

Connection Newsletter

July 15, 2018

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Upcoming Events:

- ◆ July 27 Going away party for Dr. Hannah Acquaye
- ◆ Aug 3 and 8 is Campus CPR Class
- ◆ Aug 31 is New Student Orientation
- ◆ Sept. 10 Fall classes begin (do online class orientation 9/4-7)
- ◆ Oct. 1 Campus TB and Drug Screening on 3rd floor
- ◆ Oct. 5 CPCE exam
- ◆ Oct. 20 NCE exam



A Life of Opposites *From Kay C. Bruce, PsyD*

A time weep and a time to laugh—what a contrast! Ecclesiastes 3 is full of polar opposites that we often find occurring within close proximity of one another. We celebrate the wonderful accomplishments of our graduates even as we feel sadness to see them go. As graduates finish, we are welcoming new students into the program.

Likewise, one of our dear professors, Hannah Acquaye, Ph.D. is finishing her time as a professor at Western. In this last year she has discovered her true passions in counseling are working with refugees, conducting research, and writing. She is taking steps toward developing this career along with getting back home to Ghana. Hannah's joyful spirit, friendship, and expertise will be greatly missed by both faculty and students. We wish to honor Hannah at a party on Friday, July 27th. Please see party information on the next page.

As we say goodbye to Hannah, we will welcome a new interim member of the Portland counseling faculty, Bryan Warren, M.A. Bryan completed an MDiv in 2004 at Multnomah University, he is a 2007 graduate of the Portland MA Counseling program, and he is a current PhD student in the University of the Cumberlands program (CACREP

accredited). He has two years remaining on his PhD program (2020). Bryan will be an Assistant Instructor in numerous classes this fall.

While the Portland counseling program is enjoying relative stability and the benefits of CACREP accreditation, some of you may not know that Western Seminary also has counseling programs in Sacramento and San Jose that are not CACREP accredited. I (Kay) am now working with the California programs helping them to prepare for possible future CACREP accreditation. This means that some of my time each month will be on those campuses. To make this possible, Ken Logan, Psy.D. will become the Clinical Field Placement Coordinator as of August 1st. Please extend grace to Ken as he learns the details of this new role, but he will be happy to help you with practicum and internship placement questions.

Transitions can bring about both tears and joy of optimism for the future. The goal is to live all seasons fully in God's grace, truth, peace, and love. Wholeheartedly we want to express our gratitude to Hannah, say goodbye to our graduates, welcome Bryan, and love to our new students.



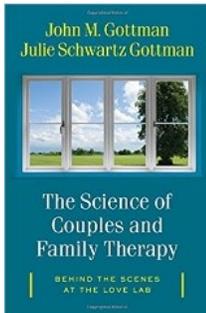
**APPRECIATION PARTY
FOR
DR. HANNAH ACQUAYE**

You are encouraged to come and express your appreciation to Hannah Acquaye, Ph.D. for her service to the Portland MA Counseling program. Come and enjoy a burger by the pool at the home of Paul and Kay Bruce, 8000 NW 16th Avenue, Vancouver, WA 98665. Festivities will begin on Friday, July 27th at 6 pm. Please RSVP to sPhillips@westernseminary.edu as we want to make sure there is enough food for all.



Good Reads Suggestions by Dr. Norman Thiesen

Rather than reading cozying up to a fire as the rain falls outside, now you can grab a blanket or hammock and head outdoors and enjoy the sun (while it lasts). Here are some books that will help you grow professionally and spiritually as you relax!



The Science of Couples and Family Therapy: Behind the Scenes at the Love Lab
By John Gottman, Julie Gottman

https://images-na.ssl-images-amazon.com/images/I/51to50QJIGL_SX329_BO1,204,203,200.jpg

If you are doing marital counseling, you need to read what the Gottman's have to say! This is their most recent book pulling together all their years of research on marriage. They will provide you with a detailed plan of what to do to help the couples in your practice (and your own marriage).



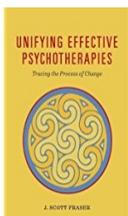
Party of One: Truth, Longing, and the Subtle Art of Singleness

By Joy Beth Smith https://www.amazon.com/Party-One-Longing-Subtle-Singleness/dp/0718094050/ref=sr_1_1?s=books&ie=UTF8&qid=1527710219&sr=1-1&keywords=party+of+one Probably one of the most honest-forthright books I have read on Christian singleness – a must read for single women (the rest of us can read and learn how to be more sensitive towards this population). Also a great reading suggestion to your young Christian single women clients.



The Kingdom of God and the Glory of the Cross By Patrick Schreiner

https://www.amazon.com/Kingdom-Glory-Studies-Biblical-Theology/dp/1433558238/ref=sr_1_1?s=books&ie=UTF8&qid=1527710342&sr=1-1&keywords=the+kingdom+of+god+and+the+glory+of+the+cross Have you ever wondered what all the kingdom of God passages in the Bible are all about? Patrick (New Testament prof here at Western) has written a wonderful book that will explain it all for you. He shows how this future kingdom is the theme and direction of the whole of scriptures.

