



COUNSELING CONNECTION

Portland Campus September 2017 Volume 21 Issue 4



A DIAGNOSTIC QUESTION By Dr. Kay Bruce

A key question in initial interviews with clients, from my perspective, is to “recall a time when you were in pain or distress and how someone comforted you.” Though this simply comes from anecdotal observation, the clients who are unable to remember anyone ever comforting them during their formative years, seem to have a very difficult time soothing themselves as adults. This then becomes one of the early therapeutic tasks.

God is described in 2 Corinthians 1 as **“the God of all comfort.”** In verse 4, the passage adds **“who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”** Note that this does not mean God is primarily concerned with our being comfortable, but rather that when in distress, He can bring us his peace. And we are specifically charged with then comforting others in their suffering.

A question for counselors to ponder is exactly How does God bring comfort to you? When you reflect on times of challenge, sadness, and anxiety, in what ways does he bring you peace?

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It may be helpful to compose a list of your experiences to help you think creatively with clients as to how they may be comforted too.

One of my favorite interventions is to suggest people create a ‘God box’. Some clients go all out with decorations and bling, yet it can also be a simple empty box or even an envelope. The goal is to write down burdens and concerns succinctly on slips of paper. When praying over or worrying about the issue at hand, the client must hold the paper in their hands, until they are ready to give it to God to care for, at which point it is deposited in the God box. If the worry reoccurs, they must retrieve the paper from the God box and hold it until they are again ready to release the concern and put it back in the box. This tangible action seems to help clients experience more peace.

Music, meditation breathing, prayer journaling, walking/hiking, and going on a retreat, are just a few of the many ways that God’s comfort may be found. Helping your clients to discover what works for them is part of providing good therapy. Intentionally developing experience of God’s comfort is also a part of good practice for you personally!

BL506 Integrative Old Testament Literature

Professor of Biblical Literature J. Carl Laney

The Western Seminary faculty rejoiced when we learned that after a long and tedious process of evaluation and review, our Masters of Arts in Counseling degree program had received CACREP approval. But there was a catch. Our counseling students would no longer be allowed to take their Biblical Literature classes sitting alongside our M.Div. students. We decided that the counseling students should have a class that was especially tailored for them, a class which emphasized the integration of biblical studies with their counseling training.

When I learned of this situation I approached Dr. Kay Bruce with the suggestion that we create two Bible courses which would accommodate this new situation--an Old Testament and New Testament course (2 credit hours each) just for counseling students. In addition, I volunteered to be the teacher of record for these classes. For the last year it has been my privilege to teach the Biblical Literature classes for the Western Seminary counseling students. I have sought to make the lectures, assignments and Bible reviews (exams) especially applicable to the needs of counselors and help prepare these students for their future ministry as counselors. Based on my own ministry and pastoral experience, I try to help our counseling students discover how the teachings of Scripture can be a help and encouragement to them in their counseling ministry. I look forward to teaching BL506 (Integrative Old Testament Literature) to our counseling students again this Spring!

ANNOUNCEMENTS AND UPCOMING EVENTS FOR FALL ON CAMPUS

☞ The Business of Counseling class, CNS565F, taught by Dave and Hollis Wenzel will be offered on Friday and Saturday, **September 29 and 30**. This is a wonderful, practical course on what you need to know to operate our own private counseling practice after graduation. Contact the Registrar Office to see if you can be added for credit or audit.

☞ On **October 2nd**, Adventist Health will be on campus to administer tuberculosis and drug screenings to students in preparation for clinical practice. This is a one-time-per-year event so if you have not previously participated, please go to the All Counseling Students Portland Campus classroom web page, scroll down to Adventist Health HealthStream Trainings, and book a time slot under the TB/ Drug Screening time slots. You will not be permitted to enroll in Practicum without having completed this requirement, so please take advantage of this opportunity. On the same web page is the sign-up for CPR training on campus as well.

☞ The annual fall counseling pizza party and talent show is scheduled for **Monday, October 23rd** during the dinner break. Please mark it on your calendar and start planning what talent you would like to showcase either individually or in a group. It is a great evening with lots of fun enjoying the serious and comedic talents of your peers, not to mention free pizza! (We've heard of some great showstoppers already being planned!) Please let Kay Bruce know via email that you have an entry.

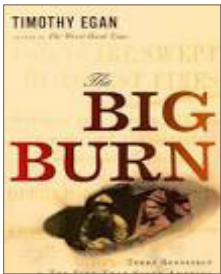
☞ **Need to know how to find a practicum or internship site?** The best way is to come to our annual Internship Connection which will be hosted in the chapel during the dinner break on **Monday, November 6th**. Representatives from numerous sites around the greater Portland/Vancouver area will be on campus to answer your questions and give you a chance to connect with them. Plan to come and bring copies of your resume to enhance your opportunity to land a great clinical experience!

