



# THE COUNSELOR

## President's Message

Greetings, fellow ORCA members!

Your association has had a busy winter and spring! We worked with the *Oregonian* on an [article about post-election anxiety](#), represented you at the ACA Annual Conference in San Francisco, and held elections to welcome new officers into the roles of President-Elect and Secretary.

As you have probably heard by now, the results of those elections are in. I will be thrilled to welcome our new officers into their roles at our upcoming board meeting in July. Chad Ernest, who has served most recently as ORCA's Public Policy and Advocacy Chair and President of ORCA's lobbying arm, Coalition of Oregon Professional Associations for Counseling and Therapy (COPACT), will step into his new role as ORCA's President-Elect. Joel Lane, who has served as the division president of the Oregon Association of Counselor Educators (OACES), will become President of ORCA. We will welcome Mitch Elovitz to the board in the role of Secretary and bid a fond farewell with gratitude to Suzy Elton, who has served as ORCA Secretary since 2014. I will become Past-President, and we will say goodbye—also with fondness and gratitude—to Ryan Melton.

Many of you were in attendance at the ACA Annual Conference in March. There, President-Elect Joel Lane accepted the 2017 Best Innovative Practice Award from the American Counseling Association. This award recognized ORCA's work on rebranding the identity of our branch and implementing our new member database. We competed for the award among many other well-qualified and hard-working neighbor branches (13 states and the Philippines), and we were honored to be recognized at the national level. I would like to thank ORCA Services Coordinator Evan Dumas, Human Rights Committee Chair Kathleen Coleman, Communications Committee Chair Gianna Russo-Mitma, Communications Committee and COPACT member Melissa Chernaik, and ORCA member Jennie Hayes for their work on these projects.

Summer is fast approaching and I know many of us are looking forward to welcoming a season of sunshine and longer days. One thing I enjoy most about summer is the opportunity to spend more time outdoors. We are planning a [networking picnic](#) on Sunday, August 6th, from 4-7 pm, to be held in Laurelhurst Park in SE Portland. It will be an informal, bring-your-own blanket potluck. I hope you can join us! Check our [Facebook page](#) the day-of to find out which corner of the park we were able to grab. ORCA members, [non-members](#), friends, families, and leashed furry friends are all welcome!

Sincerely,

Raina Hassan, MS, LPC

President, Oregon Counseling Association

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*The Counselor* is the quarterly newsletter of the **Oregon Counseling Association.**

### Volunteer Staff

Gianna Russo-Mitma, Editor  
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with thanks to Melissa Chernaik

For information about advertising or article submissions, contact [editor@or-counseling.org](mailto:editor@or-counseling.org)

### Membership Info

Information about ORCA membership may be obtained online at [www.or-counseling.org](http://www.or-counseling.org)

### 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 nor of the products or services advertised.

### Statement on Anti-Discrimination

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.

## OACES Corner

### ACES, WACES, and OACES (Oh My!)

by Joel Lane, ORCA President Elect

During my time as President of the Oregon Association for Counselor Education and Supervision (OACES), I have become accustomed to a few common questions from counseling professionals about my role. These questions range from *What exactly is OACES?* to *What does OACES have to do with ORCA?* Good questions! I'll try to answer them here.

With my time as OACES President coming to a close, I'm excited to begin an ongoing series of newsletter articles pertaining to counselor education and supervision.

#### The Who, What, and Why of OACES

OACES is a division of ORCA, meaning that ORCA members have the option of also becoming OACES members. OACES is the division specifically for counseling program faculty (both full-time and adjunct) and clinical supervisors. The primary reason that OACES exists is that the professional identity of educators and supervisors is unique compared to that of other counseling professionals. This is why it makes sense to have a separate sub-community for educators and supervisors housed within the broader ORCA community.

You may find yourself asking at this point, *Aren't counselor educators and supervisors separate sub-communities as well? Why are they housed within the same division?* More good questions! First, nearly all counselor educators are also supervisors. Clinical supervision training is a necessary component of all doctoral training (which is necessary in order to become a full-time faculty member). Counselor educators provide clinical supervision to their counselors in training, and many of us (myself included) also provide private supervision for registered interns. Second, we are a relatively small sub-community of the counseling profession. There are presently about 50 members of OACES, so it would not be feasible to further separate our already small sub-community. The final reason pertains to the precedent set by our regional and national education and supervision associations.

#### Counselor Education and Supervision at the State, Regional, and National Levels

While OACES is a division of ORCA, it is also the Oregon branch of the [Association for Counselor Education and Supervision \(ACES\)](#), representing educators and supervisors at the national level. I, and many of my counselor education colleagues, regard ACES as our primary national professional association, with the [American Counseling Association \(ACA\)](#) coming in a close second place. (Side note: just as OACES is a division of ORCA, ACES is a division of ACA.)

