebration for BIPOC therapists
6-8pm at Olive or Twist

MARCH 21  Lobby Day & Ethics Workshop
Earn 3 Ethics CEs and get trained to lobby with your legislators
9am-5pm at the Capital Building in Salem

APRIL 5  ORCA Networking Event
Guest Speaker PPD Behavioral Health Unit
7-9pm location tbd

APRIL 13  OAMCD Planning Meeting
Oregon branch of the Association for Multicultural Counseling and Development
11am-1pm location tbd

MAY 4  Graduate Student Event
Professional Development & Networking
Lunch provided!
12-4pm at Second Profession Brewing

MAY 19  NAMI Walk
Join Team ORCA in support of the National Alliance on Mental Illness
1-3pm at the Eastbank Esplanade

JULY 21  Annual Potluck Picnic
12-4pm at Sellwood Park

www.or-counseling.org/events
Join Team ORCA for the 2019 NAMIWalks Event!

The Oregon Counseling Association will once again lace up our sneakers and walk together on Sunday, May 19th, 2019 in support of the National Alliance on Mental Illness. Join our team for the 2019 NAMIWalks event! We are walking to raise awareness of mental illness and raise funds for the important work of NAMI Multnomah.

Please JOIN OUR TEAM and walk with us, or support our team by making a donation to a team member listed on our ROSTER. Donations on this page are fast, secure and easy. Join here!

All funds raised directly support the mission of NAMI to provide support, education, and advocacy to individuals and families right here in our community. Your support means a lot to our team and the 43.8 million Americans who experience mental illness in a given year.

Last year, lead by team captain Sofia Jasani, Team ORCA raised $3,526 and was ranked tenth out of 147 teams. With your help, we can do it again!

The NAMIWalks Event takes place rain or shine on the third Sunday of May every year. The 5k walk begins and ends on the Vera Katz Eastbank Esplanade near SE Water & Main. The route is wheelchair accessible, and well-behaved children and dogs are welcome! After, we will have a social gathering after at Lucky Lab SE!
Call for articles

The Counselor, the quarterly newsletter of the Oregon Counseling Association, invites articles to be submitted for consideration for our Spring 2019 issue.

This newsletter seeks to share with our counseling community institutional knowledge, personal narrative, annotated resource lists, advice, photographic essays, manifestos, and the like. We seek to be a safe space in which we all can learn from one another about topics related to social justice and enacting our values as those subjects relate to the helping professions and to our communities in Portland and in greater Oregon.

Submission of articles, etc due for Summer on by July 1, 2019
to editor@or-counseling.org

This newsletter is always available to everyone, and may be found online here. We welcome submissions from members of ORCA as well as non-members. People of color, LGBTQ folks, folks with disabilities, low-income folks, people diagnosed with mental illness, and people with experience being treated as a case in need of management are particularly encouraged to share their voice and their experience. To include a range of perspectives, each article will be succinct-ish, with an ideal word count of between 400-1,200 words (not including references, figures, artwork, and photography, if you like).

With the certain knowledge that diverse perspectives make for a more skilled, savvy, and effective environment - and with awareness of the various ways that ORCA is impacted by varied -isms, we’re seeking to invite more diverse voices to participate in shaping ORCA’s future work. We hope this includes new voices coming on to serve on our Board (if pursuing a career as a licensed professional counselor), or to participate in committee meetings or other events, as well as by shaping the voice of this newsletter.

Thanks for your time!

The Oregon Counseling Association
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