

## From the President, Dan Keusal

*Even in a country you know by heart  
It's hard to go the same way twice.  
The life of the going changes;  
the chances change and make a new way.  
Any tree or stone or bird  
Can be the bud or a new direction.  
~From "Traveling At Home"  
by Wendell Berry.*

New beginnings can spring from many sources—the ancient rhythms of nature or the modern calendar page, intentions arising from within, or circumstances impinging from without. Whatever their source, they are often accompanied by a sense of hope, the promise of renewal, even feelings of exhilaration. Whether the grass is always greener on the other side of the fence, or just seems that way, the allure of something new is powerful.

Our clients often come to us wondering about greener grass: "I've met someone new—should I leave my marriage? My friend gets along well with her boss and I'm always fighting with mine—should I change jobs? My doctor told me about this new medication—will that help me feel better?"

There are times to strike out into new territory, but what about the ways that familiar terrain offers us opportunities for growth and renewal? What if the quest is not about seeking new ground but seeing with new eyes, finding the bud of a new direction in the countries we already know by heart—a struggling marriage, an annoying boss, feelings of depression, anxiety, or

stress? All of these may be signs—the "trees, stones, birds" of which Wendell Berry speaks—calling us to new depths of soul.

Discerning where such signs are pointing is a subtle art; attending to those in the midst of such discernment is the heart of our craft as counselors. And if we're going to help our clients make sense of those signs, it helps to have some experience making sense of our own.

I've lived in my home for more than a dozen years, and its familiar contours have held me well, but recently I'd begun to feel the need for a change. In the midst of pondering what that change might look like, I met with a friend for coffee. She told me what she knew about *Feng Shui*, the ancient Chinese practice of arranging one's space to achieve harmony with the environment. Something in my friend's words—a tree? a stone? a bird?—resonated with the longing for change I'd been feeling. That night I went home and, based on the principles I'd gleaned from our conversation, rearranged my living room—the furniture, the artwork, the plants, everything. I've found the change both intriguing and energizing. I still need to attend to some finishing touches, but simply allowing myself to look at the familiar in a new way has shifted something—I've been able to change my home without changing my address.

In the New Year, may we all know the joy of the unexpected, the strength of rising to a challenge, and the peace that comes from living with authenticity, passion, and meaning.

~Dan Keusal, President



SCA meets on the 3rd Friday of each month (except July, August & December) from 8 to 11 AM at the Swedish Cultural Center, 1920 Dexter Ave. N.  
More info: 206-283-1888, or [www.seattlecounselors.org](http://www.seattlecounselors.org).

• You can now download this newsletter from our website.  
Go to 'About SCA' and click on 'Newsletters'

# January Program

January 19, 2007  
9:15 am to 10:45 am

*Begin in your own life, then move out to your surroundings, and finally this will affect institutions.*

~ Mildred Norman Ryder, Peace Pilgrim

*When you treat the individual, you treat the culture.*

~ C. G. Jung

These are dangerous times. The Predator of an ancient religious war stalks the land. The Alien of eco-disaster haunts our dreams on eerily hot nights. We are terrified that Alien really will meet Predator and devour us all like in our worst childhood fantasies. These times are deadly serious and that is precisely their danger.

*Furthermore, we have not even to risk the adventure alone, for the heroes of all time have gone before us. The labyrinth is thoroughly known. We have only to follow the thread of the hero path, and where we had thought to find an abomination, we shall find a god. And where we had thought to slay another, we shall slay ourselves. Where we had thought to travel outward, we will come to the center of our own existence. And where we had thought to be alone, we will be with all the world.*

~ Joseph Campbell

Psychotherapy addresses culture as well as the individual; it potentially can help heal culture as well as the individual. Therapy is inherently a political act as much as a scientific or spiritual one. Depth therapy seeks to sooth and transform the cultural as well as the individual Soul.

## Process, Politics, and Psyche: A Jungian Perspective on Individual Healing and Cultural Transformation

Terrill L. Gibson, Ph.D.