Most states have an ACES branch. In addition to our national association, OACES is also part of the [Western Region of Counselor Education and Supervision \(WACES\)](#). Just like ACES and OACES, WACES is its own professional association, but it primarily operates as an intermediary between the state branches and ACES.

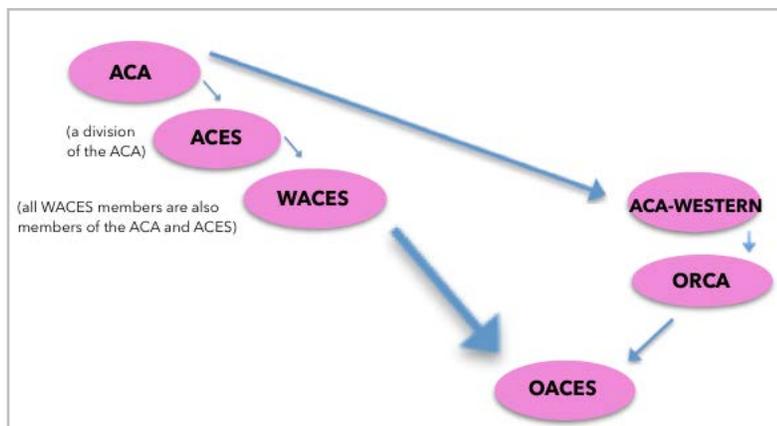
*(OACES Corner continued on page 3)*

(OACES Corner continued from p. 2)

One of my favorite features of the national and regional ACES delineations is the rotating conference schedule. ACES hosts a national conference once every two years (in odd-numbered years), and each ACES region hosts conferences in even-numbered years. This year, ACES will host its national conference in Chicago. Next year, there will be five regional conferences (the WACES conference will be in Santa Rosa, CA). This system works well for students interested in faculty positions, as it allows them to attend smaller conferences and explore varied regions in which they might want to work.

Hopefully, this article has helped clarify the roles and functions of OACES (despite the overwhelming number of acronyms used). In the next edition of "OACES Corner", I will offer guidance to those interested in pursuing doctoral programs. In the meantime, please feel free to email me as I am always happy to answer questions or have conversations with current or prospective educators and supervisors.

**Joel Lane** is an Assistant Professor and Coordinator of Clinical Mental Health Counseling at Portland State University. He presently serves as the President of OACES and is the President Elect of ORCA. Joel provides supervision to registered interns and conducts research related to the mental health implications of emerging adulthood. He lives in Portland with his wife, Megan, dog, Magglio, and a baby due to arrive in June.



## Problem Gambling Treatment: Online Training for Clinicians and Supervisors

A **free series** of 8 training modules designed for counselors, supervisors, administrators and prevention specialists who want to learn more about problem gambling treatment and supervision of problem gambling treatment.

### Training Series at a Glance:

- Modules are offered free of charge, including the verification of 1.5 continuing education units per module
- Full training series exceeds the Oregon requirement of 10-hours training for qualified mental health or substance abuse clinical supervisors who supervise problem gambling counselors
- Alcohol and Drug Counselors may use any two modules (3 CEUs) to meet expected future ACCBO requirements for problem gambling education needed to obtain CADC certification
- Practitioners may access as many modules as they would like to deepen their knowledge of problem gambling treatment

### Module Topics Areas:

- Problem Gambling Treatment in Oregon: The Big Picture
- Overview of Problem Gambling
- Problem Gambling Assessment and Treatment Planning
- Diversity, Social Equity and Problem Gambling
- Problem Gambling and Money
- Family Treatment for Problem Gambling
- Problem Gambling Treatment: Supervision Part I
- Problem Gambling Treatment: Supervision Part II

Learn more and register at [graduate.lclark.edu/programs/continuing\\_education/counselors\\_and\\_therapists/](http://graduate.lclark.edu/programs/continuing_education/counselors_and_therapists/)

Contact [cce@lclark.edu](mailto:cce@lclark.edu) with general questions.

Offered on behalf of:



# Announcing Our New ORCA Representatives

We are pleased to announce the winners of the 2017 Oregon Counseling Association Elections! Drum roll please...

## President Elect: Chad Ernest



Chad Ernest is an LPC in Oregon and owner of and main counselor for Sunny Sky Counseling, LLC. He is a proud member of Counselors for Social Justice (CSJ) and the ACA. Chad previously served as the Policy and Advocacy Chair of ORCA and as President of COPACT. He holds a B.S. in

Psychology and Philosophy, an M.S. in Mental Health Counseling, and a Graduate Certificate in Marriage and Family Therapy. Chad believes in a systems approach, while also valuing incorporating various theories into his practice to suit the needs of his clients. His goal of counseling overall is wellness - reconciliation with one's self, family and the community.