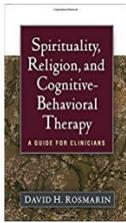


Unifying Effective Psychotherapies By J. Scott Fraser

https://www.amazon.com/Unifying-Effective-Psychotherapies-Tracing-Process/dp/1433828677/ref=sr_1_1?s=books&ie=UTF8&qid=1527710607&sr=1-1&keywords=unifying+effective+psychotherapies+tracing+the+process+of+change

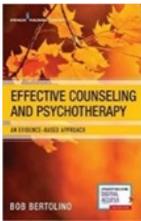
Not an easy read but an attempt to show what underlines all effective psychotherapy. I think he is on to something here and probably will be referenced extensively in future books that address the issue of why all therapist (done well) are effective.

Continued from pg. 3 Good Reads by Thiesen



Spirituality, Religion, and Cognitive-Behavioral Therapy By David Rosmarin

https://www.amazon.com/Spirituality-Religion-Cognitive-Behavioral-Therapy-Clinicians/dp/1462535445/ref=sr_1_1?s=books&ie=UTF8&qid=1527714491&sr=1-1&keywords=spirituality%2C+religion%2C+and+cognitive-behavioral+therapy The best book I've read on how to integrate spirituality/religion into counseling (author comes from a Jewish perspective) in an ethical and therapeutic manner. If you come from a CBT orientation this would be a must read book for you. For others just put your theory in whenever he addresses CBT – the same principles would apply.



Effective Counseling and Psychotherapy By Bob Bertolino

https://images-na.ssl-images-amazon.com/images/I/51R%2BvnTtqQL_SX347_BO1,204,203,200.jpg I thought so well done that a new text in 502. He pulls all the research together and explains what makes for good therapy and a good therapist. An easy and enjoyable read – which should help you be a better therapist.



Have you heard...?

Bryan Warren is joining Western Seminary Faculty

"Let me say hello to everyone! I'm very excited to be joining the faculty and be a part of the Western family. I'm a former student of the counseling program and graduated in 2007. Since then I have worked in the counseling world in various locations including private practice in Beaverton and then at CHARIS Counseling Associates in Vancouver (where the director is someone many of you know, Bart Fowler). This past year I've continued at CHARIS and worked at a Vancouver counseling agency called Lifeline Connections.

I have done some work in the teaching world, both at Firm Foundation Christian High School in Battle Ground, WA as well as adjunct faculty in the counseling program at Multnomah University.

I'm married to my lovely wife Tammy and I have two daughters. One of my daughters, Brooklyn, will be a senior in high school this year (I can't believe it!) and the other one, Sydney, will be a sophomore in high school (I can't believe this either!).

For fun, I like to play disc golf (yes, it's a for real, serious sport!), do some kayaking, and play some tennis. I'm eager to get to know people on campus so if you see a strange new face around, that could be me...please say hello so we can get to know each other."

This was written by **Jenny White**
MA,LMHC, NCC. She is the Intern
Supervisor and Counseling Director for
Tacoma Rescue Mission
Tacoma WA, 98402 www.TRM.org



We value the passion and ideas that interns bring to the Tacoma Rescue Mission (TRM) and see it as a privilege to have them as part of our team. As the Clinical Supervisor, my own *experience* as a new counselor and the support I received shaped my passion for working with students. It is a privilege for me to walk alongside them in their journey into this profession. I am passionate about the clients put before us and the clinical staff and students we work with.

I was blessed with the privilege of coming to the Rescue Mission as the vision for Licensed Mental Health Counseling was developed. Over the last couple of years, the Counseling Program has grown from one counselor to two full time staff, 1-2 interns and one high impact volunteer who is an LMHCA graduate of Western Seminary, volunteering her time to work with our clients. We have a waitlist of clients who are receiving other services from the Mission and anticipate adding to our team in the near future.

The work we do is messy, it is challenging, and it is the most rewarding work I have done in my life. The clients who seek our services are doing so because they have come to a point in their journey where they realize that doing it alone isn't working and they want someone to walk alongside them.

As the clinical supervisor working with students, I strive to encourage students to look at the work we are doing from different perspectives. We are a non-profit Christian ministry but students that work with us may find themselves working after graduation in a secular setting. My desire for those who work with us is that they would have an understanding of the balance between faith and licensure and how it can work in a counseling relationship without violating Biblical principles or clinical ethics.

I believe that this happens by providing an environment where the clinical team includes our interns and provides opportunity for consult and conversation on a regular basis.

Students are encouraged to consult with staff counselors as things come up. Many of the clients we work with have complex trauma, so this provides our students with the opportunity to process secondary trauma, transference or personal things that may come up as they work with their clients. We discuss self-care and how to handle stressful moments in session regularly. At TRM, there is opportunity to work with men, women and children in groups, family and individual sessions. We provide instruction and feedback on documentation and clinical consult. Because of the intensity of our client needs, the size of our team, and the fact that we see clients at all four of our sites, our interns do have a sense of autonomy. When considering placement with us it is important for an intern candidate to be willing and able to speak up when they have questions and it is best for students in their final semesters of internship rather than their initial practicum experience.

