

Counseling Connection

Volume 14, Issue 2
February 2010

Western Seminary

The Mad Dash for a Fall Internship by Kay Bruce

Every spring, students feel the pressure of figuring out where to apply for a fall internship. It seems that each year sites are seeking applications earlier than in the previous years. Concordia, for example, has set an application deadline this year of Feb. 15th. This past January, site supervisors were contacting me asking when Western students would be calling.*

When students ask, I typically recommend that students simultaneously apply to 4-5 sites of interest, in the hopes of having a choice between two good alternatives. When you visit a site, whether for a tour or an interview, you will come away with a sense of whether or not it is a good fit for your interests and personality. Some factors to consider include: the theoretical and training approach of the supervisor, the ages and issues of typical clients, the level of interaction among staff and interns at the site, match with skills that you desire to enhance, and fit with scheduling demands.

When connecting with a site, you are clearly a consumer in deciding where to go, but a beneficiary of the supervision and experience the site is offering. Please keep in mind too, that you are a representative of Western Seminary and more importantly of Jesus Christ. Many of our sites and supervisors view spirituality with a new age acceptance at best and an atheistic skepticism at worst. Your demeanor in communication, interviewing, and ultimately interning is often an opportunity for the staff and clients at

that site to view how the gospel looks in the life of a believer. Evidencing the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—in all of your interactions, speaks volumes about the transforming power of the gospel.

You can find short summaries of the available sites on the counseling website. The most current contact information, however, is found in the notebooks on the third floor of Bueermann Hall around the corner from Bethany's desk. Please read the contact information in the notebook before contacting the site.

Most sites will be choosing their fall interns by next month—the mad dash for a fall internship is on. Feel free to contact me if you have questions about internship. Here is a list of some of the popular sites.

A variety of ages and issues: Community Services Northwest, Domestic Violence Resource Center Washington County, Grotto Counseling Center, Lutheran Community Services*, Open House Ministries, William Temple House

Substance Abuse: DePaul Treatment Centers, Portland Rescue Mission*, Salvation Army

Children: Child Center, Children's Home Society, Columbia County Women's Resource Center*

Adolescent Males: Harkins House, Youth Guidance Association

Colleges: Concordia*, Corban, Warner Pacific*

Chronic Mental Illness: Columbia River Mental Health, Lower Columbia Mental Health, Luke-Dorf

*Denotes those that have specifically communicated within the past month the desire for more Western Seminary internship applicant contacts.

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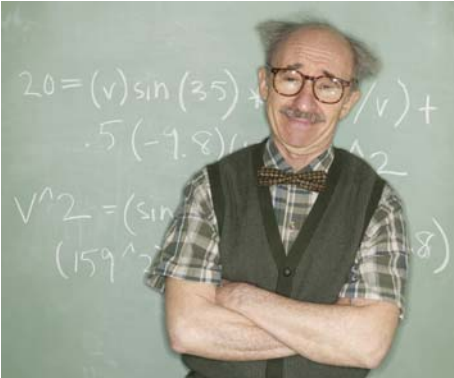
Dude, You Totally Rock! By Dave Wenzel, Program Chair

Well, the results are in from the fall 2009 CPCE administration. For those who are uninitiated, the CPCE is a comprehensive examination you must pass in order to graduate. Well, here is the good news: Western students totally rock! The mean for the Nation was 99.62, and the mean for CACREP approved schools was 110.01. What was the mean for Western Seminary students? 116.00. This was a FULL standard deviation above the National mean. I am very proud of you and appreciate how hard you work to become professional counselors. Keep it up!



How to be an Advisee by Dave Wenzel

In a few short weeks we begin the registration period for the summer semester. I wanted to



take some space in the newsletter to encourage some thoughtfulness in the way that you approach and utilize your advising relationship with the faculty member you are assigned to.

As faculty we look forward to spending time with students and facilitating your successful completion of your educational program. We want very much to assist you in any way possible. One of those ways is to effectively “advise” you on curriculum matters and any part of your personal life that affects your course schedule, the load you take, and time it takes you to complete your program.

Please take the opportunity to contact your assigned advisor and make an appointment to come in and meet. For those meetings, we can be most efficient if you have prepared yourself with tentative plans for your next semesters course schedule and a tentatively filled out curricular checklist. Those forms are available on-line, in the handbook or in the registrars office. Your preparation can help ensure a successful advising appointment, and assist in avoiding any surprises such as missed classes or pre-reqs. We look forward to talking with you.

Internship Site Spotlight: Lower Columbia Mental Health Center

Lower Columbia Mental Health Center is a county mental health facility for people of all ages, 40% chronically mentally ill and 60% situational problems. Most client are Medicaid or low income without insurance. This site offers a broad range of services with the following exceptions: no alcohol and drug rehabilitation, no perpetrators, no sexual offenders, and no severe anger management. The requirements for this site are an ability to work with people, high level of responsibility, and able to handle rigorous paperwork requirements.