Personally, Chad would like to add: I am married to a wonderful woman who is my main support in all my ventures. We have a ten-year-old son and have fostered other children. I have two dogs (Sunny and Sky) (ah! the name of

my practice) and two cats (Madison and Sherlock). I love to snowboard, read, write, camp, hike play video games, go for walks, watch anime, spend time with family and friends, and ride my motorcycle.

## Secretary: Mitch Elovitz



Mitch Elovitz has been an LPC in Oregon since 2004. He has been an outpatient therapist since 2001, and specializes in DBT and CBT. Mitch also has experience in administrative and supervisory work. Mitch has served on two other boards as secretary and then as president.

Personally, Mitch would like to add: I really enjoy being involved in organizations and working with people on projects. I enjoy spending time with my family, traveling, watching baseball, walking my dogs, running, camping, eating, reading, getting massage, socializing, and just being involved and an active participant in life!

NORTHWEST INSTITUTE OF ADDICTIONS STUDIES CONFERENCE



## Everyday Attachment in Recovery: Creating Healthy, Connected Communities

Wednesday-Friday, July 19-21, 2017 | 18 CEUs

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**PLENARY SESSIONS**

**WEDNESDAY: The Biology of Loss: The Impact of Trauma on Physical, Mental and Behavioral Health, and the Path to Healing**  
Gabor Mate, MD, Addiction and Wellness Expert, Author and Professional Speaker

**THURSDAY: Rethinking Challenging Behavior: The Collaborative Problem Solving Approach** J. Stuart Ablon, PhD, Director, Think:Kids, Department of Psychiatry, Massachusetts General Hospital; Associate Clinical Professor of Psychology, Department of Psychiatry, Harvard Medical School

**FRIDAY: Post Traumatic Slave Syndrome: Trauma, Healing and Community Restoration** Joy DeGruy, PhD, MSW, Author, Lecturer and Consultant in the area of social justice, Assistant Professor of Research, Portland State University

**CONFERENCE DETAILS**

**DATE:** Wed-Fri, July 19-21, 8 a.m.-4:30 p.m., Friday, 8 a.m.-12:30 p.m.  
**LOCATION:** Red Lion Hotel on the River, Portland, OR  
**CEUS/PDUS:** 18 CEUs for full conference participation, accepted by ACCBO.

**REGISTRATION FEES**

**FULL CONFERENCE:** \$300 by 6/21, \$325 after  
**SINGLE DAY:** Wednesday or Thursday - \$160 by 6/21, \$175 after  
 Friday - \$100 by 6/21, \$125 after  
**AGENCY DISCOUNT (3 OR MORE):** Full Conference \$275 by 6/21, \$285 after

**BREAKOUT SESSION TOPICS**

- Ethics, Law, and Risk Management in 21st Century Clinical Practice
- Perception vs. Reality: Talking to our Youth About Addiction and Problem Gambling
- Trauma Informed Care and Assertive Engagement
- Trends in Youth Substance Abuse
- "What's Love Got to Do With It?": Addiction and Attachment
- Medication-Assisted Treatment for Adolescents

**MORE INFORMATION** [go.lclark.edu/graduate/conference/NWIAS](http://go.lclark.edu/graduate/conference/NWIAS)

Spring 2017

## Professional Development Opportunities for Counselors

Please join us for courses and workshops in these exciting programs for at PSU this Spring. Expand your skills in these critical areas of human services delivery! Please use the link below each program title for more information, including registration instructions.

### BEHAVIORAL HEALTHCARE

[pdx.edu/ceed/behavioral-healthcare](http://pdx.edu/ceed/behavioral-healthcare)

#### Addiction Pharmacology

With Elizabeth Hartshorn  
Fri 5:30-9:30 pm Apr 7 and  
Sat 8:30am-4pm Apr 8, 2017

