



2012 Conference In Review



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Diversity Within A Community

By Sarah Lebo, MA, CADC I

The official theme of this year's Oregon Counseling Association fall conference was diversity, but one of the unofficial but very palpable themes during the event was a sense of community and shared professional identity.



More than 115 counselors from all over the state gathered to attend sessions on a wide variety of

specialities and specific populations, which shows just how diverse our clinical practice can be. Counselors specializing in career work, gambling, immigration, sexual health and relationships collectively learned about working with Native Americans, women from India, people from Africa and the Middle East, military personnel and LGBTQ clients. Lots of ground was covered!

Amidst the wealth of clinical information absorbed (and continuing education hours accumulated!), attendees were able to relate to other counselors through rich discussions and connections throughout the three-day event. We were reminded of our common roots as counselors and the need to

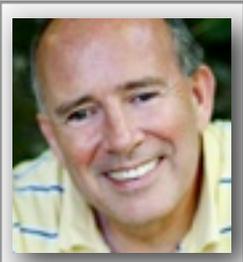
continue strengthening our profession by gathering together during events like this. We were also reminded of the need to continue connecting in the future to advocate and stake our claim in the health care arena. Our workshop speakers David Manock and Michelle Cox, along with our keynote speakers, Dave Wenzel, Keith Dempsey, and Larry Conner, all explored the rapid changes that have occurred in the field and what the future might hold. That future is threatened if we do not continue this practice of connecting with other counselors. When we combine our knowledge and resources, we become encouraged and focused. That's how attendees left this event.

The Oregon Counseling Association as a whole is energized and excitedly looking ahead to our reintegration with the Oregon Mental Health Counselors Association and the collective lobbying we will do with our legislators to make sure counselors continue to be recognized for the vital services we provide to our clients. A few counselors were recognized for their exemplary work in the field; you can see them listed on page 4.

**And join us next year at the
Valley River Inn in Eugene
Oct. 30-Nov. 2, 2013**

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President's Message: Promote and Protect: Together ORCA's Conference Includes a Rousing Call to Action

Many of you joined us for the annual ORCA conference recently, and I'm sure those who did will agree that it was a resounding success, full of useful, informative presentations, a powerful and moving awards ceremony, and thought-provoking and inspiring keynote speeches. Our theme was diversity, and our keynote speakers and presenters did an outstanding job of helping us to recognize how this translates into action in our work as counselors. There were, of course, many networking opportunities, with excellent food and company, and I enjoyed meeting many of you. As always, I cannot say enough in praise of CJ Strauss, her committee and team of volunteers who made it all flow so seamlessly, making it look much easier to organize than it really is!

Another important theme throughout the conference was the extraordinary moment of challenge and opportunity at which we find our profession. Our role in ORCA is both to promote and to protect our profession in a rapidly changing world. We must be proactive in anticipating and responding to changes ahead that will impact our work. The Affordable Care Act (aka "Obamacare") is at the center of these changes. We are taking some important steps in order to prepare for this, and to ensure that Oregon counselors are well positioned in this new world. I am delighted that after some years of separation, the Oregon Mental Health Counselors Association (OMHCA) is merging back with ORCA. We are planning to change our tax status to allow us to contribute a larger proportion of our funds to public policy advocacy. With our pooled resources and changed tax status, we will be hiring a lobbyist to represent us in the legislature in Salem as these important changes become law. I would personally like to applaud Larry Conner, president of OMHCA, for his leadership in this area. His passion for doing the right thing, and his depth of understanding of the issues was clear in his keynote address, and in his webinar on Health Care Reform, available on the ORCA website.

With this evolution of ORCA, I believe we have the opportunity to continue to recognize our uniqueness in whatever branch of counseling we operate, to celebrate the diversity we bring to our profession, to come together around what unites us, and to take our seat at the legislative table to ensure our profession's future health and wellbeing. I hope that you will all join us in this endeavor, and encourage all your colleagues to do so. As always, we welcome your comments and suggestions, and your willingness to support this critical effort through membership and participation in ORCA.

