



THE COUNSELOR

President's Message

Can you believe it's 2020?! It's weird just typing it out. It may be the start of a new decade (which sounds wild and unstructured) but your Oregon Counseling Association board is planning to hold steady. We have just begun reconvening after the holiday season to plan out the new year and beyond.

But before we get into upcoming events: from all of us on the board, thank you to everyone who attended our Every Body is a Beach Body conference in November. We couldn't have been more thrilled with how everything turned out. Huge congratulations and thanks to Tever Nickerson, Gianna Russo-Mitma and the Conference Planning Committee. Without them the event would not have happened, nor been as fun and informative as it was.

Speaking of events that were a success, ORCA held their second annual Counselors of Color Reception in Portland, OR on January 16th. ORCA Secretary, Sofia Jasani, worked incredibly hard to ensure that counselors who identify as Black, Indigenous and People of Color (BIPOC) would have a dedicated space for community and affirmation. Our Counselors of Color Receptions, while primarily providing support and celebration of our BIPOC counselors, have also been to promote our newest division, the Oregon Association for Multicultural Counseling and Development (OAMCD). If you are interested in knowing more about OAMCD or getting involved, be sure to "like" us on Facebook at facebook.com/OregonAMCD.

We have a couple events already in the works for this Spring and early Summer, so don't forget to add them to your calendars. On April 4th we are holding our Graduate Student Event, "Life After Grad School: What Comes Next." Location is TBD at this time so don't forget to check back in if you are interested in attending.

We are also very excited to announce that in honor of Mental Health Awareness Month we will hold our inaugural Don't

Mask Your Mental Health Masquerade on May 1st at Cerulean Wine Bar in Portland. This masquerade ball will include a silent auction, raffle and so much more! Proceeds from this fundraiser will benefit the ORCA Foundation, supporting Continuing Education events, networking opportunities, social justice advocacy work, and more. Keep an eye out for the event on our website so you can be sure to get your tickets.

Moving on to announcements, we are excited to declare that we have both a new Ethics Committee Chair and a Newsletter Editor! Our Ethics Committee is now being headed by Jeff Christensen. Jeff comes to us from Lewis & Clark where he is an Assistant Professor in the Professional Mental Health Counseling Program. Jeff has over a decade of combined clinical and teaching experience and we are so very grateful that he will share his expertise with us. You can now reach Jeff at ethics@or-counseling.org.

Thank you to all who applied for our open Newsletter Editor position as of my last letter. We were incredibly impressed by all who reached out with their experience and their desire to give back to the ORCA community. I am excited to announce that David Keller, a second-year Marriage, Couple & Family Counseling student at Portland State University, has accepted the position. We are thrilled to have David on board! You can reach David with newsletter questions or potential submissions at editor@or-counseling.org.

While we may not know what the next decade, or even the next year will bring, I am delighted and humbled to be able to start it off by continuing to serve the counseling community. I look forward to seeing all of you at one of ORCA's many events in the future.

Happy 2020!

Alana R. Ogilvie, LMFT (she/her/hers)
President, Oregon Counseling Association

The Counselor is the quarterly newsletter of the Oregon Counseling Association

Volunteer Staff

David Keller, ORCA
Newsletter Editor

Melissa Chernaik, ORCA
Communications Chair

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

Membership Info

Information about ORCA membership may be obtained online at
www.or-counseling.org

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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.



**Oregon
COUNSELING
Association**

Inside this issue:

Every Body Is A Beach Body.....3

Counselors of Color Reception.....6

COPACT Update.....10

**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.





'Every Body is a Beach Body' at the Oregon Coast

By Gianna Russo-Mitma

In the spring of 2019 I was yet again steeling myself against the onslaught of awful summer "beach body" marketing when it hit me: "Every body is a beach body if you take your body to the beach. And that's exactly what we should do—take our bodies to the beach for a conference about body diversity!" I immediately messaged Tever Nickerson, ORCA's then PD&E Chair (and now President Elect). It was way too early in the morning to start planning, but the seed was planted.

Many months later, in November 2019, it finally happened! The night before the conference, our small but oh-so-powerful planning committee drove to Cannon beach to prepare for a two-day conference—the longest conference ORCA had planned in quite a few years. With the help of our incredible venue, Tolovana Inn, and

"Coming in as a graduate student, it was amazing to hear the different viewpoints and conversations taking place from seasoned LPCs and LMFTs".