#### Top Twelve Employment Tools: the Art of Creating Opportunity

With Denise Bissonnette  
Tue 8:30am-4pm Apr 11, 2017

#### Beyond Traditional Job Development: Strategies and Tools for Those Charged with Helping Others to Find Work

With Denise Bissonnette  
Wed 8:30am-4pm Apr 12, 2017

#### Advanced Motivational Interviewing

With Charles Smith  
Fri 5:30-9:30pm Apr 28, and  
Sat 8:30am-4pm Apr 29, 2017

#### Developing Your Private Practice

With Patrick Johnson  
Fri 5:30-9:30pm Apr 28, and  
Sat 8:30am-4pm Apr 29, 2017

#### Mindfulness, Experiential Therapy

With Donna Roy  
Fri 5:30-9:30pm May 19, and  
Sat 8:30am-4pm, May 20, 2017

#### Ethical and Legal Issues in 21st Century Clinical Practice

With Doug Querin  
Fri 8:30am-4pm Jun 9, 2017

#### Applied Suicide Intervention Skills Training (ASIST)

With Kathy Wilson Fey  
Mon and Tue 8:30am-4pm Jun 26, 27, 2017

#### Working with Children and Families: Narrative and Strength-based Approaches to Enhance Engagement of Children and Parents

With Susie Snyder  
Tue 5:30-9:30pm Jun 27 and  
Wed 8:30am-4:30pm Jun 28, 2017

### CLINICAL SUPERVISION SERIES

[pdx.edu/ceed/clinical-supervision](http://pdx.edu/ceed/clinical-supervision)

#### Clinical Supervision

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

#### Trauma-Integrated Clinical Supervision

With Julie Rosenzweig  
Fri 8:30am-4pm May 12, 2017

### TRAUMA INFORMED SERVICES CERTIFICATE OF COMPLETION AND WORKSHOPS

[pdx.edu/ceed/trauma](http://pdx.edu/ceed/trauma)

Register for workshops independently or add them together for the 12 days required to complete the certificate program.

#### Trauma Informed Services across the Lifespan

With Dawn Williamson  
Fri and Sat 8:30am-4pm Apr 14, 15, 2017

#### Trauma-Integrated Clinical Supervision

With Julie Rosenzweig  
Fri 8:30am-4pm May 12, 2017

#### Integrating Narrative, Strength-Based and Trauma-informed Therapy

With Susie Snyder  
Fri 8:30am-4pm May 19, 2017

#### Understanding Secondary Trauma through Brain Science and Joseph Campbell's Hero's Adventure

With Greg Crosby  
Fri 8:30am-4pm Jun 2, 2017

### CERTIFICATE IN ADDICTIONS COUNSELING

[pdx.edu/coun/addictions](http://pdx.edu/coun/addictions)

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 non-credit 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.

Kathy Lovrien, LCSW, Mental Health and Addictions program manager  
[lovrienk@pdx.edu](mailto:lovrienk@pdx.edu) | 503-725-8165

Graduate School of Education  
[pdx.edu/education](http://pdx.edu/education)



## COPACT Corner

by Chad Ernest, ORCA Public Policy & Advocacy Chair

The Legislative Session for 2017 is in full swing, with the deadline fast approaching both for bill introduction and for hearings on bills that have already been introduced.

It's already been a busy session, and COPACT is working hard on behalf of LPCs and LMFTs across Oregon. Here's a brief update on the action to date:



This March, COPACT had a successful Legislative Day at the State Capital—thanks in no small part to our talented lobbyist Elizabeth Remley and Rachel Emory of Thorn Run Partners. We are pleased to report having had productive, in-person visits with key legislators and legislative staff who serve on the committees considering mental health issues—including Senators Knopp, Dembrow, Steiner Hayward, Monnes Anderson, Olsen,

and Gelsler; and Representatives Malstrom, Kennemer, Nosse, Gorsek, Alonso Leon, and Greenlick.

COPACT President Chad Ernest and our lobbyist Elizabeth also attended a coalition meeting with NAMI, the Oregon Psychologists Association, and the Association of Oregon Community Mental Health Programs, where we discussed several issues, including:

**HB 3091** includes some provisions requiring insurance reimbursement parity for emergency room and behavioral health crisis services. The bill was introduced by Rep. Keny-Guyer as part of her effort to establish better follow-up care and case management for people suffering a mental health crisis. While the insurance industry has mostly agreed to the provisions, that could change depending on whether QMHAs and QMHPs are included in the final bill.

*(Continued on p. 7)*



### Upcoming 4<sup>th</sup> Friday Presentations sponsored by Oregon MH CEU Consortium

Live or via interactive webinar  
Optional hosted reception 4-5pm

#### May 26 \* 9-12 and/or 1-4

Trauma + Psychosis - Ron Unger, LCSW

#### June 23 \* 9-12 and/or 1-4

Ethics of Cultural Self-Awareness + Social Justice - Tanya Prather, PhD

#### July 28 \* 9-12 and/or 1-4

To be announced

#### August 25 \* 1 day workshop

Private Practice Boot Camp \*Non-CE Event\*  
AND

#### Recorded webinar sale all of August

Buy 1, get 1 free!

