



Healthcare Reform

How the Affordable Care Act will Impact Counselors

by Larry Conner, MA, LPC



To the amazement of many, the Supreme Court has upheld the Affordable Care Act, making it the law of the land. Healthcare reform is going to happen, so what does that mean for us?

In a nutshell, everything will be different. I do not have the space to explain all of the changes here, but I would like to address some of the biggest issues. The Oregon Mental Health Counselors Association (OMHCA) plans to host webinars so that LPCs, LMFTs, and other mental health providers throughout the state can have an opportunity to ask questions about the upcoming changes (ORCA members will be informed of these events as well).

I am sure most of you have heard that the Affordable Care Act increases the numbers of people with health insurance. You likely have heard about the mandate that individuals without job-related health insurance will

have to purchase a policy or face a tax penalty. But the legislation does much more.

Let's start with what the act does to reduce healthcare costs, something that will have a direct impact on counselors. The Affordable Care Act sets up Accountable Care Organizations (ACOs) to provide healthcare to all Americans. ACOs are going to be hospital-centered consortiums comprising all kinds of healthcare providers, including mental healthcare providers. The vast majority of us will either end up working for, or contracting with, an ACO. ACOs reduce costs by what is called capitation—which means that a certain amount of money per year is allocated for a certain number of persons for their healthcare, and that is all there is. Thus, there is pressure on all the healthcare providers in an ACO to manage the care they offer their patients in order to keep costs down. If the providers in an ACO keep costs down, they will make more income via bonuses. This is an attempt to reduce what is thought to be unnecessary and expensive medical care. It also puts a lot of pressure on all providers.

Another way the Affordable Care Act reduces costs is by focusing on evidence-based practices. Over time, many of us will be required to treat certain diagnoses with certain evidence-based practices only. I am not happy about that because I am a believer in the many years of evidence that shows it is the quality of the therapeutic relationship that leads to change. Unfortunately, a therapeutic relationship is not an evidence-based practice.

For mental health providers there is a lot of good news in the Affordable Care Act.

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President's Message: Change and Continuity

As ORCA's Leadership Shifts, Our Commitment to Serving You Remains

This is the time of year when your ORCA leadership will go through some changes. Lara Pevzner, our wonderful president for the last two years, becomes past president, and we thank her for all her tremendous contributions and inspiration. Matt Morscheck brings his enthusiasm, energy, and career counseling orientation to the president-elect position, as he prepares to assume the role of president next year.

I am honored and humbled to be serving as your president for the coming year—an exciting time for our association. For those of you who don't know me, I am a mental health counselor in Southern Oregon, where I have a private practice and teach psychology at Southern Oregon University. I also work at the psychiatric ward of a local hospital and am completing my Ph.D. at Oregon State University.

We have a fabulous board of enthusiastic, talented, and committed people, and this provides continuity in the pursuit of our mission to promote the counseling profession in Oregon. At our board retreat in May, we defined several major initiatives to enhance and improve our value and service to our membership.

Our Fall conference, which takes place in Portland this year on November 1st-3rd, is a wonderful opportunity for many of us to get together. Counselors, educators, supervisors, and students share ideas, network, hear from experts in our field, socialize, and earn CEs! I hope to see many of you there.

In addition to the conference, we will be focusing particularly on three areas this year: political action to ensure the needs of our members are represented in legislation, improved membership value and access, and addressing some technology needs in our infrastructure.

Our job as a board is to serve you. I welcome all your comments and suggestions, and I would love to hear from you. There are opportunities to be of service on our board or committees, should you be interested.

I love being in a field where we can—and do—make a difference. I look forward to a wonderful year ahead, and to meeting and hearing from many of you.