-Conference attendee

continued on page 4



Photos courtesy of Gianna Russo-Mitma



our awesome sponsors—Center for Discovery, CREDN (the Columbia River Eating Disorder Network), and Kandice Bergsma—the event was a huge hit with our 90+ attendees.

Right at the center of our success were our amazing speakers: Dr. Cort Dorn-Medeiros and Dr. Stella Beatriz Kerl-McClain of Lewis & Clark discussed size diversity in counseling; Hilary Kinavey, LPC, of Be Nourished explored body trust; Summer Brown, LMFT, of Therapeutic Change led us in considering fat pleasure; and Julie Westlin-Naigus, LPC, of Be Nourished covered yoga for all body sizes. Attendees responded well to these topics and came up to volunteers to let them know what an awesome conference AND topic this was!

In addition to a fantastic conference, we had a successful and fun networking reception at Mo's Restaurant on the



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"I really enjoyed the conference. The speakers were energetic and memorable and authentic. I learned great information that I can use as interventions."

-Conference attendee





"Thank you so much for the awesome topic and cultivating amazing presenters."

-Conference attendee

property of Tolvana Inn. Special thanks to April Dodson, ORCA's Networking Chair! It was wonderful to see counselors and their families getting to know one another over the long weekend.

We are all so unbelievably thankful to everyone that came out and helped make our 2019 conference a rousing success. We're looking forward to providing more CE and networking events in 2020! Remember: Your body is valid and you are enough!



Gianna Russo-Mitma, MS, LMFT has a private practice in Portland OR. She works with female empowerment, body image issues, teens, coparents after separation & divorce, and adult children of narcissistic parents. Gianna has been on the ORCA Board for 4+ years. She is also an Adjunct Professor in the graduate counseling department at Portland State University and the undergraduate social work department at the University of Portland, where she teaches "Human Sexuality", making sure to always talk about Fat Sex.



Professional Development for Counselors & Therapists

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

Sunday, March 15, 9 a.m.-12 p.m. | 3 CEUs

Interrupting Hate in Public Spaces

Rabbi Debra Kolodny, JD

Since 2017, Oregon has been in the top five states in formally reported hate incidents per capita. Using tools and methodologies proven over decades, participants will learn ways to build peace, mutual appreciation and engaging in active non-violence to successfully address this crisis.

Saturday, April 4, 9 a.m.-4:30 p.m. | 6.5 CEUs

Talking About Race and Racism: A Developmental and Integrative Approach

Cheryl Forster, PsyD

Explore theories and concepts that will enable you to feel more confident in discussions about race and racism, and be more clear about what it means to be anti-racist, while building a foundation of knowledge that can be applied to counseling sessions and beyond.

Saturday, April 11, 9 a.m.-4 p.m. | 6 CEUs

Building a Private Practice

Andrea Redeau, MA, LPC, CADC-I; Juliana Vermeys, MA, LPC, LMHC, NCC

Examine the ethical and legal obligations involved in offering services in a private practice setting, professional business choices, marketing and branding and the realities of maintaining a work/life balance, with a special focus on social justice and equity as a consideration in best practices.

Friday, May 1, 9 a.m.-4:30 p.m. | 6.5 CEUs

Oppression, Patriarchy, and White Supremacy: Addressing Structural Inequality in Clinical Practice

Rebecca Hyman, LCSW

Clinicians receive training on how to ameliorate common sources of distress, but less addressed is the relationship between individual psychological pain and cultural violence—the larger structures and ideologies that marginalize and oppress individuals and communities. Learn how to introduce and work with structural violence in the therapy session, and examine the tension between the medical model, the current source of diagnosis and treatment, and other frameworks that account for the role of violence and oppression in the creation and maintenance of mental health suffering.

Friday, May 29, 9 a.m.-4:30 p.m. | 6.5 CEUs

Starting a Nonprofit for Social Services with Special Focus on Mental Health and Addictions Counseling

Katelyn Bessette, LPC, CADC-III, NCC

Are you considering something other than private practice? Explore the step by step process of starting a nonprofit, helping participants brainstorm a concept for their organization, or find clarity around an existing idea. Participants will discuss how nonprofit work is an essential part of the greater community, explore equity, health gaps, and how nonprofit work can both help or hinder these disparities.