#### September 22 \* 9-12 and/or 1-4

Sexual Health + Intimacy  
Karlaina Brooke, PsyD

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or both for 6 CE's - \$150**

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\$350 or \$35/month gets you 2 live in-person or interactive webinar events, 20% off additional live events, and *unlimited* CE recordings for 12 months from date of purchase.

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For more info and to register, go to { [HYPERLINK "http://www.ormhceu.com"](http://www.ormhceu.com) }. Interested in presenting? Find out how on our website.

#### Who We Are

We are a group of multidisciplinary, practicing mental health clinicians dedicated to bringing you meaningful CE's in a warm, inviting format delivered by local and regional experts.

**We donate 10% to charity. Every time.**

*(COPACT Corner continued from p. 6)*

\* Sen. Steiner Hayward has a proposal to define (and limit) the scope of QMHAs and QMHPs, and create a registry or certification so there is some accountability. The proposal places the registry under the newly created Mental Health Regulatory Agency, which COPACT did not feel was a good use of OBLPCT resources.

Just a few of the many other issues we are tracking include:

**SB 860** requires Department of Consumer and Business Services to investigate parity of reimbursement paid by insurers to mental health providers and physicians, and then to adopt rules to ensure compliance with mental health parity and network adequacy requirements based on results of those investigations.

**HB 2319** creates a new agency called The Mental Health Regulatory Agency. It oversees both the State Board of Psychologist Examiner and the Oregon Board of Licensed Professional Counselors and Therapists. The Director of the Agency will be determined by both Boards and, if agreement is not reached, the Governor will appoint the Director based on recommendations from both Boards. This legislation completely changes the administrative structure and oversight of our Boards and codifies both Boards having a single body for oversight. This also will likely lead to other boards under the auspices of mental health being added to this Regulatory Agency in the future, becoming all-encompassing oversight for all mental health professions.

The current Executive Director becomes the Director of The Mental Health Regulatory Agency. This has passed committee and is heading to the full House for a vote.

**HB 2361** would remove the Education Exemption from the Practice Act. Legislative leaders have called for a workgroup in the issue that will include all stakeholders—including COPACT as well as Alternative Providers, OPA, and OBLPCT.

**HB 2432** and **SB 255** create a Practice Act for Art Therapists. We support the Art Therapists in gaining a Practice Act under which to operate, while also safeguarding the right of LPCs, LMFTs and other mental health professionals to engage in art therapy in our clinical practices. Therefore, COPACT is supporting the bill provided it includes exemptions for LPCs, LMFTs and other mental health professionals. Amendments to that end have been proposed, and the bill appears to be moving forward.

The COPACT board continues to diligently track and engage on all bills that could impact access to or quality of mental health care in Oregon. As always, if there are legislative or regulatory issues impacting your work as a counselor or therapist, please contact the President of COPACT, Chad Ernest, at [president@copactoregon.com](mailto:president@copactoregon.com). Also, check out our website at [copactoregon.com](http://copactoregon.com), and please consider making a donation in support of this important work advancing access to quality mental health care for all Oregonians.



**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](http://www.copactoregon.com).

You can donate directly to COPACT via PayPal at [www.copactoregon.com/donate](http://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.



## Who Are You?

As an Oregon counselor, there are many ways to get involved with your community!

### NETWORK WITH US:

#### *Summer Networking Picnic*

All counselors welcome (not just members)  
 Sunday, August 6, 2017 4:00-7:00 pm  
 Laurelhurst Park, SE Portland, OR

More info on our Facebook Events [page](#)

### SERVE ON ORCA'S BOARD:

#### *Committee Chairs needed for:*

- Professional Development & Education:
  - Organizing & promoting CE events
- Technology & Webmaster
  - Electronic support for the ORCA Board
  - Creating new technological resources
- Human Rights:
  - Educate the community on diversity
  - Organize events

More info [HERE!](#)

#### *Committee members needed for:*

- Communications
  - Social media, newsletter editing
- Networking (outside of Portland)
  - Organizing events in rural areas

### WALK FOR NAMI:

#### *National Alliance on Mental Illness 5K Walk*

Sunday, May 21, 2017 12:00-4:00 pm  
 SE Waterfront, Portland, OR

More info on our Facebook Events [page](#)  
[Join Team ORCA now!](#)



### JOIN US:

Know any counselor friends or colleagues that are new to the area or who are looking for a mental health community?

[Join ORCA HERE!](#)





Photo by Gianna Russo-Mitma

## Willingness to Be Real: The Opposite of Destructive Conflict

by Judith Sugg, LPC, PhD

Automatic reactions and patterns show up when a person perceives a threat or a challenge. Without taking a “conflict-style” test, you probably already know your own inclinations. Perhaps you feel the urge to win, which might lead to aggression or attack? Perhaps withdrawal or avoidance is more natural? Do you shrink externally, but hold resentment, even fanaticizing revenge? Are you naturally inclusive and collaborative? Directive and assertive? Does disagreement lead you to act one way at home, but then you have another tendency at work or with strangers?