*Dominick Robertson, MS, ORCA
President*

president@or-counseling.org



The Counselor

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Sarah Lebo

Editorial Staff:

Lara Pevzner, Dina Yerex, CJ Strauss, Raina Hassan

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REEL THERAPISTS

How Hollywood Portrays Our Profession on Screen

By Michael Kahn, LPC, JD

Adam (Client): *Are you gonna like keep touching me like that...?*

Katherine (Therapist): [touching his arm again] *I'm ... I'm trying to make you feel more at ease.*

Adam: *Yeah, but ... that's not gonna ... help.*

Katherine: [touching his arm more gently] *Is that kind of better?*

Adam: *This is getting creepy.*



This scene from the film 50/50, the true story about a man learning to live with a cancer diagnosis, is uncomfortable to read but even more uncomfortable to watch unfold on screen. Other interactions in the film, if not “creepy,” are at least unethical. The film ends with client and therapist going on a date. I was looking forward to seeing 50/50, particularly because the main character sought therapy to help him cope. Unfortunately, the way the therapy was depicted ruined my experience. I understand that it was only a movie and not “real life,” (I can suspend disbelief with the best of them) but to vicariously experience the counselor’s boundary violations was overwhelming.

Therapists and therapy are often portrayed in films and television with varying degrees of accuracy. Fortunately, for every 50/50 or Prince of Tides (don’t

get me started on that one) there is an In Treatment or Ordinary People or The Sopranos. They are not perfect depictions either, but relatively respectful of our profession. Fortunately, real therapists can learn a great deal about themselves from the bad “reel” therapists, as well as the good ones. Boundary issues, such as self-disclosure, touch, and dual relationships, are common themes. As a grief therapist, I am particularly drawn to films about loss. Truly, Madly, Deeply, The Son’s Room, An Unmarried Woman, and others offer therapeutic scenes ripe for discussion. Even movies without psychotherapists can be educational. In The King’s Speech, the future King of England sees a speech therapist for his stuttering problem, but I have used the scene to spark a discussion about the importance and the challenges of building the counseling relationship. Metallica: SomeKind of Monster, a documentary about the heavy metal band, is also grist for the mill.

While movies can be used with clients as well, cinematherapy is the subject of another article. Who is your favorite fictional therapist? And who does for therapy what the show The Jersey Shore does for, well ... the Jersey shore? Let me know, and check out the film blog on my website.

Michael Kahn, LPC, JD, presents continuing education workshops on ethics, grief, diversity, and therapist self-care. The next one, **Reel Therapy: Ethical and Professional Issues for Therapists**, is six hours long and scheduled for **September 7th in Corvallis**. Contact Michael with questions or to register.

Michael@reeltoreal.biz, www.michaelkahnworkshops.com.

...Continued from page 1, "Healthcare Reform"...

The first is that every health insurance policy will be required to include mental health and substance abuse coverage. That is extended to Medicare and Medicaid as well.

This will greatly increase demand for our services. Each health insurance policy will also be required to include prevention, wellness training, and chronic disease management as provided benefits. Many of those services will be provided by mental health providers. So, for the first time in the history of this country, mental health will be viewed as a basic element of our healthcare system.

The Affordable Care Act sets up clinics within ACOs called medical homes. It is mandated that each medical home will include a primary care provider and at least one mental health provider. This is very good news for our profession. Our work will be essential to, and coordinated with, primary care.

But there are also challenges coming. With capitation, there will be pressure on providers to limit the amount of time they work with a client. This will undoubtedly create some ethical dilemmas for mental healthcare providers, who will have a financial reason to not work very long with a client. I cannot say I have read the whole law because it is very long, but so far I have found no mention of private practice for any healthcare provider. I believe private practice will continue to some extent, but I wonder how independent it will be, and I wonder if private practitioners will find themselves engaged in primarily cash practices without receiving any insurance reimbursement.

I also cannot say for certain if private practice will survive, but I can say that, if it does, it will not be the same as it is today. Being on numerous panels will not continue to be an option. Additionally, out-of-network benefits will not work with capitation, so they will either be eliminated or severely diminished.

If you are a mental healthcare provider working in an agency setting, you will face changes as well. It is likely that community mental health agencies will be subsumed into ACOs, and you may find yourself a hospital employee. As far as I can tell at this point, the care provided by community mental health agency providers will not change substantially. The Affordable Care Act emphasizes putting providers to work to keep the chronically ill from being hospitalized.

