

From the President, Dan Keusal



I originally joined SCA in part because I was drawn to its stated mission: "We challenge ourselves to continue growing in our work. We invite an exchange among diverse individuals and disciplines, embrace creative tension, and support the self-reflection that underlies ethical practice." This mission appealed to me because it implies that to continue growing means not only sharpening our clinical skills and marketing acumen, but also engaging in deep reflection about the nature of our craft and its place in the wider world.

A few months into my term as Vice-President of SCA, a colleague offered words that haunted me in a good way: "Some leaders get things done. Some leaders provide vision. It's rare to find a leader that does both." When I became President, I hoped to be one of those leaders who does both—attending to the everyday needs of the good women and men who make up SCA by helping the organization run smoothly, while keeping us all engaged in the deeper conversation that facilitates vision.

I'm proud of the many things SCA got done during my presidency. We helped members attract clients, and increased SCA's public profile, through our ad campaign on KUOW (the local National Public Radio station). We made it easier for clients to find the counselor that best meets their needs by repairing and upgrading the therapist profile update function and the search engines on our web site. We continued to provide high quality continuing education through guest speakers who have received, as of this writing, an overall rating of 4.6 out of 5 from those who have attended this year's SCA

gatherings. We gave those gatherings a smoother flow and created more time for visiting with each other by tightening our format just a bit. We rekindled members' interest in the newsletter by redesigning its look and layout for the first time in more than a decade, and by introducing new content. We assured that SCA will remain a wise steward of its monetary resources by reorganizing our book-keeping system to provide more useful, detailed financial reports to the Board of Directors. And finally, perhaps because of all the above, we increased our membership to an all-time high of 215.

The mechanisms of providing vision and fostering deep reflection are often intangible, and so more difficult to name, but a few things stand out for me. By taking a moment of silence together at each meeting, we've participated in the very process to which we call our clients—stepping back from the sometimes frenetic pace of our lives, calming our inner turmoil, and creating space for the soul to show itself. By listening to a poem together each month, we've reminded ourselves of Mary Oliver's assertion that "Whoever you are, no matter how lonely, the world offers itself to your imagination"—to help our clients experience the healing power of that offer, we must first make room for it in our own hearts. By inviting guest speakers with new ideas we've opened ourselves to what David Whyte calls "a horizon further than you can see": Jerry Smith helped us to reflect on the tensions between counseling as commodity and counseling as compassion, Kristen Allott deepened our understanding of the intimate and profound connections between what we take into our bodies and the wellness of

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

May Program

May 18, 2007
9:15 am to 10:45 am

Working with Narcissism: Maintaining a Compassionate Heart

Lisa Erickson, MS, LMHC

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection. After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

People with narcissism believe that the way to be loved is to strive to be perfect. The desire to be "perfect" can be manifested via achievement (the obvious way we understand narcissism) or via "selfless" caretaking (what Masterson would call "the closet narcissist"). While these presentations may appear to be very different, they are actually flip sides of the same coin. The developmental injuries that lead to narcissism leave the person uncon-

sciously believing that they are unworthy. Therefore love must be "won" or "earned" rather than come to them naturally because of their intrinsic worth as a human. The ensuing psychological emptiness (the flowerless path) can increase the person's attachment to their narcissistic style rather than be viewed as a signal that their strategy isn't working.

In our training, we will explore the various faces of narcissism, come to an understanding of the painful consequences of this isolating coping style, and discuss some treatment strategies to help the person find a more satisfying life. Throughout the discussion we will remember that the person came by their diagnosis honestly, that it had survival value for them at the time but now contributes significantly to their current distress (even if they don't know it). We will touch on the dynamics of shame, and if time allows, the overlap that can occur between narcissism and addiction.

Lisa Erickson, MS, LMHC has been a therapist for over 30 years. In agencies she has been a psychotherapist, clinical supervisor and program director. She has been a past president of Seattle Counselors Association and the Washington Mental Health Counselors Association. She has taught adult learners in the graduate psychology program at Antioch University for many years. Lisa has trained regionally and nationally on issues related to the development of psychotherapists, including how to do clinical supervision, and how to develop a private practice. She maintains a full time private practice in Seattle doing object relations psychotherapy and consulting and supervising other clinicians.



June Program

JUNE 15, 2007
9:15 am to 12:15 pm

How to Prevent Ethical and Malpractice Complaints

G. Andrew Benjamin

The legal and ethical issues in the conduct of the mental health professions will be considered in a very interactive manner throughout the workshop. Topics will include confidentiality, privilege, subpoena responses, competence, fact witness v. expert testimony, and record keeping. Business and ethical issues concerning private practice, forensics and insurance reimbursement are also covered.

LEARNING OBJECTIVES

As a result of successfully completing this course, the student will:

- 1 Enhance ability to identify and clarify ethical issues as they arise in clinical practice;
- 2 Build skills in working with ethical issues in an organized manner, with integrity;
- 3 Increase knowledge of the law relating to mental health practice, and how the law establishes boundaries on clinical judgments related to ethical behavior;
- 4 Increase critical thinking and analytical abilities in assessing ethical issues.

Please send the ethical or legal questions that have baffled you to: gahb54@u.washington.edu. Definitely bring them to the workshop!