Dominick Robertson, MS, ORCA President
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The Counselor

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Re-Imagining The Self

Utilizing the Virtual Environment for Counselor Education

By Raina Hassan

When I first thought of attending the Virtual Conference on Counseling and writing about it for this newsletter, I'll admit that I was a little intimidated. As a counselor-in-training in my mid-30s, I'm no Luddite – and still, the idea of acquainting myself with an entirely unknown virtual world was daunting.



Raina (left corner) observes from the back in her steam punk gown)

A few days before the conference, I decided to check out Second Life, the virtual environment in which the conference would be held. It wasn't the most intuitive of interfaces I'd ever encountered, but neither was it entirely confusing. I set up my account easily enough and chose an avatar that somewhat resembled me in real life. I then registered for the session that I wished to attend, "Human Sexuality for Counselors," presented by Chad Royal & Heloisa Portela, PhD.

On the morning of the conference, I logged on a bit early to make sure I would arrive on time (much as I would do in real life). I recalled the avatar I'd chosen a few days prior—a youngish looking brunette with glasses in business casual attire—but to my surprise, my avatar was now, for whatever reason, a panda bear. That's right: a panda bear. I tried in vain to find the avatar I'd chosen a few days

earlier, but I could not find her. What I found instead were endless iterations of club wear: ripped up jeans, high heels, very low-cut shirts, teased-out hair. The clock was ticking, and I was getting anxious.

Finally, I settled on what now sounds like an absurd outfit but which I assure you seemed the most appropriate at the time: I would be going to the conference dressed as a steam punk. (For those of you out there who are unfamiliar with this style trend, it blends Victorian-themed clothing with accessories like giant timepieces, aviator goggles, and top hats. Think *Mary Poppins* meets *Time Bandits*.) The session I'd signed up for was getting ready to start, so I teleported to the conference site (if only it were that easy in real life!).

As I glided up to the giant, glass front doors of the conference center, my petticoat swishing back and forth, I became very nervous. I opened the doors to a huge room filled with many attendees, some seated and some standing; a stage with presenters; and a screen to show slides. It was quite similar in those ways to real life. But instead of being filled with people dressed in business casual clothing, what I saw instead was a room full of wild and wonderful outfits: giant purple bellbottoms, zebra-striped tops, and lots of high heels and teased-out hair. There were, of course, some people in business casual garb (such as the presenters), but it was surprising and delightful to see so many people giving expression to their wild sides. This, I realized, was one of the perks of a virtual environment: it's a safe space to take a chance like that, especially considering the environment's general sense of anonymity.

I stood in the back and looked around at the sea of bright and funky outfits, admiring my colleagues' choices. But I was also still nervous and realized I, quite literally, did not know what to do with myself.

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...continued from page 3 “Re-Imaging the Self”...

I didn't know how to sit down; I didn't know how to talk to someone. As I stood there steeped in social-virtual anxiety, it occurred to me that this was the very sensation many of my clients describe to me. I recalled the way one client had recently described herself in a social situation: "I never know what to do with myself!" And here I was feeling the exact same way.

In terms of the actual content of the presentation—it was quite good! Similar to real life, it was a 50-minute presentation with a Q and A following. The content was based on solid research and presented in an engaging way. The conference had a chat function wherein attendees could comment and hold dialogue without disturbing the presenters, and this was also how the Q and A was run. There were several microphone issues that hindered the audio clarity, but tech problems also happen frequently in real life—and the conference staff and presenters quickly fixed the bugs.

In all, attending a conference in a virtual environment was an exhilarating experience and one that I would do again. In addition to delivering on content, it challenged me to think about myself in a social context in new ways. It pushed my edges and ultimately gave me insight into my clients' experiences with social anxiety. This was a totally unexpected benefit of attending.

To find out more about Counselor Education in Second Life, visit <http://sl.counseloreducation.org>.

Raina Hassan is a third-year student in the counselor education program at Portland State University and a member of the ORCA Communications Committee.