This site is a very supportive environment among the staff with a great diversity of services offered to the community. Interns would receive good support, but may be asked to work with some very challenging clients in terms of severity of needs. The drive to Longview may pose some hardship, but the internship experience may be very well worth the drive. To apply, contact Sarah Rundell, MHC at sarah.rundell@yahoo.com.

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in the ink.”

“Gratitude produced the most purely joyful moments that have been known to man.”

-G.K. Chesterton

The Need for “Change” by Norm Thiesen

Probably one of the most important things that you can do to increase your skill as a counselor is to read from the increasing research and publications on change. Becoming a “change expert” is a worthy goal for any counselor. A must read, in my opinion, is the new book by Fraser and Solovey’s [Second-Order Change in Psychotherapy: The Golden Thread That Unites Effective Treatments](#).

Self-help literature has been shown in many studies to be highly effective in helping cli-

ents. You should have a list of good books and articles from which to draw on that you can suggest or give clients to read. One book that you should consider adding to that list is by Lynn Johnson’s [Enjoy Life: Healing with Happiness](#). If you’d like regular updates on how to apply positive psychology research in counseling you may want to subscribe to his newsletter:

newsletter@enjoylifebook.com



Willing Spirit, Weak Flesh! Far & Near: Alumni News with Karen DeGraaf

So, imagine your clientele consists regularly of:

- a couple recovering from his serious internet porn addiction and panic disorder;
- a woman recovering from serious substance dependency;
- a man grieving the loss of his wife to cancer;
- a woman struggling with depression in the wake of her husband's affair;
- a man trying to cope with a seriously borderline wife;
- a woman relapsing into a porn addiction;
- a nearly catatonic and suicidal elderly man;
- a woman with PTSD after having been mugged in a foreign country;
- parents dealing with a teenager caught sexually molesting his sister.

Nothing too different from your average community clinic.

Now imagine that all these clients are members of one of the largest mission organizations in the world, whose vision is to see the kingdom of God grow through translation of Scripture into the world's languages—is there some incongruity there?

This is the work I do every day, as a counselor with Wycliffe Bible Translators in the US. Every day I get to interact with people I would call “the salt of the earth,” or “the cream of God's crop”—people from all over the world who have given their lives to full-time Christian ministry, usually in a cross-cultural context. Shouldn't they have it more “together” than the list above might indicate? Many of my clients/colleagues have spent decades living in very challenging cultural, linguistic, political and economic situations—wouldn't you think they'd also have the capacity to overcome depression or anxiety, to parent their children well, or at least avoid the obvious pitfalls of porn, addictions, and immorality?

We would often like to think that there are “classes” of people who are immune to these problems, and as a missionary myself with 21 years with Wycliffe under my belt, it often feels as if the missionary is expected to be in that class. But with some of the current conditions surrounding vocational missions, it might not be surprising that we are finding

ourselves struggling more and more with various Axis I disorders, and that we are also rife with disordered personality traits that can make life and work complicated, even sometimes impossible. For instance, today many mission organizations feel the pressure of finances and the need for recruitment, which often leads to a decrease in “screening vigilance”—i.e. people are being put to work who actually have some serious background baggage (substance or porn addiction, child abuse, suicide in family, etc.) that has gone unnoticed. We have more and more members coming from broken families, who have not yet looked at the impact of their family background on their relational patterns, expectations, theology, etc. The period of adaptation to a new place, culture, language, work environment, etc. is not the most helpful time to also be discovering this impact...Also, the stresses and dangers of cross-cultural work in some areas of the world are growing, especially for Western Christians. Traumatic incidents are on the rise, whether climatic, accidental, war-related, crime, terrorism, or the like. Most of us don't walk away from things like that without being changed significantly. But who helps us process those changes?

All this means that the need for trained professionals to help colleagues find healing is on the rise. Beyond the typical direct counseling work, my job consists of the following:

- consultation with administration(s) over difficult personnel issues;
- crisis debriefing after traumatic events (which I have also received more than once!);
- wellness and prevention through skills training, workshops, promotion of good holistic health practices;
- training and counseling for national colleagues, such as conflict resolution workshops, trauma healing training, working with orphans of war or AIDS, etc.

