

Confidential Peer Support Committee

Building Resilience

As mental health professionals, we frequently navigate the complexities of our clients' emotional landscapes, particularly during turbulent seasons colored by political unrest. Therapy dialogs about politics can provoke strong feelings in both clients and therapists. The emotional weight of discussing sensitive topics can easily blur the lines between our personal feelings and professional responsibilities.

Perhaps more than ever before, prioritizing self-care and resilience is essential for us to maintain our well-being while supporting those we care for as we go about our work day.

What are our best practices for taking care of ourselves in our practices and personal lives? Self-reflection will lead each of us to a unique constellation of possibilities. The CPSC frequently reflects on the following options.

- 1. Strive to allow clients to share their feelings about political and social issues without adding the pressure of your own opinions...
2. Set clear boundaries around work hours and personal time...
3. Regular and consistent consultation with other colleagues or supervisors about intense feelings associated with our work can serve both as professional development experiences and emotional support...

The CPSC wants you to know that we are here for you. We care about your well-being and enjoy hearing from you! You are welcome to call us for a 30-minute consultation about challenges that you face as a professional.

Retirement Recognition

In our profession there are no fireworks when one is retiring. Historically, the retirement of an Oregon Psychologist has been unrecognized. Close colleagues are aware, perhaps a personal mention appears on the OPA Listserv, although basically it's a disappearing act.

The CPSC is developing a forum in cooperation with The Oregon Psychologist to recognize and highlight the retirement of an OPA colleague. We want to honor your contribution to the field of psychology supporting this milestone in your life.

- Your name, location, date of retirement.
Suggested areas of focus: identify the work you've been engaged in as a psychologist, your contributions, and accomplishments...
Please send to OPAConfidentialPeerSupport@thushmail.com subject line

The next newsletter will be published at the beginning of February 2025, so please get submissions in by the third week of January 2025.

Please forward this information if you know of an OPA member who has retired and may not receive news of the program.

The CPSC extends its gratitude to OPA leadership for wholeheartedly endorsing this program, and to Cathy Miller, PhD, ABPP The Oregon Psychologist Editor. Hopefully, the OPA CPSC Retirement Recognition program will become a tradition where all future OPA retirees can shine.

Rebecca Martin-Gerhards, EdD, PC

In Memoriam

The mission of the CPSC's Retirement Recognition Program (RRP) is to honor the work of our OPA Members upon the retirement of a psychologist's professional career.

We are adding In Memoriam to the RRP as another way to honor a psychologist and their life's work. By expanding the RRP's mission we are providing a place where we can remember those who have passed and their contribution to the field of psychology.

We begin by remembering and honoring the life and professional contributions of Dr. Sandra Jenkins, Sandy, to those who were fortunate to call her colleague, teacher, and friend.

Dr. Sandra Jenkins

Dr. Sandra Jenkins (Sandy) was born September 27th, 1945, to two deeply committed educators. Her father, Edward D. Jenkins, Sr. was a high school chemistry teacher and the Offensive Football Coach at the historic Arthur Harold Parker High School located in the equally historic Smithfield neighborhood of Birmingham, Alabama.

READ MORE



Identifying and Understanding Autism in Women: Assessment through Intervention

Thursday, December 5, 9 a.m.-12:30 p.m., Online • 3 CEUs
Ashley Taylor, PsyD; and Joy Malik-Habrook, PsyD

The Body Hierarchy: Impacts of Racism, Ableism, and Transphobia

Saturday, December 7, 12-4 p.m., Online • 4 CEUs
Shilo George, MS, and Tash Shatz

Ethics and Legal Considerations for Professional Counselors

Friday, December 13, 9 a.m.-4 p.m., Online • 6 CEUs
James Guruka, MA, LPC

Clinical Interventions to Creatively Explore and Transform Grief and Loss

Friday, January 17, 9 a.m.-4 p.m., Online • 6 CEUs
Maru Saracotho-Joiner, PhD, LMFT, ATR-BC

Introduction to Obsessive-Compulsive Disorder

Saturdays, January 26 & February 1, 11 a.m.-3:30 p.m., Online • 8 CEUs
Riann Fitzpatrick, LMHC, LPC, CST

View additional training opportunities at go.lclark.edu/cce/catalog

Public Education Committee

EXCITING OPPORTUNITIES TO GIVE PSYCHOLOGY AWAY!

Our Public Education Committee (PEC) has been busy this year participating in several community events and promoting mental health awareness. We have also been developing some opportunities to engage with specific community organizations to offer free presentations during the coming months.

PEC used to have a Speakers Bureau and we would like to revitalize that service. We are asking our OPA members to consider volunteering to join such a Bureau. If you have a particular topic or focus and maybe a prepared presentation, please contact us.