2012 Award Winners



Leona E. Tyler Award

Bonnie Badenoch, MA, LMFT, was recognized for her work that has had statewide, national and international implications for counseling. Badenoch is a marriage and family therapist, an instructor at Portland State University in the Interpersonal Neurobiology certificate program, and cofounder and executive director of the nonprofit Nurturing the Heart with the Brain In Mind in Vancouver, WA.



Human Rights Award

Lonnie Jackson was honored for his lifetime commitment to youth within the juvenile justice system. Jackson is the director of the Office of Minority Services at the Oregon Youth Authority. He is also an international speaker and author of the highly acclaimed book “Gangbusters: Strategies for Prevention and Intervention.”



Distinguished Service Award

Lara Pevzner, MA, LPC, was recognized for meritorious service on behalf of the Oregon Counseling Association and its members. Pevzner has served ORCA in a variety of roles, from continuing education committee, to conference planning committee to president. She works with children and families in private practice in Portland.

INVESTING IN THE FUTURE

By Sarah Lebo, MA, CADCI



The future is now

We've all heard this phrase before, but lately the idea has become more potent for me, as I'm getting more and more involved in understanding just where counselors stand in the grand scheme of health care and what we need to do to secure our place in the future of this changing system. The world is constantly in flux, and if we don't keep ourselves informed, our profession will be in danger.

Fortunately, there are more tools than ever to stay in touch with what's going on in health care — mainly, your state counseling association and the American Counseling Association. Those two groups are our main advocates as counselors and also provide us with a vital platform to connect with and get support from other counselors. If we aren't involved in our professional organizations, we can become dangerously isolated and out of touch.

Locally through ORCA, we have a network of news outlets, mainly our Yahoo! group listserv, Facebook, LinkedIn and Twitter (see links below). All of these resources pass along information that can help you understand where you stand as a professional counselor and when to take action to defend your

turf. As Larry Conner, MA, LPC, so aptly stated in his keynote address at this year's fall conference, we need to be involved in political change and legislation so we can influence “who gets the cookies.” He explained that the cookies are money, power and influence in the world. We want to make sure counselors get some cookies, because if we have them, we can better serve our clients and continue to make a reasonable living.

As most of you know, the Oregon Counseling Association is a local branch of the American Counseling Association. One great benefit of getting involved in ORCA is the chance to attend a Leadership Training Institute put on by the ACA every summer. This institute is geared toward connecting counseling leaders with their counterparts in other states and educating them about being legislatively savvy.

I was fortunate to attend last summer's institute on a financial grant through the ACA and ORCA. You may get that chance next year or the year after, should you choose to become more active and involved in ORCA. The experience of flying to

(Continued from previous page, “Investing in the Future”)



Oregon was represented by (from left) Tom Ayala, current president of the National Employment Counseling Association, Dominick Robertson, ORCA president, Sarah Lebo, ORCA communications chair person, and incoming president Matt Morscheck.

Washington, D.C., networking with counselors from across the nation and advocating for counselors with our state representatives and senators was invaluable.

One of the main messages communicated during the educational sessions on grassroots advocacy for counselors was this: It's not rocket science. Our legislators are public servants who are well-versed in receiving phone calls and requests for face-to-face meetings with their constituents. Legislation affects us and the clients we treat, so we should have our say.

During the institute, your three ORCA representatives did just that: met with staff members of local representatives and state senators. We were able to educate them on the current issues, mainly the national problems counselors are having with being hired by the Department of Veterans Affairs, despite a law passed 6 years ago that explicitly recognizes licensed professional

counselors within the VA. As a result of those meetings, our representatives committed to writing letters or calling the local and national VA offices, to back up our assertion that veterans are not getting the mental health care they need, and counselors are not being hired in sufficient numbers to solve that problem. We will continue to monitor this issue, along with the recent Tricare requirements for mental health counselor participation. Another major issue we advocated for was federal funding for school counseling services, as that continually faces cuts. We will continue to keep you updated on these key issues, along with the looming changes in health care, which will affect how counselors will be involved in community care and how they will be reimbursed. Your part in the process is signing up for the news networks mentioned above so you can be on the other end of the line when we call. Here's how you can get “plugged in.”