Yet our training and preparedness for effective psychopolitical invention is often naïve and inadequate.

*The pattern of entering, getting to the center, and coming out is, however, a map of the psychological process:*

*shedding, finding, and integrating.*

~ Jean Shinoda Bolen

This brief lecture suggests a paradigm to help correct that gap. Borrowing on psycho-spiritual, mythic, psychoanalytic, and arts (especially cinema) thought and image, a cross-disciplinary dialogue with this dilemma and opportunity will be presented.

*Ring the bells that still can ring*

*Forget your perfect offering*

*There is a crack, a crack in everything*

*That's how the light gets in.*

~ Leonard Cohen, Anthem

Terrill L. Gibson, Ph.D., is a diplomate pastoral psychotherapist, an approved supervisor for the American Association for Marriage and Family Therapy, and a diploma Jungian analyst who practices individual and family therapy with Pastoral Therapy Associates in Tacoma. He lectures and writes widely on the basic theme of the integration of psychotherapy and spirituality. He has been a frequent consultant, faculty, supervisor, and facilitator for a variety of Pacific Northwest universities, social service agencies, corporations, and religious congregations. He

continued on back page

# February Program

February 16, 2007  
9:15 am to 10:45 am

## Using the Enneagram in Clinical Practice – A Living Introduction

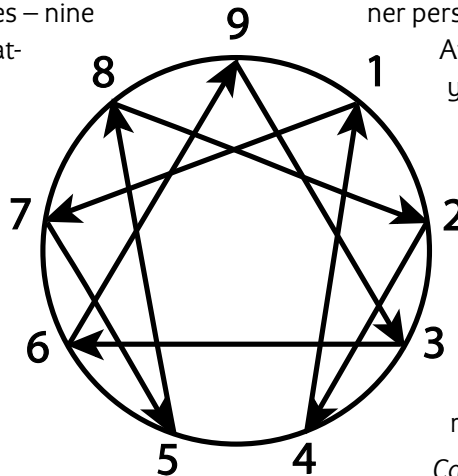
Carol Ruth Summers, MS, LMFT, MS, LMFT  
and Renie Hope, MA, LMHC,

Join us on February 16th for a dynamic, interactive introduction to the Enneagram – the most useful tool we have in our therapeutic toolbox. This system describes nine personality types – nine distinct and fundamentally different patterns of thinking, feeling and acting. Each of these patterns is based on an explicit perceptual filter that limits and distorts how we perceive the world around us, our relationships and ourselves. We begin to develop this filter in early childhood in response to our encounters with our environment and those within it, and in combination with our innate predispositions.

Learning the Enneagram can help you in many ways – clinically and personally. It will enhance your diagnostic acuity and help you quickly recognize people's different motivations, coping strategies and relationship patterns. It will guide you to the best treatment plans for a given client and suggest how to time and sequence your interventions. The Enneagram is particularly useful with couples, helping each person develop a deep empathetic appreciation of what motivates their partner. By using this tool, we can help parents recognize the unique gifts and challenges of each of their children and learn to adapt their parenting style accordingly. At a deeper level, the Enneagram enables profound self-observation that can facilitate spiritual growth.

Past participants in Carol Ruth and Renie's workshops

have called their work: "outstanding," one individual noting that "in 20 years of practice, this was by far the most informative and exciting approach to treatment and inner personal growth" they had experienced.



At this living introduction to the system you will meet exemplars who represent some of the personality types.

These exemplars will participate in a focused inquiry with the presenters that will highlight many of the chief features of their type. This method conveys a deep, subtle and dynamic understanding of each personality type that doesn't come through when reading about or discussing the types.