G. Andrew Benjamin, J.D., Ph.D. is the originator and Director of the Parenting Evaluation/Training Program at the University of Washington and Antioch University where he has trained professionals about the needs of children in high conflict, contested divorces for more than 16 years. He has published 39 articles and three books related to psychology and law in the areas of ethical and legal issues, policy decisions, family custody evaluations, alternative dispute resolutions to reduce conflict, psychological aspects of divorce, and legal issues for the mental health professionals.

While working with families engaged in high-conflict litigation and lawyers suffering from various mental health and drug abuse problems, Dr. Benjamin was named "Professional of the Year" by the Washington State Bar Association's Family Law Section. He was elected to serve as President of the Washington State Psychological Association in its 50th year, and later his colleagues created an award named after him for "outstanding and tireless contributions." He was honored by the Puyallup Indian Nation's Health Authority for serving as a "modern day warrior fighting the mental illnesses, drug-alcohol addictions" of the people served by the Nation's program. Finally, APA conferred the Heiser Award on Dr. Benjamin in recognition of his record of public service and social justice advocacy. Dr. Benjamin is the current Parliamentarian for the American Psychological Association Council of Representatives.

CLASSES, WORKSHOPS & GROUPS LED BY SCA MEMBERS

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

Divorce is Hell: Is It True? *People should keep their promises... He lied to me... She's a homewrecker... Divorce traumatizes children... I feel so guilty... Lawyers are a bunch of sharks... I need more money... I need a new relationship to be happy... I'll never love anyone again...*

Are you a woman who is contemplating divorce? Going through it? Has a past experience of divorce left you bitter and disappointed? If so, join Grace Bell, Counselor and facilitator of The Work of Byron Katie, for this 8-week class in Lake Forest Park (northeast Seattle). We'll be using The Work to explore the above thoughts and more, navigating the chaotic waters of divorce to greater peace, love and truth. (To learn about The Work, please visit www.thework.it.) First class is Monday, May 7th from 7:00 pm – 9:00 pm. Cost is \$325. Please email gracebell@comcast.net or call 206-829-8048 to register or with questions.



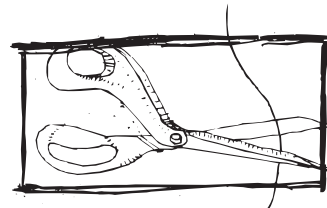
Relationship "Processing" Group for Men & Women In this group, clients are able to experientially work on their social skills and intimacy issues with one another. These interactions help clients to reveal what they do not know about their style of relating and how they are perceived, which creates a 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 \$45.00 a session. Contact: Erika Baxter, M.A. @ (425) 241-3098 www.erikabaxtercounseling.com



Empower Yourself with Focusing – Level One.

Would you like to learn a mindfulness skill shown by research to be the essence of successful personal change? Would you like to experience working in a body centered way with yourself and your clients? Many methods say it's good to be in touch with yourself. Let Focusing teach you how! June 2nd and 3rd in West Seattle. \$195.

Prerequisite: An individual guided session or experience Focusing. Contact Jeffrey Morrison MA, LMHC and Certified Focusing Trainer at 206-935-7850 or jeffrey@morrisontherapy.com.

Assertiveness and Decision-Making Workshops: Information, role plays and hands-on exercises incorporating basic art materials focus on skill building and practical tools people can readily use. Beneficial and fun. Contact: Sharon Sanborn (206) 283-9767 SSanborn@SeattleArtTherapy.com www.SeattleArtTherapy.com

Want to learn valuable skills and develop a new direction for your practice free of charge? Call Nancy Merrill to learn about **Obsessive Compulsive Disorder** and how to treat it using Exposure and Response Prevention. (425) 820-5150

Space for rent:

Bellevue: Full/Part time unfurnished large office (11 1/2" by 14 1/2"), lovely water view of Lake Bellevue, Share a suite with other therapists. Kitchen, with microwave, fridge, fax and copy machine, shared waiting room, all amenities included, Close to both 405 and 520, ample parking. Available May 1st. One year lease required, \$650 per month. Contact Beverly Bridge at 206-441-3556 or e mail to BBridgebusiness@aol.com

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

Board & Chairs 2006-2007

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Program		Jane Tornatore, Ph.D jane@doctortornatore.com	206.769.8108
Web Site		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!

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President

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our psyches, and Terry Gibson called us to reflect on the often neglected connections between politics, process, and psyche, reminding us of Carl Jung's assertion that "When you treat the individual, you treat the culture."

It's been an honor to serve you as President of SCA, to get some things done and to provide some vision, to scatter like seeds the gifts I have to offer, and to see some of those seeds take root amidst an ever-deepening community of dedicated healers. I'm reminded of Ursula LeGuin's words in her novel *A Wizard of Earthsea*:

"It is no secret. All power is one in source and end, I

think. Years and distances, stars and candles, water and wind and wizardry, the craft in a man's hand and the wisdom in a tree's root: they all arise together. My name, and yours, and the true name of the sun, or a spring of water, or an unborn child, all are syllables of the great word that is very slowly spoken by the shining of the stars."

In our work with clients, in our interactions with colleagues, in all that we do, may each of us craft our syllables of the great word with care.

~Dan Keusal, *President*

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
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