My work partner and I share the belief that a minor spat between neighbors, a marital battle, and violence between countries have some common roots. They start in the patterns and reactions of individuals within family systems. Sometimes these patterns are passed on for generations. Even when clients don’t frame their problems as arising from the way they’ve learned to handle conflict, these patterns often contribute to their internal agitated state. Our lack of skill in responding with appropriate assertiveness shows up internally, in our self-talk, as well as in our family life and in our politics.

All styles of conflict resolution have their upside. If an argument’s outcome doesn’t matter, really, why fight to the death for it? This “fight to the death” usually signals confusion about our self-worth and what winning means for us. And if something truly matters, why let it go? Here, we find a lack of effectiveness... or a lack of belief in our efficaciousness.

My point is that healthier engagement in conflict requires that we choose our reactions. The seeds for developing the attitude and skill of choice are found in self-awareness and mindfulness, both of which ameliorate our brain’s natural alarm response and help provide that moment of re-evaluation.

So what is the opposite of destructive conflict? I believe it is curiosity -- the product of choosing to focus our attention, open our mind, and staying in the present. The powerful benefit of this shift is a real and true engagement - a real if uncomfortable connection - between two humans. In this kind of engagement, the shift to solving a problem rather than judging the other person becomes easier. Effective resolution requires reason and skill, and one can get better at choosing this kind of resolution with practice. (The only way to become better at *destructive* conflict is to have a bigger bomb.)

*(Continued on p. 10)*

(*Willingness to Be Real* continued from p. 9)

Being uncomfortable is, well, uncomfortable! But not avoiding discomfort can become an option and even reframed as an “aha!” moment of growth. Sixty years ago, Rollo May wrote of the “vapid, weak, unreal sense of being” produced by running from anxiety and potential aggression (May, Angel, & Ellenberger, 1958). Fear, anxiety, and their lesser cousin, discomfort, are both momentarily real and unpleasant. They are also unreal and potentially momentary.

When most people think of conflict, they think of fighting. And yet, the struggle we encounter just as often is conflict avoidance. Whether the problem is aggression or passivity, we can offer our clients teach these strategies when they're searching for more productive engagement:

- **Know thyself.** What are your tendencies? How did you learn about conflict as a child?
- **Practice the choice point.** This is the essence of mindfulness, choosing to stay present and here right now, even when something screams inside to react or hide.
- **Program the future.** After a conflict, reflect. What went well? What devolved into unhelpful reactions? What could I have done differently? How did I contribute? What will I choose in my next difficult situation? What would that sound and look like? How did I do with any discomfort? Do I need to be bigger? Do I need to listen more? For longer-term conflicts, what is the pattern that is emerging? Is it safe and useful to stay engaged?

Patrick Lencione (2005) labels one of the dysfunctions of a team (think spouses or family here, too) as a fear of conflict because they don't trust each other enough to be real. Team members devolve into their ego battles and don't really solve the issues that arise. They don't engage authentically. Thus, there is no true passion and meaning. The flip of this -- willingness to be real, uncomfortable, focused on the issue, aware of others, and engaged in what matters to us -- can speak to many levels of our lives and our clients' lives. It is worth the effort to learn to resolve conflicts with grace and integrity.

Lencione, P. (2005). *Overcoming the five dysfunctions of a team*. San Francisco: Jossey-Bass.

May, R., Angel, E., & Ellenberger, H. (1958). *Existence*. Northvale, NJ: Aronson.

An essential guide for supporting self-awareness, well-being, and decreasing anxiety, under 50 pages

# LOVING WHO YOU ARE

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[www.DenaLeighCarter.com](http://www.DenaLeighCarter.com)  
[Amazon.com](http://Amazon.com)

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 June 30-July 2, 2017

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## Know Your Career Phase

by Aubrie De Clerck, CPC

*"Wisdom consists in knowing one's place in any given cycle, and what kinds of action (or restraint of action) are appropriate for that phase." - Richard Heinberg*

The natural world gives us good cues about cycles. The change of seasons, tides, and phases of the moon are among the reliable processes that our ancestors were attuned to for timing activity and deriving inspiration and support. In contrast, our contemporary, technology-driven culture leaves most of us barely aware of even the 24-hour cycle of night and day, as we constantly strive to fit in as many conscious hours as possible and employers expect around the clock availability. Could it be that if we were more in sync with the natural cycles of sun and moon that we would be happier and even more productive in our work lives?