Yahoo! Listserv: Sign up to receive e-mails from counselors in the group or from ORCA alerting you about action items related to legislation. Go to <http://health.groups.yahoo.com/group/OregonCounseling/> and click Join now.

LinkedIn: Join our LinkedIn group for consultation with other members and alerts about local events/ legislative activity: <http://www.linkedin.com/groups/Oregon-Counseling-Association-ORCA-2467168/about>

Facebook: You may already enjoy Facebook for personal reasons, and if you “like” the ORCA page, you'll see helpful professional information posted on your newsfeed. www.facebook.com/OregonCounselingAssociation

Twitter: When you log on to Twitter, you see a newsfeed similar to Facebook's listing of “quotes” and blurbs from other members you are following. Follow ORCA so you can get the latest on professional education opportunities, legislative issues and professional events. <https://twitter.com/OregonCounselor>

Not only is there strength in numbers, there is encouragement in our shared experience—counselors working with clients in groups already know that. Now let's live that out by connecting with each other to produce positive change for our profession. From everyone at ORCA, we hope to talk with you soon!

Sarah Lebo, MA, CADC I, is the communications chairperson for ORCA and an intake coordinator at a private psychiatric/chemical dependency hospital in Beaverton, OR.

The American Counseling Association provided this handout at the 2012 Leadership Institute.

2011 Statistics on Mental Health Professions

(information provided is for the highest level of licensure)

State	Professional Counselors		Marriage & Family Therapists		Social Workers	
	Title	Counts	Title	Counts	Title	Counts
Alabama	LPC	1,628	LMFT	209	LCSW-PIP	621
Alaska	LPC	474	LMFT	92	LCSW	413
Arizona	LPC	2,330	LMFT	320	LCSW	2,067
Arkansas	LPC	1,000	LMFT	100	LCSW	1,465
California	LPCC	0*	LMFT	31,077	LCSW	18,342
Colorado	LPC	4,717	LMFT	653	LCSW	4,223
Connecticut	LPC	1,707	LMFT	1,023	LCSW	5,365
Delaware	LPCM	359	LMFT	14	LCSW	669
D.C.	LPC	1,596	LMFT	136	LCSW	2,901
Florida	LMHC	7,784	LMFT	1,545	LCSW	10,070
Georgia	LPC	4,406	LMFT	698	LCSW	2,853
Hawaii	LMHC	208	LMFT	224	LCSW	636
Idaho	LCPC	629	LMFT	220	LCSW	894
Illinois	LCPC	5,910	LMFT	495	LCSW	10,467
Indiana	LMHC	1,604	LMFT	953	LCSW	3,996
Iowa	LMHC	780	LMFT	181	LISW	1,646
Kansas	LCPC	445	LCMFT	343	LSCSW	787
Kentucky	LPCC	957	LMFT	489	LCSW	1,986
Louisiana	LPC	2,372	LMFT	903	LCSW	2,683
Maine	LCPC	870	LMFT	79	LCSW	2,511
Maryland	LCPC	2,402	LCMFT	186	LCSW-C	7,584
Massachusetts	LMHC	4,643	LMFT	719	LCSW	11,935
Michigan	LPC	5,682	LMFT	712	LMSW-C	13,785
Minnesota	LPCC	224**	LMFT	1,334	LCSW	3,719
Mississippi	LPC	1,032	LMFT	249	LCSW	717
Missouri	LPC	3,912	LMFT	196	LCSW	4,809
Montana	LCPC	1,023	LMFT	42*	LCSW	619
Nebraska	LIMHP-CPC/LPC	301**	LIMHP-CMFT/LMFT	50**	LIMHP-CMSW/LCSW	205**
Nevada	LCPC	42*	LMFT	727	LCSW	622
New Hampshire	LCMHC	608	LMFT	84	LCSW	905
New Jersey	LPC	2,677	LMFT	562	LCSW	7,900
New Mexico	LPCC	1,610	LMFT	263	LISW	1,567
New York	LMHC	4,200	LMFT	755	LCSW	24,823
North Carolina	LPC	4,543	LMFT	645	LCSW	5,122
North Dakota	LPCC	370	LMFT	36*	LCSW	260
Ohio	LPCC	4,338	LIMFT	182	LISW	7,416
Oklahoma	LPC	2,981	LMFT	534	LCSW	1,500
Oregon	LPC	1,629	LMFT	475	LCSW	2,835
Pennsylvania	LPC	4,347	LMFT	451	LCSW	4,562
Puerto Rico	LPC	2,500	no licensure	NA	LSW	TBD
Rhode Island	LCMHC	391	LMFT	96	LCSW	1,590
South Carolina	LPC	1,658	LMFT	225	LISW-CP/AP	710
South Dakota	LPC-MH	179	LMFT	95	LCSW-PIP	237
Tennessee	LPC/MHSP	1,225	LMFT	343	LCSW	2,089
Texas	LPC	14,595	LMFT	2,808	LCSW	6,576
Utah	LPC	630	LMFT	448	LCSW	2,658
Vermont	LCMHC	612	LMFT	43	LCSW	906
Virginia	LPC	3,334	LMFT	818	LCSW	5,231
Washington	LMHC	4,520	LMFT	1,151	LCSW	3,219
West Virginia	LPC	1,038	LMFT	2*	LCSW	306
Wisconsin	LPC	2,686	LMFT	712	LCSW	3,464
Wyoming	LPC	721	LMFT	88	LCSW	448