*Carol Ruth Summers, MS, LMFT, specializes in individual and relationship therapy, professional counseling development, and organizational training. Since 1970, clients have depended on her insight and compassion to support their transformational process. Her Enneagram studies date from the early 1980s. She combines the Enneagram with a broad range of expertise that includes: Narrative, Cognitive and Gestalt Therapies; EMDR; Ericksonian hypnotherapy, non-violent communication, and mindfulness practices. She has taught counseling skills to graduate students at Antioch University.*

*Renie Hope, MA, LMHC, specializes in helping her clients reclaim a sense of joy, passion and meaning in their lives. She has taught the Enneagram for 25 years in business, university and personal growth settings. She has a Mas-*

*continued on back page*



## CLASSES, WORKSHOPS & GROUPS LED BY SCA MEMBERS

Listings are free of charge to current SCA members. Some workshops give discounts for members.

### Focusing Training Series for Helping Professions – Introduction, Level One and Level Two.

Jeffrey Morrison MA. Introduction December 29th or January 6th 9:30 to Noon. Level One January 13th and 14th. Level Two February 17th and 18th. Seattle WA. Do you want to be more deeply connected to yourself? Do you want to help your clients work in a body-oriented way by being able to work that way yourself? Let Focusing teach you how. (206) 935-7850. Introduction Fee \$65. Level One \$275 includes manual and required individual session. Level Two \$195. Jeffrey@morrison-therapy.com. wwwmorrisontherapy.com

### Using the Enneagram in Clinical Practice, 23

CEUs. Facilitated by Carol Ruth Summers, MS, LMFT, and Renie Hope, MA, LMHC. North Seattle. March 24, 25, and 30, 2007. \$360 early (30 days prior) or \$395 late. To download brochure, go to: www.enneagramseattle.com or contact: Renie at (206) 365-3817, or Carol Ruth at (206) 526-7906.

**Intimacy and Relationship Personal Growth Group.** Group members will explore relationships with each other, family patterns and individual dreams. Group discussion and action-oriented therapy will be offered.

**When:** Tuesday evening from 7:00 to 8:30pm or Wednesday afternoon from 12:00 to 1:30pm

**Where** 1836 Westlake Avenue North, Suite 203

**Cost:** \$40 per session (six month commitment required) Led by: Kim Friedman, MA, CP, LMHC. Contact Kim at (206) 372-0756 for more information.

**Bill O'Hanlon** will be the featured speaker at the **Washington Association for Marriage and Family Therapy Annual Conference** March 10, 2007, at Seattle Pacific University. The event will provide 6 CEUs for LMFTs, LMHCs, LASWs, and LICSWs. For registration information, please visit [www.wamft.org](http://www.wamft.org), email [wamft@wamft.org](mailto:wamft@wamft.org), or call 1-888-533-1228. O'Hanlon is an entertaining speaker who delivers impactful ideas in an accessible way. Practitioners who have attended his presentations felt they could immediately begin incorporating his theory and techniques into their work. At our conference, Bill will be speaking on two topics: 1) his therapeutic approach, called "Possibility Therapy," and 2) how to "Keep Your Soul Alive" as a therapist when feeling burned out or discouraged.

**Relationship "Processing" Group for Men & Women.** In this group, clients are able to experientially work on their social skills and intimacy issues with one another. These interactions help clients to reveal what they do not know about their style of relating and how they are perceived, which creates a great deal of material for the client to bring to individual therapy. Please consider referring a client to this group. Monday evenings from 5:30-7:00pm in the Greenlake area with a male co-leader. Wednesday evenings from 7:30-9:00pm in the Greenlake area with a male co-leader. The cost is \$45 a session. Contact: Erika Baxter, M.A. @ (425) 241-3098 [www.erikabaxtercounseling.com](http://www.erikabaxtercounseling.com)

### Office space for rent:

Lovely dock level office space for sublet in office suite on the west side of Lake Union. Waiting room, phones, fax, copy machines, free parking, bus stop. Close to I-5. Call Lee at 206-281-9215 / [Leeh97@aol.com](mailto:Leeh97@aol.com).