My training at Western has given me an excellent foundation and equipped me well to offer the skills I have, as well as to continue to grow and develop in my understanding and proficiencies. And I have found, interestingly, that when dealing with the missionary population, it's not so much the clinical skills that are challenged, but one's integration of Scripture

and theology—no one can challenge a counselor like a ‘bulgy-headed Bible banger’! I find more often than not that my theological training at Western has equipped me to come alongside the hurting missionary population in many cultures and countries as a sister in Christ, who know the Bible, and who is able to offer the compassion of Christ, who himself said, when facing the shortcomings of his own dearest friends at his most dire hour, “The spirit is willing, but the flesh is weak.” (Matt. 26:41)

All of those desiring to give themselves to cross-cultural Christian work have great, God-given dreams of seeing the Kingdom of God grow on earth; they are also all vulnerable, fallible, and often fragile humans who need encouragement, comfort, understanding, and guidance. Western gave me the tools to offer towards building the healthiest teams possible for His work, and the continuing relationships I have from my time there are a priceless encouragement to me—I too away far more than academia from Western!

Karen is a member of Wycliffe Bible Translators and a 2006 graduate of the Master of Arts in Counseling program at Western.

“No one can challenge a counselor like a ‘bulgy-headed Bible banger’!”

Opportunity to Learn to Care for Missionaries

Do you want to learn more about how you as a counselor can participate in the care of missionaries? The first every missionary care conference for the Pacific Northwest is being held this April 16 & 17 at Cedar Mill Bible Church in Beaverton, OR. Come learn and network with regional and national experts on missionary care. To learn more about the conference go to: www.careconnexion.org. All conference participants must register online and pay the \$60 conference fee.

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Theology,
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and Spirituality.*



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Announcements: Networking and Staying Connected

BIRTHS—Matthias Lee Hansen was born to Nate and **Amy Hansen (07)** on July 18th, 2009 in Yankton, SD. He was 8 lbs, 11 oz. and 21 inches long. **Erin** and Jade **Junod (current student)** also welcomed the arrival of Evelyn Emanuell Junod on December 23rd, 2009. **Mary (Butts) Coyne (03)** (husband Peter) gave birth to Brady Joel on August 29, 2009. **Sara** and Lee **Hall (07)** welcomed the birth of their second daughter, Sylvia Iona, on Dec. 24, 2009. Sylvia was 8 lbs. 5 oz. and 20 inches long. Congratulations Hansens, Junods, Coynes and Halls!

ENGAGEMENTS—**Carly Page (current student)** would like to announce her engagement to Ray Aguilar. Congratulations Carly and Ray!

EMPLOYMENT UPDATES—**Naomi Yamazawa (09)** accepted a full-time counselor position at a mental health clinic in Nagoya, Japan. In addition, Naomi talked with **Ruth Knott-Schroeder (06)** about the possibility of translating Ruth's book into Japanese. Ruth contacted her publisher JKP, and JKP is not contacting a Japanese publisher that they have a partnership with regarding the possibility of Naomi translating the book. **Colin Halstead (08)** became the Counseling and Renewal Ministries Pastor at First Baptist Church of

Eugene this past fall. **Flora Acosta (08)** got a job in Missoula, Montana at Winds of Change Mental Health Center. In addition she works part-time as a parent educator with Families First and teaches Introductory Psych at a local community college. **Andy Tucker (09)** was hired as a family therapist at Catholic Community Services in Vancouver, WA. Well done on all the new jobs!

RESOURCES—**Looking for a transcriptionist?** Why not try Kendra Crosby. She has been recommended by our very own Dave Wenzel and can be contacted via cell at 971-221-4611. **The Oregon Board of Licensed Professional Counselors & Therapists has implementing a mandatory criminal background check as of January 1, 2010.** This will be done through a submission of a finger-

print card every five years as part of the renewal process. It will also involve a \$47.25 processing fee. Keep this in mind while you are getting or renewing your license. **Affordable Counseling to students**—Looking for counseling you can afford while you are in school? Sarah Andruszko, MA offers \$20 per hour counseling for Western students only with a complimentary first session. Contact Sarah at 503.544.7910, sarah.andruszko@yahoo.com, www.thegrowthplace.com, The Growth Place, 7415 N Oatman Ave, Portland, OR 97219

CONFERENCES—**There is an upcoming group retreat.** This is a fun and enriching way to get your required hours of group counseling. It will be held during the weekends of May 29-30 and June 5-6 for \$200. Please contact Elissa Starks at 971-221-7603 or elissa.starks@gmail.com for more details. **Psychotherapy Toolkit Workshop**—**Acquaint yourself with a variety of teaching tolls used in psychotherapy.** This experiential workshop will be held Saturday, February 20, 2010 from 12noon-3p. The cost is \$75 and pre-registration is required with a free tool to the first 10 registrants. Call Elsbeth Martindale, Psy.D. to register at 503-236-0855. The location will be Mt. Tabor Psychological Services, 5525 East Burnside St., Portland, OR 97215.

