The Oregon Psychologist

BULLETIN OF THE OREGON PSYCHOLOGICAL ASSOCIATION

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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, especially if those opinions differ or could feel upsetting to your client. Creating a therapeutic space where our clients feel understood and accepted requires each of us to be aware of our emotional responses and to maintain curiosity about how much sharing of our own experience is truly helpful to the person with whom we sit.
- 2. Set clear boundaries around work hours and personal time. Checking in with ourselves frequently about how much therapy discussions impact our sense of well-being can lead to shifting more focus to our own personal needs.
- 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. Connecting with each other helps us to remember that we are not alone in these challenging times.
- 4. Integrating mindfulness practices throughout the day can significantly increase our physical sense of well-being and boost our emotional resilience. Even brief moments of following our breath or stretching tight muscles can serve as a protective buffer transforming stress.
- 5. Engage in activities that promote a sense of joy and satisfaction outside the office. We may lose ourselves in the embodied experiences of physical exercise or yoga, laughing with our family and friends, listening to or playing music, gardening, or seeing the world through the playful eyes of our pets. These activities that restore a sense of peace and connection with what is predictable and deeply satisfying may help us safely hold the intensity of what we experience during our time in the office.

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. You are also welcome to send us a message (CPSC.opa@hushmail.com) to tell us about your best practices for building resilience these days. Questions and referral requests to the CPSC are confidential under ORS 41.675 and are not shared with OPA or OBOP. No demographic information is maintained about calls. In a season of uncertainty, you can count on us to care about you as part of your community of colleagues!

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 discussed the lack of a venue for highlighting the retirement of an OPA colleague and looked at options.

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. Most of us go through our days quietly and diligently doing our work, not seeking recognition. The CPSC wants to facilitate the opportunity to let your work shine.

If you retired in 2020-2023 or if you have or will retire in 2024, please consider a self-submission for online publication in The Oregon Psychologist. The parameters for self-submissions are simple:

- 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; your plans for retired life; and anything else you'd like to share.
- Please send to <u>OPAConfidentialPeerSupport@hushmail.com</u> subject line

Retirement Recognition.

• 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.

Please submit an obituary or some form of tribute or to OPAConfidentialPeerSupport@hushmail.com subject line In Memoriam.

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. The following text was written by Drs. Genevieve Arnaut and Jennifer Antick for a memorial that the School of Graduate Psychology held on June 26, 2024. Sandy's family graciously agreed that the text could be

reprinted here to share it with the OPA community.

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. Her mother, Carolyn Wells Jenkins was a history teacher at Forest Hills middle school and the Fairfield Industrial High School, in Fairfield, Alabama. Sandra attended Brunetta C. Hill Elementary School, skipping two grades, and then Arthur Harold Parker High School, where she was a Majorette. In a sign of things to come, she graduated from both schools with Honors.

READ MORE



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 Gurule, 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 Serricchio-Joiner, PhD, LMFT, ATR-BC

Introduction to Obsessive-Compulsive Disorder Saturdays, January 25 & February 1, 11 a.m.-3:30 p.m., Online • 8 CEUs Renee 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. Sunset High School in Beaverton offers a parenting enrichment series. Girl Scouts of Oregon and SW Washington is interested in staff and volunteer resiliency and mental health support. Rotary of Oregon and SW Washington has a behavioral health interest and would like speakers to attend meetings and offer wellness topics.

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. If you are willing to put something together on a specific issue, please send us your contact information. Opportunities occur throughout our region and beyond, including virtual presentations. This can be a great opportunity to simply "give psychology away." Given the severe shortage of mental health providers, this can be one way of reaching people and providing access to wonderful things we offer.

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.

Benefits and responsibilities:

- 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
 - Publish in OPA's Bulletin
 - Develop great camaraderie with colleagues across diverse professional settings
 - Improve your own practice Must be an OPA member
 - Strong preference for psychologists practicing outside the Portland-metro area
 - Membership term is 3-5 years
 - Ten meetings per year, plus presenting at OPA Conference.

Contact opaethicscommittee@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.

The primary function of the EC is to advise, educate, and consult regarding concerns about professional ethics. The services of the EC are offered as an OPA membership benefit and consultation is available to all OPA members. The EC receives approximately four to six consultation calls per month, which is a surprisingly low number given that more than 3000 psychologists are licensed in Oregon! In addition, we also accept calls from other mental health professionals.

All ethics consults 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. Third, upon learning of any potential conflict of interest, impacted EC members will recuse themselves from all activity related to the call. Fourth, we do not share any information outside of the EC. This includes not reporting any information to the Oregon Board of Psychologists. There has been some confusion in the past, based on Oregon Revised Statutes (ORS) 676.150, which mandates that psychologists report prohibited or unprofessional conduct of their peers. As a Peer Review Body under ORS 41.675, EC volunteers are exempt from reporting unprofessional conduct to the board.





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. One half mile from I-5 freeway off of Kruse Way.