U.S. TOTALS

120,429

54,785

202,924

*Licensure recently established; state board in process of implementing law.

**Recently enacted law establishes a new tier of licensure; state board in process of implementing law.

Exploring Is Not Deciding

The Nature of Future Endeavors

By Gail Jean Nicholson, MA, LPC

Have you ever hit a wall trying to figure out your career or path in self-employment? You have an idea or two about what you'd like to do, but you're just not sure, then you get stuck there.

Your clients might express similar difficulties. Maybe they're wondering what it would be like to work as a radiology tech, landscape designer, assist on a photo shoot or join a mission-based program for a non-profit. They don't have the clarity to commit to classes, but something inside them says this could be it. What to do? Explore.

Career exploration, a phase of life and career transition, is not always an obvious or well-known leg of career or business change, but it's at the heart of entrepreneurship.

This phase can be difficult for any of us still believing that the right path for ourselves should be totally clear from the start. Many people believe there will be no doubt, confusion or concern to resolve if it is the right choice. We expect things to feel fairly certain if it's the right direction, right away, and then we'll just go for it. In fact, folks— often feel uncertainty, or lack self-confidence, when they're not able to take the so-called "leap of faith" into a new work world. In reality it's normal to need time, information and hands-on experience to trust that an idea is the right one.

Even if clients have worked with a career counselor or other resource and completed a career assessment, typically there are issues and concerns as they consider possible career matches. Along with the excitement over their emerging clarity and direction, we can prepare clients to expect a few burning questions. Those questions can actually assist navigation at this stage. These issues once named and researched open the door to better personal understanding and certainty about the meaning of life and work life.

Clients may still be hesitating to check out a new career or business idea, because they think they are somehow making a commitment, and they are truly not ready to do that. Exploring is an investment of time, sometimes money; just keep reminding your clients that they are still in the research stage. Or perhaps the uncertainty of it all is too hard to tolerate. Exploring life and career options can become emotionally overwhelming, at some point. A lot of people give up on their ideas when this starts to happen. The current job, even though it's making a person exceedingly unhappy, is at least known. So unless the work stress level is high, and it very well could be, clients might just want to take a number and chill.

Your role as a counselor might be addressing a person's natural anxiety with this process, and assisting them with the acknowledgement that they might be wasting precious time by not getting started on a process that could vastly change their life for the better.