The Affordable Care Act raises many questions that are yet to be answered. Will private practice survive? Will there be a place for long-term psychotherapy? Will reimbursement rates be lower than they are now? How will ACOs work in rural areas? Will mental healthcare providers be required to work via Skype? Will health insurers be totally replaced by ACOs? Will all DSM diagnoses be reimbursed, or will reimbursement be limited to the most severe diagnoses?

This is the beginning of a long period of change for all healthcare providers and for our country. These are only the barest details of a very complicated law.

Larry Conner, MA, LPC, is the president of the Oregon Mental Health Counselors Association.

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Six Strategies for Successful Networking

ORCA's Fall conference offers many opportunities to make valuable connections

By Marney Hoffman

For the burgeoning therapists eager to get connected, the ORCA Fall conference provides a multitude of opportunities for meeting new colleagues and getting noticed. Many new therapists may not feel that their ideas and qualifications give them enough to talk about with seasoned professionals; however, the reality is they are qualified and have plenty to contribute to the conversation. The key is to learn how to network successfully. Developing good networking skills can affect whether you get hired, promoted, or called to serve on an important committee. Therefore, learning how to network successfully is extremely important. Here are six tips that will help you to network professionally and successfully:

⇒ CREATE A PEOPLE PLAN

Before the conference, make a list of people you would like to meet. Many of us make a plan as to what sessions we would like to attend, but we also need a separate plan for the human side. Write a few sentences about who you want to meet and why you want to meet them, details about their practice or specialty, and what you want to talk about. Consider e-mailing them ahead of time to let them know you would like to introduce yourself at the conference. This may sound like a bold move, but some people may respond favorably and be flattered.

⇒ HAVE A STRATEGY

It may be intimidating to begin a conversation with a stranger, especially if that stranger is established in their field. However, most people welcome the opportunity to talk about themselves. If you have a specific question about their research, practice, or specialty, they will most likely be very eager to talk to you. Opening the conversation with a comment about their practice or work is a great opener. Be sure to prepare enough so that you are able to talk intelligently. No one wants to talk to a know-it-all who does not really know what they are talking about.

⇒ FIND A CONNECTION

Research has shown that we prefer those who are similar to us. When meeting with a seasoned professional, mention something that you have in common, whether it is a shared specialty, hometown, or colleague.

⇒ TALK ABOUT YOURSELF (*but not too much*)

Consider disclosing something about yourself during your interaction. Research suggests self-disclosure leads to more positive interactions, but be sure not to go overboard and over-disclose. A good strategy for self-disclosure in networking situations is to feel free to blab about your latest work, but follow up with a question about the other person's work.

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ORCA Seeks Annual Award Nominees

Every year at the Fall Conference, the Oregon Counseling Association takes time to recognize individuals in our state who have made outstanding contributions to our Association and/or our profession.

This year's Governing Board is actively seeking your nominations for the following awards: the **Leona Tyler Award**, the **Human Rights Award**, and the **Distinguished Service Award**. Each is described below.

The Leona Tyler Award – This award is designed to recognize counselors who have made outstanding contributions to the profession and whose work has had statewide implications for counseling. Dr. Leona E. Tyler was Dean of the Graduate School at the University of Oregon. Her many contributions to our profession, including research, writing, teaching and supervision of graduate students, attained both national and international acclaim. It is ORCA's highest award.

The Human Rights Award – Dr. David Capuzzi, counselor educator at Portland State University, established this award in 1986-87, during his year as President of the American Association for Counseling and Development (now the American Counseling Association – ACA). The award is presented to members who have demonstrated an exemplary level of professional and personal commitment in the areas of human rights and the advancement of human dignity.

Distinguished Service Award – This award enables the Association to recognize publicly persons or groups who have contributed substantially to the Association and the counseling profession. This award is traditionally presented to Association members. However, non-members such as legislators, school officials, agency administrators, or others in the larger community may also receive the award for outstanding contributions to the Association.

We all know dedicated professionals who are deserving of recognition by our Association. Please take a moment and think about individuals who have made a difference to our profession, and nominate them for an appropriate award.