More at go.lclark.edu/graduate/counselors/workshops

We're Out Here

Over 50 Attend ORCA's 2nd Annual Counselors of Color Reception

By Sofia Jasani

By 6:15pm, nearly all of the tables were occupied in the reserved section of Olive or Twist, the Black-owned martini bar in the Portland Pearl District that hosted both the first and second annual Counselors of Color Reception. "We're going to need a bigger venue next year," remarked one event volunteer. By 7:00pm there was standing room only. In attendance were BIPOC graduate students and counselor educators from Portland State University, Lewis & Clark, George Fox, and Oregon State University as well as local counselors, social workers and peer support specialists.

continued on page 7



Photos courtesy of Sofia Jasani

The popularity of the event, which aims to provide community, support, and celebration for therapists who identify as Black, Indigenous, and People of Color (BIPOC), is no surprise to professional counselors living and working in the predominantly-white state of Oregon. In addition to providing much-needed professional networking and social support, the annual event also serves as a reminder that we have power in numbers. Together, we can reduce health disparities for racially and ethnically diverse populations by increasing access to culturally responsive behavioral health services in Oregon.

Though our mission was lofty, the evening's agenda was light-hearted. The association provided light refreshments including charcuterie and fromage plates, followed by chocolate truffles. 10 lucky guests won self-care packages filled with delightful goodies like candles, shower fizzers, and mindfulness coloring books; first year master's student Emily Yang won a copy of "The Racial Healing Handbook" by Dr. Anneliese Singh; and assistant professor of Marriage, Couples, and Family Therapy at the Lewis & Clark Graduate School of Education and Counseling Dr. Wonyoung L. Cho won a one-year membership to the Oregon Counseling Association. The ORCA membership was donated to the event by Larry Connor, COPACT President.

ORCA's long-term vision for bridging the gap in mental health disparities in our area is to form the Oregon Association for Multicultural Counseling and Development. OAMCD is a state division of the Association for Multicultural Counseling and Development (AMCD) and a branch division of the Oregon Counseling Association (ORCA). This new organization will provide local leadership, networking, training and development for multicultural counseling professionals with a focus on racial and ethnic issues. Our activities will be designed to advance personal growth and improve educational opportunities for members from diverse cultural backgrounds. I'm thrilled to be leading this effort, and this winter I received board applications from 25 incredible leaders eager to serve multicultural counselors in Oregon!



Our inaugural board will consist of four officers, a Minority Concerns Council (led by chairpersons representing African American Concerns, Asian American Concerns, Disability Concerns, Diversity within School Systems, Latinx Concerns, LGBTQIA+ Concerns, and Native American Concerns), and several committee chairperson; the board will strive to meet the unique needs of members across the state. OAMCD will receive its official charter from AMCD at the ACA 2020 Conference & Expo in San Diego, California this April, and will begin hosting events later this spring. For more information about OAMCD, please "like" us at facebook.com/OregonAMCD, or send an email to Sofia Jasani at OregonAMCD@gmail.com.

On a personal note, I'm so grateful to all who attended this incredibly special event, and share in celebrating the myriad ways counselors of color show up every day to serve their clients, students, supervisees and the community at large. We see you. You matter.



Sofia Jasani is a third year master's student in Clinical Rehabilitation Counseling at Portland State University. She serves as Secretary of the Oregon Counseling Association and President of the PSU chapter of the Chi Sigma Iota International Honor Society. Sofia was awarded a National Board for Certified Counselors (NBCC) Minority Fellowship in 2019. Her fellowship goal is to establish a state division of the Association for Multicultural Counseling and Development in order to increase access to effective, culturally responsive counseling services for underserved minority populations in Oregon. Sofia is a first-generation college student and is the proud daughter of Muslim immigrants.

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For more information go to: www.oregonhypnosis.org



COPACT Is Getting Excited for Another Legislative Session

By Larry Conner

COPACT has been busy preparing for the next legislative "short session," which starts the first week of February and runs for 35 days. In preparation, here are some of the big-picture issues that COPACT has been in dialogue with legislators with over the last few months:

- The huge caseloads carried by often overwhelmed providers in community mental health
- Troublingly long wait times endured by OHP clients trying to access mental health care
- The small size of many private insurance provider panels
- The challenges private insurance clients have getting into care and, related
- The low insurance reimbursement rates for mental health care

COPACT has also been busy planning how to address a specific issue remaining from the last legislative session. During the waning days of the 2019 session, HB 2030 was passed which amended our Practice Act to allow public universities to hire unlicensed mental health providers. While we understand the problem the universities were trying to solve—that recruitment of counseling staff was being hindered by the inability to hire those still working toward licensure or transferring licensure from another state—the fix they came up with is problematic. We are now negotiating with the universities to collaborate on language that will meet their needs, without creating a class of mental health providers who lack board oversight, continuing education requirements, or an ethical code. We are making progress with the negotiations and we expect to fix this by 2021.