Take the phases of the moon. Our work life may not linearly follow the moon phases every month, but there is a lot of wisdom in taking a phased approach to the flow of our work lives. Use the descriptions below to identify which part of the cycle you are in - it can help you be kind to yourself, maximize your energy and make informed choices.

● **Initiation (New Moon)** - Maybe you are searching for a new career, beginning a new job, or meeting new people. New beginnings often carry some excitement as well as uncertainty. Doubt, hope and worry could also be present. Whatever you're feeling, an initiation brings opportunity - the path has not been laid and choices abound.

Initiation actions you can take to maximize this phase:

- ∞ Set a clear intention about your path. Rather than setting hard and fast goals, it can feel more accessible and sustainable to set an intention, as shown in this [very straightforward article](#).
- ∞ Ask a mentor about how they have handled initiation cycles in their career.
- ∞ Keep a list of your skills and talents handy. Sometimes we need a boost of confidence when on road we haven't traveled! The [StrengthsFinder 2.0](#) assessment is great for this.

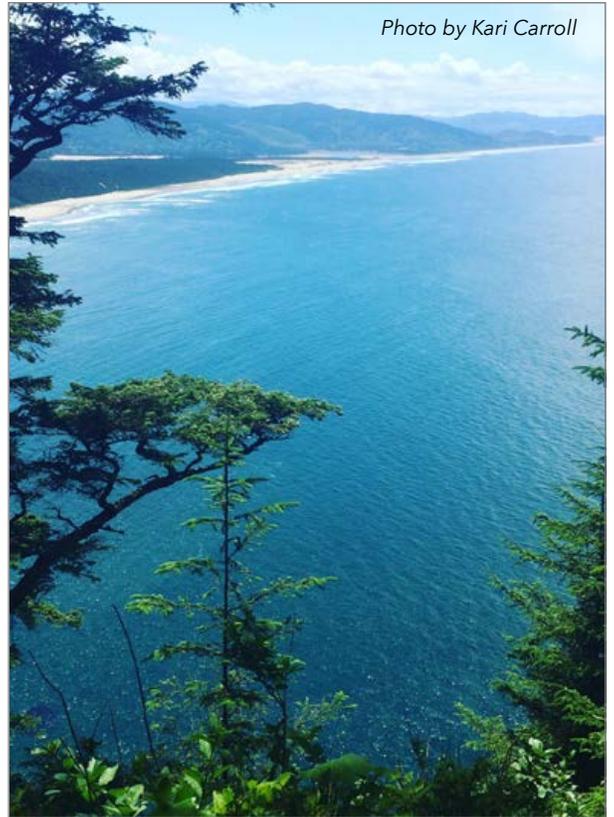


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 **Course Correction (First Quarter)** – Do you find yourself questioning your chosen field or current job position? Do you want to change direction? Did that interview go less well than you would have liked? After a new beginning, you can benefit from checking to see if the course we've set is the one we want to be on.

Course Correction actions you can take to maximize this phase:

- ∞ Return to your intention – how are things unfolding? What results are you getting?
- ∞ If it's time to let go of a role or industry because it's not a good fit, it might be time to take an action to improve your situation or leave it.
- ∞ If the path is the right one, what is the next step for further growth?

 **Fruition (Full Moon)** – This is a time of excitement and relief. Your hard work has paid off. The result might be landing a job, a conversation where you are affirmed in your purpose, or simply a call back for a second interview. While the outcome of your intention may look different from what you expected, there is a sense of completion in this part of the cycle.

Fruition actions you can take to maximize this phase:

- ∞ Celebrate! Take time to acknowledge the effort you put in and feel the natural high.
- ∞ Relax into the phase and enjoy the fruits of your labor.

 **Reflection (Last Quarter)** – This is a time to look back at your experience and see what there is to learn. You could be completing a large project, ending a job or adjusting to news you didn't get a job you had hoped to land. What are you bringing forward? What are you letting go of? This could also be a very fruitful time to rest.

Reflection actions you can take to maximize this phase:

- ∞ Take stock – what worked and what didn't in this process?
- ∞ If there are things that are undone to feel complete, make a plan to do them.
- ∞ Allow space for the new season to emerge – take advantage of quiet time and regenerate.

As a result, when you feel “out of sync” it might be useful to ask yourself, “what phase am I in?” Using moon phases as but one example of natural cycles, re-read through the above four descriptions and determine what phase you may be in. Per Richard Heinberg's quote, you can get back in sync by taking actions... “(or *restraint of action*) appropriate for that phase.” As we increasingly attune to the natural ebb and flow of nature's cycles, our career and our larger life comes into greater balance.