Mail to:
Award Nominations at ORCA
P.O. Box 523
Gresham, OR 97030

or download the form from the website and e-mail to:
Awards@or-counseling.org

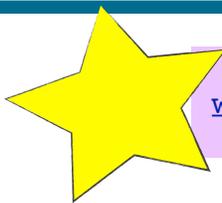
Deadline for receipt of nomination forms is September 1st.

NOMINATION MUST INCLUDE:

- 1) Name of nominee, current position or title (if nominee is retired or unemployed, indicate former occupation), full business address (including telephone and email) and full home address (including telephone and email)
- 2) Also include name of person submitting nomination, title, full address (including telephone and email)
- 3) Award for which the person is being nominated

Please attach additional pages responding to the following items:

1. Describe in some detail incidents, accomplishments, or behaviors on the part of the nominee, which, in your judgment, warrant public recognition. (Limit one page.)
2. Provide relevant information, essentially biographical, which enables the public to appreciate the nominee's contribution. (Limit one page.)



SAVE TIME AND MONEY! Register online for free at www.or-counseling.org (click on fall conference).
Mail-in forms cost \$5 for processing.

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Please help us save time and paper by registering online! For secure ONLINE registration, go to www.or-counseling.org		Early Bird (by 9/1/12)	Base Rate
<input type="checkbox"/> Three Days (Up to 19 CE hours)	Full Conference & Pre-Conference Workshop: Thurs 11/1 - Sat 11/3	\$275	\$320
<input type="checkbox"/> Two Days (Up to 13 CE hours)	Select Two: <input type="checkbox"/> Thurs 11/1, <input type="checkbox"/> Fri 11/2*, <input type="checkbox"/> Sat 11/3	\$225	\$255
<input type="checkbox"/> Single Day (Up to 6 or 7 hours)	Select One: <input type="checkbox"/> Thurs 11/1, <input type="checkbox"/> Fri 11/2*, <input type="checkbox"/> Sat 11/3	\$155	\$170
Meal Information: Registrations include lunch each day and a *banquet dinner and speaker* on Friday (1CE hour). Vegetarian options will be available at all meals. Please note any additional dietary restrictions:			
Discounts (mark all that apply)			
<input type="checkbox"/> Current ORCA Members - save \$35 (Divisions, affiliates & partners: <input type="checkbox"/> OACES, <input type="checkbox"/> OCDA, <input type="checkbox"/> OSCA and <input type="checkbox"/> Western State Branches)		- \$35	
<input type="checkbox"/> Student Discount** - save \$50 **Please provide school name and anticipated graduation date: _____		- \$50	
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Extras			
<input type="checkbox"/> Are you new to ORCA? Please join us for a trial membership year for only \$10!		+ \$10	
<input type="checkbox"/> Bringing a friend for lunch? Guest Ticket(s) \$20 each: <input type="checkbox"/> Thurs 11/1, <input type="checkbox"/> Fri 11/2, <input type="checkbox"/> Sat 11/3		+ \$ _____	
<input type="checkbox"/> Bringing a friend to the banquet dinner? Guest Ticket(s) \$40 each: <input type="checkbox"/> Fri 11/2		+ \$ _____	
<input type="checkbox"/> There will be a \$5 fee to process paper registrations and checks or money orders. Thank you for understanding the extra work involved. You may mail them to PO Box 523, Gresham, OR 97030.		+ \$5	
Let our ONLINE registration system do the work! Go to www.or-counseling.org		TOTAL	

How did you hear about this conference? E-Mail Postcard Mailing Internet Listing: _____
 Colleague ORCA Newsletter Graduate Program: _____ Other: _____

Would you like to be contacted about ridesharing? Yes No

For membership application/information call (503) 722-7119 or go to www.or-counseling.org
REGISTRATION FEE INCLUDES: Access to trainings and CE hours, all meals as noted above.
Refund policy: \$25 processing fee. All refunds must be requested by 09/30/12.

...continued from page 5, "Six Strategies for Success"...