We have also learned that there is a new Legislative Concept (the precursor to a bill), that also amends the Practice Act in ways that concern us. We are working quickly with our lobbyists to understand the intent of this effort and ensure it doesn't negatively impact our profession; we are willing to allow amendments to our Practice Act, but only if

we can agree that the language does not harm it. A primary purpose of COPACT is to protect the Practice Act from hostile or destructive amendments. Having our lobbying team working in Salem year-round is what keeps us safe. With their help, we can discover attempts to change the Practice Act, and we can move to get troubling amendments removed or modified.

Additionally, COPACT's Communications Chair, Charmagne Westcott, has just completed an INSURANCE page on COPACT's website where providers and consumers can go to learn of their rights regarding health insurance and reimbursement. It has links to places to file complaints, relevant phone numbers, and it cites Oregon and Federal Statutes that define your rights. It is a fantastic resource for providers and clients both. Please check it out and know your (and your clients') rights!



All of this work is made possible through your membership in ORCA, as that is where the funds to pay for our lobbying team come from. Without professional lobbyists, the volunteer members of COPACT would not be alerted to potential threats and our Practice Act would become vulnerable. By extension, all of us would become vulnerable as well.

So, please keep your ORCA memberships up-to-date! If you haven't done so already, please consider making your membership one that auto-renews; it's an easy way to provide ongoing support for advocacy.

And remember, you can always donate to COPACT directly at our website, copactoregon.com.

It is an honor to serve you.
Larry Conner MA LPC
COPACT President

Get involved with the Oregon Counseling Association!

Hello everyone! We at the Oregon Counseling Association (ORCA) have loved seeing so many of you at CE events and networking events! Are you looking to get more involved with your community but aren't sure how? ORCA is the perfect opportunity for that! We have various openings so check these out below. As always, we value inclusion and accessibility, and want ORCA to be an organization where everyone feels welcome, and where we accurately represent the diversity of our amazing counseling community – BIPOC folks are encouraged to apply!

Opportunity #1: We are searching for folks that are interested in being nominated for the Treasurer position. This person must commit to a 2-year term on the ORCA Executive Council, attend Board meetings every other month (you'd be required to attend the May 9th all day retreat), you must have advanced knowledge & experience with Quickbooks (a background in accounting is a plus!). We are opening this up to members (or soon to be members) of both ORCA and ACA.

Opportunity #2: We are looking for licensed clinicians (or soon to be licensed LPCs & LMFTs) that are passionate about leadership in this field and our organization (and also members of ORCA & ACA, or soon to be), as we are in search of ORCA's next President Elect! We encourage applicants/nominees who have prior Board leadership with ORCA or other Boards, and feel called to serve this organization of amazing folks!

Opportunity #3: We love all volunteers so if you're not interested in full leadership but still want to be involved in your community, we have opportunities for you as well! We have many committees that could use your help with event setup, meet and greets, and more. All mental health professionals are welcome (you must be/become an ORCA member), and all levels of the field are welcome (student, intern, licensed, retired).

For more info on any of these or to apply/nominate, please email me (Gianna Russo-Mitma, ORCA Past President) at pastpresident@or-counseling.org

Thank you!
Gianna Russo-Mitma

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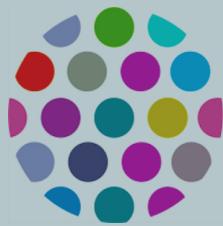
Call for Articles

The Counselor, the quarterly newsletter of the Oregon Counseling Association, invites articles to be submitted for consideration for our Summer 2020 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 in the Summer Issue are due by July 1, 2020 to editor@or-counseling.org

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 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:

Professional (LMFT, LPC, etc) / Associate
Registered Intern
Student / Retiree

\$111/year (or \$106 if you auto renew)
\$82/year
\$53/year

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.

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continuinged@or-counseling.org**Graduate Programs**

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gradprograms@or-counseling.org**Technology**

Mike Running

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membermgr@or-counseling.org**Human Rights**

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humanrights@or-counseling.org**ACEP Administrator**

Tever Nickerson

acep@or-counseling.org**Ethics**

Jeff Christensen

ethics@or-counseling.org

If you're interested in serving ORCA as a volunteer or member of the board, please contact
Alana Ogilvie, ORCA President, at president@or-counseling.org