**Aubrie De Clerck, CPC**, is a Career Coach in private practice in Portland, OR. She has over 10 years experience helping people find fulfillment at work in all stages of life (new careers, mid career changes, retirement) including 4.5 years working for the career development organization, Lee Hecht Harrison. 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](http://www.coachingforclarity.net)

## Upcoming Workshops for Counselors & Therapists

Center for Community Engagement  
at Lewis & Clark Graduate School  
of Education and Counseling

### Friday, May 5, 9 a.m.-5 p.m. • 7 CEUs

Working with Trauma Survivors who have Addictive Disorders:  
An Introduction to Seeking Safety

*Rick Berman, MA, LPC, CADC III, CGAC II*

### Saturday, June 3, 9:30-11:30 a.m. • 2 CEUs

Seeing the Water: Whiteness in Daily Life *Robin DiAngelo, PhD*

### Friday, June 16, 9 a.m.-12 p.m. • 3 CEUs

Socioculturally Attuned Family Therapy Supervision

*Carmen Knudson-Martin, PhD, Teresa McDowell, EdD*

### Friday, June 16, 1-4 p.m. • 3 CEUs

Puppets & Storytelling: Making Contact Through Indirect Work  
in Counseling and Therapy *Peter Mortola, PhD*

### Saturday, June 24, 9 a.m.-5 p.m. • 7 CEUs

Using Dreams in Private Practice and for Personal Development

*Pilar Hernandez-Wolfe, PhD*

### Friday, August 18, 9 a.m.-5 p.m. • 7 CEUs

Application of Dialectical Behavior Therapy when working in  
Grief and Bereavement *Elyse Beckman, LPC*

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



## Learning Curve: Join ORCA, Enhance Your Education!

by Whitney Elkington, ORCA Grad Student Committee Representative

I joined ORCA nearly three years ago while looking for ways to enrich my education, connect with other professionals—to just learn. I was interested not only in learning counseling approaches and techniques, and staying up to date on current research; I also wanted to observe experienced clinicians—and those less experienced like me—interacting with other clinicians. I wanted to see what it looked like to *be* a counselor.

I live in Eugene and opportunities to travel to networking events held in Portland don't often fit with my schedule. So, I have been deeply appreciative of the supportive contact I have experienced with the network of other members through the ORCA conferences and the website.

### Conferences and Other Connections

I have attended two of ORCA's annual conferences and plan to attend again in 2017. So what brings me back? After all, students are usually poor and conferences cost money. Plus, travel also takes time and energy. For me, it was the training and knowledge from experts: such as substance abuse treatment pioneer and researcher Dr. Daryl Innaba, or guru of the Feedback Informed Treatment model, Dr. Scott Miller, as well as a number of other eminent professionals. I had chances to not only ask questions of the presenters, but to speak with and be welcomed by other professionals—alleviating the feeling I wasn't even aware of, the feeling of being too raw, too green, and too new.

I encountered students from other programs and swapped tales of counseling student life with them and felt validation in the exchange. I discovered, to my relief, that I was not the only one experiencing feelings of inadequacy or intense self-doubt at times. I also gained an enhanced awareness of issues affecting clients, mental health, and mental health professionals in Oregon through the efforts of COPAC and other branches of ORCA.

### Other Perks for Students

In addition to the benefits I mentioned, there are a number of other perks:

- Reduced Student Rate. It is only \$48 a year to join ORCA.
- Opportunities to serve on committees with like-minded ORCA members who share my interests. ORCA has 8 committees whose efforts members can volunteer to participate in, including Human Rights, Practice Development and Education, and Graduate Students Committee to name a few examples.
- Opportunities to serve as an elected officer. ORCA elects new officers annually and chances to participate in and experience leadership are available. Students are as eligible as any other member to campaign for officers' positions.
- ORCA Job Boards. ORCA posts counseling and mental-health-related jobs regularly.
- List of Supervisors. ORCA provides a list of currently practicing Licensed Professional Counselors (LPCs) who are certified to provide supervision to graduate counseling students.
- Events. In May, for instance, there is an awareness-raising walk for National Alliance on Mental Illness (NAMI). (See ORCA events page for more information.)

### Skills and Lessons

During my time as a student member of ORCA, I have learned counseling techniques, increased my understanding of the use of assessments as well as the importance of creativity and mindfulness. I also absorbed a number of subjective but vital lessons. I learned skills for becoming more comfortable in my own counseling skin so to speak—to better accept myself as a learner and student of life and humanity.

If you are a graduate student in a counseling program and would like to know more about opportunities with ORCA, such as joining a committee, locating a supervisor, or volunteering in other ways, go to [or-counseling.org](http://or-counseling.org).

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