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, concern about impairment, client suicide, colleague behavior, family conflicts, problems in the business of psychology and any distress affecting the capacity or enjoyment for work. Members may reach the Confidential Peer Support Committee (CPSC) by contacting one of the members listed below, or via e-mail at <u>opa.cpsc@gmail.com</u>. All responses will be encrypted and are kept strictly confidential.

CPSC offers the following programs to OPA members:

- 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 503.432.8470

Rebecca Martin-Gerhards, EdD 503.243.2900

Ann Sola, PsyD

503.329.8198

Charity Benham, PsyD 503.550.7139

Jennifer Huwe, PsyD, LLC 503.538.6045

Join OPA's Listserv Community

Through APA'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. Members then correspond on the listserv about that subject and others. It is a great way to stay connected to the psychological community and to access resources and expertise. Joining is easy if you follow the steps below. Once you have submitted your request, you will receive an email that tells you how to use the listserv and the rules and policies that govern it.

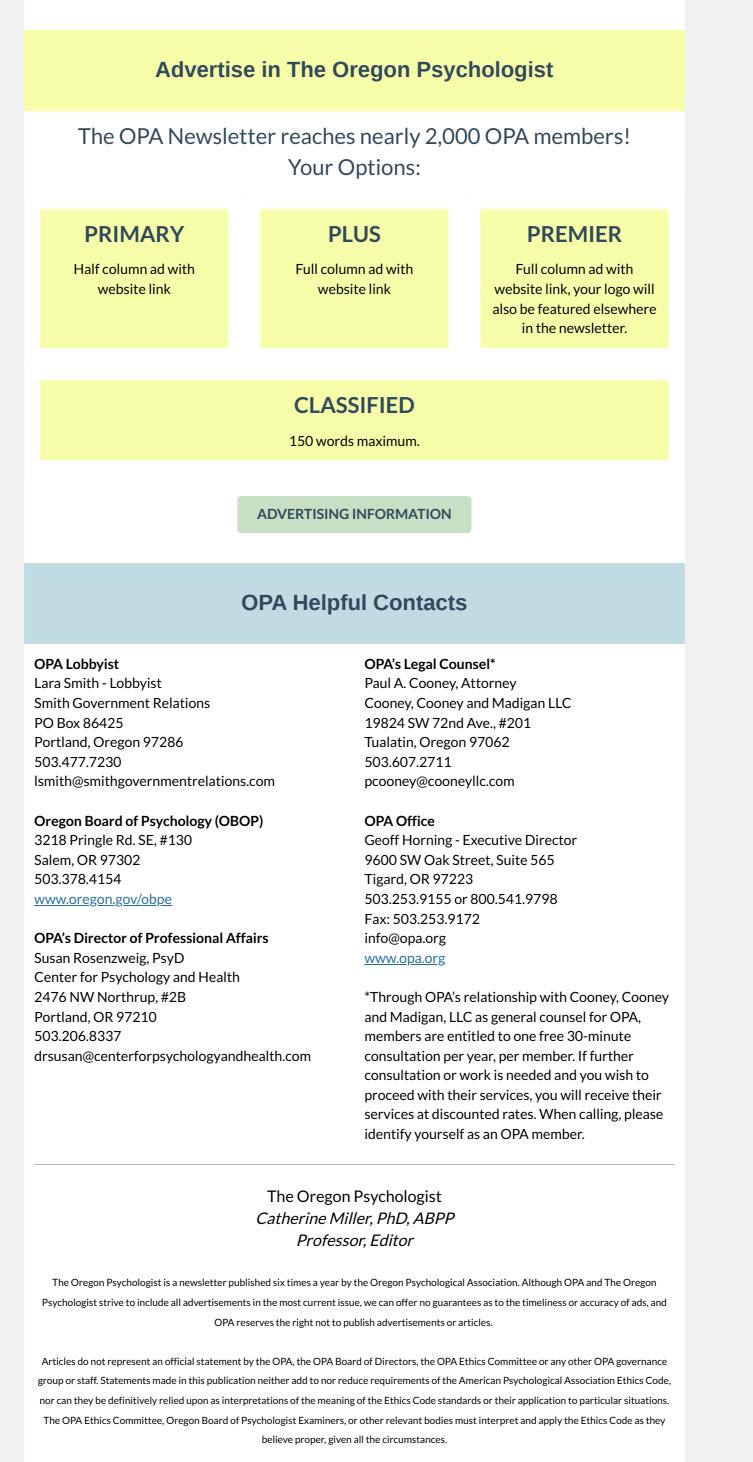
How to subscribe:

1. Send an email to listserv@lists.apapractice.org; leave the subject line blank. 2. In the message section type in the following: subscribe OPAGENL 3. Hit the send button, and that is it!

You will receive a confirmation via email with instructions, rules, and etiquette for using the listserv. Please allow some time to receive your confirmation after subscribing as the listserv administrator will need to verify your OPA membership before you can be added.

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. Please join your colleagues and offer to serve as a Mentor and to learn or ask questions as a Mentee. Monthly phone or in person meetings are set up by the Mentor and Mentee once a match is made. Enjoy a bit of colleague support, new information and conversation regardless of age, orientation or years of experience.



Oregon Psychology Association

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