Contact us if you would like to participate in the above opportunities, or if you would like help building your own public education opportunities.

Sandy Ramirez, PsyD
Public Education Committee
oregonpec@gmail.com



Ethics Committee

The Ethics Committee is seeking new members to join our dynamic and dedicated group! Committee meets on the first Thursday of the month 4-6pm. Currently all meetings are virtual.

- Increase your ethical and clinical thinking skills
Grapple with the challenging ethical, legal, and clinical issues of our profession within a supportive environment
Participate in educating others about ethics throughout the state

Contact opeethicscommittee@gmail.com with questions or to apply.

What to Expect When Consulting with the Ethics Committee

Hello OPA community! The OPA Ethics Committee (EC) would like to take this opportunity to explain our process for providing ethics consultations.

All ethics consultations are confidential and take multiple steps to address this. First, we document consultation calls with ID numbers rather than identifying information. Second, when discussing the calls in EC meetings, we do not share or include any identifying information.

READ MORE

Make a Contribution to the Psychologists of Oregon Political Action Committee

DONATE

Classifieds

Large Beautifully Furnished Prime Lake Oswego Office Sublet Opportunity
16x20 foot beautiful and quiet double sized Lake Oswego office for sublet Mondays-Fridays, furnished with new leather couch and love seat, with 4 picture window of trees and garden, in executive suite with waiting room, high speed internet, office manager, kitchen, and bathroom with shower.

Confidential Peer Support Committee

The Confidential Peer Support Committee (CPSC) works to provide support and avert impairment to members. We provide members with consultation on a range of issues including conflicts with colleagues, clinical concerns, potential complaints or lawsuits, venting, concerns about impairment, client suicide, colleague behavior, family conflicts, problems in the business of psychology and any distress affecting the capacity or enjoyment for work.

- Confidential consultations with members of the CPSC. Our names and contact information are listed below. You may call anyone on the committee.
A panel of providers for therapy referrals, who are well versed in privacy and confidentiality concerns.

Questions and referral requests to the Confidential Peer Support Committee are confidential under ORS 41.675 and are not shared with OPA or OBOP. No demographic information is kept on callers.

Confidential Peer Support Committee Members:
Maura Sullivan, PsyD - Chair
Rebecca Martin-Gerhards, EdD
Charity Benham, PsyD
Ann Sola, PsyD
Jennifer Huwe, PsyD, LLC

Join OPA's Listserv Community

Through OPA's resources, OPA provides members with an opportunity to interact with their colleagues discussing psychological issues via the OPA listserv. The listserv is an email-based program that allows members to send out messages to all other members on the listserv with one email message.

- Send an email to listserv@lists.apapractice.org; leave the subject line blank.
In the message section type in the following: subscribe: OPAAGENT
Hit the send button, and that is it!

OPA Mentorship Program

We are happy to announce that the OPA Mentorship program is up and running. We have two forms for the Mentorship program on the OPA website. The first form is for interested parties to give some details of their practice setting, training, interest and location. The second form is for informed consent, limits of confidentiality, etc.

Advertise in The Oregon Psychologist

The OPA Newsletter reaches nearly 2,000 OPA members!

Your Options:

Three columns of advertising options: PRIMARY (Half column ad with website link), PLUS (Full column ad with website link), PREMIER (Full column ad with website link, your logo will also be featured elsewhere in the newsletter), CLASSIFIED (150 words maximum), ADVERTISING INFORMATION

OPA Helpful Contacts

OPA Lobbyist: Lara Smith - Lobbyist, Smith Government Relations, Portland, Oregon 97286
OPA Legal Counsel: Paul A. Cooney, Attorney, Cooney, Cooney and Madigan LLC, 19824 SW 72nd Ave., #201, Tualatin, Oregon 97062
Oregon Board of Psychology (OBOP): 3218 Franklin St., SE, #130, Salem, OR 97302
OPA's Director of Professional Affairs: Susan Rosenzweig, PsyD, Center for Psychology and Health, 2476 NW Northrup, #2B, Portland, OR 97210

The Oregon Psychologist

Catherine Miller, PhD, ABPP, Professor, Editor

The Oregon Psychologist is a newsletter published six times a year by the Oregon Psychological Association. Although OPA and The Oregon Psychologist strive to include advertisements in the most current issues, we can offer no guarantee as to the timeliness or accuracy of ads, and OPA reserves the right not to publish advertisement if necessary.

Articles do not represent an official statement by the OPA, the OPA Board of Directors, the OPA Ethics Committee or any other OPA governance group or staff. Statements made in this publication neither add to nor detract from the requirements of the American Psychological Association Ethics Code, nor can they be definitively relied upon as interpretations of the meaning of the Ethics Code standards or their application to particular situations.