☞ Please notice the new attendance policy in counseling course syllabi. We value your presence and participation in class. The new statement is clear and will be honored beginning this fall semester.



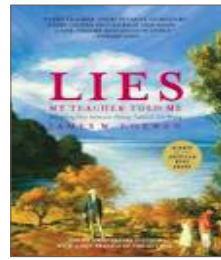
Words, Words, Words for the Mind By Dr. Norm Thiesen

Fall is upon us and the rains have begun--here are some good books for both pleasure and information while you enjoy the changing fall weather! If you have too much assigned reading and have not free time, at least put them on your future reading list--I don't think you will be disappointed in them. Here is an interesting article on the health benefits of reading--[read it!](http://www.fastcompany.com/3048913/how-changing-your-reading-habits-can-transfer-your-health)
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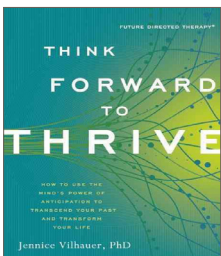
By Timothy Egan

Interesting history of the Northwest that you probably are unaware of. This forest fire was the largest ever in US History--over 150 firefighters plus scores of civilians died fighting it. It had a major impact on the development of the forest service and its policies. Entertaining and informative reading.



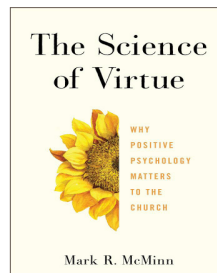
By James Loewen

If you enjoy history, this is a must read. Often we get the sanitized/positive slant of history in classroom texts. The "other side of the story" is quite shocking and upsetting at times. The author explores various well-known events and shows what has been left out of the story as we generally know it. What is omitted can alter perception of the event.



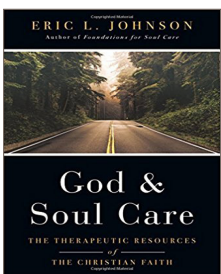
By Jennice Vilhauer

This is a newer theory that has a future focus: Future Directed Therapy. Good presentation of the research and application of this perspective. I'd encourage you to read this one to gain some knowledge and insights on that perspective. It might even become your dominant theory, imagine that.



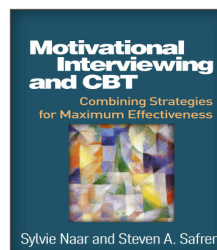
By Mark McMinn

Put this one on your must read list as an example of good integration. In fact, it will become a text in Integration Spring 2018. So if you are interested in positive psychology and/or integration this is a book for you... be ahead of the game... read now.



By Eric Johnson

This is not a relaxing read--over 700 pages! If you are into integration (which hopefully you are) anything E. Johnson writes needs to be considered. He argues the Christian faith in its essence is therapeutic and presents how and why. While a challenging read, I think it's worth it.



By Sylvie Naar, Steven Safren

This is probably the best book on two popular theories that you should know how to utilize. It is practical and easy to read. I highly suggest you put this on your reading list.



A Fun New Language By Dr. Laurie Bloomquist

“The language of children is play” is one of the first things students learn in play therapy class. This fall is off to a good start with 12 students building their own play therapy kits, and beginning to practice learning to play with children. Class time often involves laughter, pretend, talking animals, flying toys, and coloring. We explore the feelings that can be communicated in the preferred language of children: play!

Frequently asked questions:

Can I take a class if I am not doing the whole child track? Yes! Several students are taking play therapy to learn some basic skills in working with children. Many of them decide to continue and finish the certificate to develop their specialty in this area, but this is not required.

I just work with adults. Would this be relevant? Yes! Many adults struggle to communicate their feelings using words. Developing skills in play therapy and other creative techniques gives you tools to help people of all ages find ways to express themselves.

How do I sign up for the child track? Fill out a short application form and return it to either Sandy or Laurie.

Why do I need special classes in working with children? Child counselors are in high demand, yet there are not many mental health professionals who have specific training in working with children and adolescents. Focusing on this during your training sets you apart from others in the field, and also prepares you to serve some of the most vulnerable clients who need well trained clinicians.

Who can I talk to if I want to know more about this? Laurie Bloomquist is available to talk about the child track, upcoming classes, and opportunities for working with children post graduation. Send her an email or grab coffee together to find out more.

lbloomquist@westernseminary.edu



Photo: Student Stephannie Dcruz shares her new play therapy kit



CYCLING BETWEEN THE NATIONS FOUR CORNERS

By Marie Campbell

During the break between summer and fall semester, I was able to join my husband on a motorcycle trip. He was on a ride to touch the four extreme corners of the United States. I caught up with him in Boston and we headed up to Maine. The next day he completed his fourth corner with his ride up to Madawaska, ME. We were then able to relax and for the next eight days as we enjoyed time with the Campbell family in Maine.