### Deadlines & Dates for SCA Connections:

Deadline	Newsletter Mailed
January 28.....	March 1
March 28.....	May 1
July 28.....	September 1
September 28.....	November 1
November 28.....	January 1



# JOIN SCA






For membership information and an application to join SCA, please log on to our website:

<http://www.seattlecounselors.org/application.html>

or call Doug McClosky at 206.245.8993 or email him at [douglmft@msn.com](mailto:douglmft@msn.com)

## Board & Chairs 2006-2007

### Board of Directors

<b>President</b>		Dan Keusal, MS, LMFT dankeusal@dankeusal.com	206.523.1340
<b>Vice President</b>		Andrea Davis, MS, LMFT andread22111@yahoo.com	206.304.1102
<b>Past President</b>		Joan Oncken, MA, MEd, LMFT marsvenus.seattle@verizon.net	425.771.1914
<b>Treasurer</b>		Isabela Mailman isabelasimone@comcast.net	206.281.7257
<b>Secretary</b>		John Skandalis, LMHC skandalis@msn.com	206.522.6992

### Committees

<b>Membership</b>		Doug McClosky, LMFT douglmft@msn.com	206.245.8993
<b>Newsletter</b>		Grace Bell, MA, RC gracebell@comcast.net	206.829.8048
<b>Program</b>		Jane Tornatore, Ph.D jane@doctortornatore.com	206.769.8108
<b>Web Site</b>		Miriam Dyak, BA, RC mdyak@life-energy.net	206.932.1151 ext. 2

## Membership & Meeting Fees

### Annual Membership Fees

Individual . . . . .	\$85.00
Agencies . . . . .	115.00
Student/Senior . . . . .	42.50
Half-year price (Apr.-Sept.) . . . . .	42.50

### Meeting Fees

Member . . . . .	20.00
Non-member . . . . .	30.00
Students/Senior . . . . .	15.00

## Meeting Schedule

- 8:00** Registration
- 8:15** Introductions
- 8:50** Networking
- 9:00** SCA business
- 9:15** Speaker
- 10:45** Networking
- 11-12** Board Meeting, all invited!

Refreshments provided!

SCA Connections is the newsletter of the Seattle Counselors' Association and is published five times a year. All rights reserved<sup>®</sup> by Seattle Counselors Association. Submissions may be sent to [gracebell@comcast.net](mailto:gracebell@comcast.net). **Please use email for all inquiries and submissions.** If you don't have access to email, call Grace at 206.829.8048

Design & Production:  
Spear Studios 206.621.0240



## Compassion

continued from p. 2

has a passion for film, sea kayaks, and the blues. Most recently he has a chapter entitled “Cin-Imago Dei: Jungian Psychology and Images of the Soul in Contemporary Cinema” in *Cinema and Psyche: Spring 73: A Journal of Archetype and Culture*, 2005 as well as a chapter in an upcoming *Pastoral Psychology* anthology entitled *Process and Politics in Pastoral Psychology: A Jungian Perspective on the Transformative Imago Dei in Depth Therapy*.

*I believe that though the reign of peace may be a long way off, it is drawing near; and that Who shall save us anew shall come divinely as a Woman—but whether through mortal birth, or as an immortal breathing upon our souls, none can yet know.*

~ Fiona MacLead

## Enneagram

continued from p. 3

ters in *Marriage and Family Therapy* and has expertise in dream work, object-relations psychology, and the expressive arts. She is a teacher-in-training in the *Diamond Approach* and has been a student of that work for 18 years. In that context, she spent several years working with the spiritual dimensions of the Enneagram.

Renie and Carol Ruth have been collaborating as *Vision Point Associates* since 1995, developing and delivering workshops, customized training and clinical consultation groups on the Enneagram. Their next training, *Using the Enneagram in Clinical Practice*, is scheduled for March 24, 25 and 30. Their website is: [www.enneagramseattle.com](http://www.enneagramseattle.com).

## Mission Statement

Seattle Counselors' Association is a professional community of mental health counselors serving the entire Puget Sound region. We challenge ourselves to continue growing in our work. We invite an exchange among diverse individuals and disciplines, embrace creative tension, support the self-reflection that underlies ethical practice, and welcome new practitioners.

SCA connections  
Seattle Counselors Association  
P. O. Box 58530  
Seattle, WA 98138