The first step might be gentle exploration of ideas, narrowing down the possibilities to two or three most likely candidates (again we're doing our best to manage the usual overwhelming feelings). To those lying awake at night, tossing and turning — help them identify their top concerns about their top career choices. Get all of it out of their head and heart, and onto paper, a laptop or a smart phone. Sincere, earnestly-asked questions lead to answers if clients are able to follow up on them. This is how people find their path.

Keep your focus on what you can learn today, tomorrow and next week; career change is about managing the short-term picture as well as the long term. In other words, we can only build from where we are right now. Career development does not take place somewhere else, outside of your actual life and current experience.

Gail Nicholson, MA, LPC, is a personal and career counselor in private practice in Portland.

<http://gailnicholson.com/>

Trauma Resiliency



Learning about the Trauma Resiliency Model (TRM) at the Fall Conference

By Raina Hassan

As a volunteer at this year's fall conference, I attended many sessions that will be immediately applicable to my clinical work. One that stands out was originally not on the line-up, but because of travel difficulties and a canceled session due to Hurricane Sandy, Chuck Craytor, MA, stepped in at the last minute to present on the Trauma Resiliency Model (TRM), which was originally developed by Laurie Leitch, PhD, and Elaine Miller-Karas, LCSW.

The Session

The session introduced training in biologically-based skills that can be used cross-culturally to increase resiliency and decrease the debilitating effects of trauma. The goal of TRM, Chuck explained, is to train clinicians and non-clinical providers who are often in the role of first responders to help clients expand access to their own internal stabilization skills. Focusing on grounding and resources, the model brings awareness to somatic sensations and helps interrupt the disorganized automatic nature of trauma responses.

The Model

When a clinician utilizes the Trauma Resiliency Model, clients learn:

- ◆ Greater awareness of the non-traumatic sensations in the body associated with the parasympathetic nervous system
- ◆ How to recognize and track sensations in order to bring awareness to positive or neutral sensations in the body
- ◆ That they do not have to be overwhelmed by the sensations associated with traumatic stress

As a counseling intern working in clinical mental health, I see many clients who are struggling daily with debilitating trauma responses. I was grateful that I'd attended Chuck's session, because I can immediately apply some of the concepts in my practice. For more information about the Trauma Resiliency Model, visit <http://traumaresourceinstitute.com>.

Raina Hassan is a third-year student in the counselor education program at Portland State University and a member of the ORCA Communications Committee.

OVERHEARD



SOME SNIPPETS FROM ONLINE MEMBER DISCUSSIONS:



LinkedIn: Discussion about direct client contact hours

“I think this will vary widely and is contingent on many things. I myself am working full time at an agency and have a small private practice. I usually average 25-30 direct hours per week between the two. This is a bit higher than what I've heard from others. I am a post masters registered intern.”

-posted by David Corse, MA, NCC

TUNE IN by becoming a LinkedIn Group member:

http://www.linkedin.com/groups?gid=2467168&trk=hb_side_g



Facebook: Photos from the 2012 Conference

“It was an honor to photograph counseling professionals learning from and enjoying each other’s amazing company.” - Margaret Evans, ORCA Board Secretary and Resident Photographer for the 2012 conference

TUNE IN and “like” our page to get newsfeed updates:

<http://www.facebook.com/OregonCounselingAssociation>

TUNE IN to our Twitter feed as well:

<https://twitter.com/OregonCounselor>



Yahoo Groups: News briefing about healthcare reform

Our e-mail listserv included a news alert about the Sept. 8, 2012 free healthcare reform briefing held at Good Samaritan Hospital in Portland. The presentation has since been posted on our web site as a webinar. The briefing educated counselors about how Accountable Care Organizations (ACO) throughout the country will operate (including specific information on Oregon's version of ACOs: Continuing Care Organizations).

Join our group to get regular e-mail news updates:

Go to <http://health.groups.yahoo.com/group/OregonCounseling/> and click join now.

Oregon Counseling Association 2012 Leadership Roster

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