My journey took me to: Massachusetts, New Hampshire, Maine, Vermont, New York, Ontario Canada, Michigan, Indiana, Illinois, Iowa, Nebraska, S. Dakota, Minnesota, Wyoming, Idaho, and back home to Oregon, for a total of approximately 4,000 miles.

We encountered extreme weather conditions from a brisk 46 degrees to a sweltering 101 degrees, sun, haze; rain with hail stones the size of a quarter, thunder and lightning, fog, wildfire smoke and ash, high winds with strong gusts. We saw Elk (she walked out in front of us while were traveling at 55mph. Very thankful for God's protection and an attentive operator!), deer, Pronghorn antelope, camel, llama, cows, sheep, a prairie dog, Mt. goats, bear, bald eagles, golden eagles, hawks, Canadian geese, turkeys, ducks.

This wonderful adventure introduced me to several firsts: Niagara Falls, Crazy Horse, Mt. Rushmore, The Black Hills, Craters of the moon, The American Pickers store in St. LaClaire, Iowa, The Pioneer Auto Show in Murdo, S. Dakota (The owner, Dave Geisler was on one of the American Pickers shows and gave Mike and Frank a run for their money!) the Missouri River and The National Teton forest. The man-made stuff was fun to see however, God's creation is the best! I thoroughly enjoyed taking photos from the back of the motorcycle at about 75 mph. The camera is so efficient and almost all of them came out clear.

I had a fun opportunity when we pulled in for gas in Roubaix, S. Dakota. A man asked me to go talk to his wife and tell her how much fun it was to ride on the back of the motorcycle. She asked me how I did it without being afraid. I shared that there are times when I am afraid, but I choose to battle fear and choose to not allow it to govern my life. I told her that I trust my operator and that once I get on, I'm yielding to his control. I said, "It's like putting your trust in God. It doesn't mean you don't have times when you experience fear, but that you choose to get on, hang on and go. You choose to trust God with your life." She seemed to resonate with that as she nodded and said, "Yes, that makes sense." Her facial expression seemed to indicate to me that she was really pondering the question of where she is putting her trust.

Having this experience with my husband was wonderful! I will cherish the memories for a very long time and when my memory seems to fail, I have plenty of photos to help me recall.

“... there are times
when I am afraid, but I
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*Sandra Phillips, MA, is a
Western graduate*

Alumni Re-Connection: Sandra Phillips, M.A.

In 2000, I began my undergraduate studies at age 54 and graduated from Western in 2007. The things that were high on my list at that time: writing the next paper, enjoying free time with friends and having R&R time between semesters where my brain could go blank. The things that were low on my priority list were taking the NCE exam and marketing a private practice. As I left Western I thought how wonderful it would be to be a Western employee and get to interface with others regarding GOD all day long. Little did I know what God had in store, yet I learned to be open to his nudgings...or pushes.

Following graduation, I simultaneously maintained private practice and full-time employment as a Designated Mental Health Professional (DMHP) for WA state, Cowlitz County in accordance with the RCW 71.05 and RCW 71.03. While on shift, I manned the crisis phone lines, interviewed and assessed the incarcerated for detainment or release, interacted with law enforcement on robberies, hangings, and shootings. In the Respite Center nearby, the DMHP would hold groups and provide individual therapy with the residents. I responded to the schools regarding self-harming, suicidal, or homicidal students. When the economy tanked in 2009 I closed my private practice to devote my energies to being a DMHP. I interacted with both the local and statewide hospitals for placement of the detained. Due to my interactions with the local hospital I was recruited to become their Court Liaison and Mental Health Professional (counselor) where I arranged for court to be held three days a week on the psychiatric ward, secured the judge, the prosecuting and defense attorneys, witnesses, needed possible court certified interpreters, and the DMHP who detained the patient to testify to the reasons for detention and medication of the patient according to RCW 71.05. Representing the hospital, I annually aided in educating the local and county officers on symptoms of when the mentally ill required hospitalization rather than incarceration.

As both positions were God led and God inspired, I enjoyed each and every day until the day I retired. In retrospect, I saw how my employment history from age 20 played an integral part in my avocation as a Christian counselor. During my retirement for the previous 2-1/2 years, I exhibited my paintings and quilts in local galleries. One day in July after my morning conversation with God, I received a call asking if I'd like to work at Western. I answered "sure." When you come to the third floor of Bueermann Hall you will see those various paintings and quilts behind my desk. God you are so good. And so be it!

10/2 - Adventist Health TB/Drug Screening
10/23 - Fall Counseling Pizza Party
11/6 - Internship Connections
11/16 - CPR Training