⇒ DON'T BE OVERLY FRIENDLY (OR STANDOFFISH)

Connect with others at the conference by smiling, making eye contact, and responding with open-ended statements like, "That sounds very interesting." The key is to be engaging, but don't act like you are best friends. A strategy to use during a luncheon or session is to take a seat one chair away from the person that you want to talk to; you have then positioned yourself to make an introduction, but you are not invading their space.

⇒ MEET WITH OTHER BURGEONING COUNSELORS LIKE YOU

Although meeting seasoned professionals will help you professionally, remember that other new professionals or graduate students will be your lifelong cohort. They also may be able to offer advice on the job market and introduce you to other individuals in the field that they know. So don't disregard your colleague in your rush to chat with that established professional. Your colleague may also be able to help with connections that may continue throughout your career.

Marney Hoffman was previously the networking chairperson for ORCA. She recently relocated to Seattle, WA, as she completes her doctoral education.

Reference

Adapted from Pastore, R. (2012). Six strategies for successful schmoozing, *Monitor on Psychology*, 43(7), p. 80.

OCDA RECEIVES NATIONAL RECOGNITION

The Oregon Career Development Association, a division of ORCA, recently received a national award recognizing their success, the "Outstanding State Division Award." Some of the accomplishments cited during the awards ceremony at the National Career Development Association conference were:

- Conducting a member needs/opportunity survey
- Hosting a "cocktails & careers networking" event to gather ideas on how to promote quality career development
- Celebrating the 10th annual Professional Development Institute with an awards luncheon and 65 career developmental professionals in attendance.

ORCA members (and OCDA leadership) were on hand to accept the award in Atlanta, GA:

Current OCDA president Christine Lundeen, MA, with a representative of NCDA and Matt Morscheck, MS, LPC, CMP, past-president of OCDA and president-elect of ORCA.



COUNSELING FOR RETIREMENT

As baby boomers exit the workplace, they will be in need of services

By Michele Kehoe, MA



Retirement is a life-altering



transition. Whether it is seen as positive or negative, retiring from work is a major event resulting in myriad emotions. People are often unprepared for

the depression and grief that can arise during this transition.

The loss of identity, lack of direction, and change in status can be catalysts for profound grief. Depression is also common in early and late retirement. Often, the transition is viewed

with thoughts of freedom, few time commitments, and unlimited leisure, but the reality can be an unexpected shock.

My practice in Tualitin is meeting this need through two support groups to help with these issues—before retirement: Planning a Smooth Transition and, for those who have retired, Navigating a New Life.

For more information on the support groups or individual counseling in Tualitin, please contact Michele Kehoe, MA, at 503-430-9891 or michelekehoe@nwcounseling.net.

OVERHEARD



SOME SNIPPETS FROM ONLINE MEMBER DISCUSSIONS:



LinkedIn: Notes about ORCA leadership on Capital Hill
“ORCA president Dominick Robertson is lobbying for counselors with two other board members in Washington, DC. Pushing for school counselor funding, Medicare and VA employment of counselors. Are you passionate about any of those issues?” -posted by Sarah Lebo, communications chairperson

TUNE IN by becoming a LinkedIn Group member:
[CLICK here for ORCA’s LinkedIn Group](#)



Facebook: A news story about the rise in antidepressant use
“The consequence of that 400% increase [in antidepressant use] is that alternative therapies, such as counseling, psychotherapy and exercise programs, haven’t been widely used,” Thase says. “The ease of prescribing antidepressants and the influence of marketing, including on physicians, have caused us to undervalue nonmedication alternatives.”

TUNE IN and “like” our page to get newsfeed updates:
<http://www.facebook.com/OregonCounselingAssociation>



Yahoo Groups: Proposed changes in state administrative rules
Our e-mail listserve included discussions around a July 25th hearing at the Oregon Board for Licensed Professional Counselors and Therapists. Several ORCA members were present to testify about the concerns with the proposed changes in the Oregon Administrative Rule at the OBLPCT office in Salem. They discussed issues regarding proposed requirements on assessments and treatment plans.

Join our group to get regular e-mail news updates:
Go to <http://health.groups.yahoo.com/group/OregonCounseling/> and click join now.

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If you are interested in becoming a working member on the board, please contact President Dominick Robertson for more information at:
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