One student who worked with us accurately described the experience as a mix of private practice and frontline mental health. As a supervisor, I am thankful that we are able to provide this learning environment to those seeking to join the mental health profession, where they can make a real impact in people's lives even as a student.



Guess What...
You're Not An Imposter!
Dr. Ken Logan



Hey guys.

At one time or another, all of us question our capabilities, competence, and accomplishments. It's normal to feel this way from time to time, especially when first learning a new skillset (like learning how to counsel people). However, over the years of training graduate students, I have noticed that some students do this to an extreme and it ends up impeding confidence building. I've even seen it limit the development of professional identity as students move into the profession. Imagine how you would feel seeing a licensed professional who feels as if they deceived their graduate school and the state of Oregon into believing they were a professional therapist. This mindset doesn't help anyone, including our clients.

In this imposter syndrome, we tend to bear the secret that we are a fraud, that we are not the real deal, that we are faking it, and desperately hope that no one will find out. The fear of being exposed and effort that we put into convincing others that we are capable leads us to engage in compensation behaviors that cause us much harm. I've seen students in the program suffer unnecessarily by counteracting these feelings of incompetence and inadequacy by becoming perfectionistic with unreasonable self expectations, overextending themselves and not engaging in sabbath downtime, assuming that if something requires hard work that it means they are a bad student, or feel pressure to keep their imposter belief secret by not asking for legitimate help. I've seen the issue come right up to the surface when an older student takes their first class after several years of being out of school, when having to sign up for that hard class everyone avoids, during finals week, during a case conference presentation that involves robust feedback, when beginning to work with real clients, trying to finish the integration paper, and as a student graduates and prepares to move out into the real world.

Recognizing this condition in ourselves can be hard. Sometimes I find it is easier to recognize the symptoms first. To facilitate discovery, I created several statements that you might find helpful in assessing the issue in yourself. Answer each item as being true or false.

1. I am frequently concerned about not being a good counselor, even though I tend to do well in my academic work
2. I dread and/or avoid evaluation in supervision out of a concern that I (or others) will realize that I am not a good counselor
3. I feel I come off as more competent than I feel I actually am
4. I find myself being afraid that others will find out that I am not as capable as they think I am
5. I recall my poor clinical performances more than my good clinical performances
6. It's hard for me to accept good grades or to take them seriously in my academic work
7. A class grade of "B" feels like a bad grade
8. Sometimes I am fearful that my teachers or peers will discover that I lack the knowledge necessary to be a good counselor
9. I oftentimes believe that most of my peers are more capable than I am
10. If I am honest about it, I tend to focus on achievement over character
11. I feel a lot of pressure to achieve

Guess What... You're Not An Imposter!

13. Sometimes I feel like I am not progressing on my own merit, but rather by other's kindness in their overlooking my limitations
14. Even though I get good grades, I feel like my efforts are really not what they should be
15. I have a strong fear that I will be found out that I don't have what it takes to be a good counselor
16. In spite of positive encouragement from others, I worry that I do not have what it takes to be a good counselor
17. I feel like I succeed in my clinical training due to luck (or God's grace), not my ability or efforts
18. I feel like most academic tasks I face need to be done perfectly
19. I procrastinate or over-prepare out of fear of not doing something good enough
20. I typically obsess over details unnecessarily
21. I tend to overdo academic work in my clinical program to compensate for feelings of inadequacy
22. I probably don't recognize my clinical ability as much as I should
23. I would likely benefit from making a more realistic assessment of my clinical abilities
24. It's hard for me to feel like a "good enough" student
25. In spite of the fact that I worked hard to get into graduate school, I still find myself questioning why they let me in
26. I often worry about being found out that I am not who my professors think I am
27. Sometimes, I feel like I don't belong in my graduate program

If you answered true to more of these questions than you feel comfortable with, don't freak out; it just means that you've got some work to do on self-confidence, normalizing the learning process, and learning to embrace and accept your accomplishments as real. This is an important issue to look at because your professional potential, client work, and personal well-being depend on it. Make the exploration of this topic part of your personal growth and professional development. It is helpful to feel good about who you are and be proud of the work you are doing, even when you are just starting out or if you aren't the best performer among your peers. You don't have to be extraordinary to feel ordinary. Good enough and growing is sufficient. Having to be the best is a problem because there will always be someone better.

Remember, occasionally questioning accomplishments and taking a sober look at yourself is normal. Dare to enrich your graduate training experience by seeing yourself as you actually are. Remember that you are here to grow not convince people that you are legitimate. We already think you are a legitimate student. Join your mentors in valuing your growth and authenticity. You and your development are worth it! Your clients will benefit as well. Blessings...Ken



Alumni News



Sandra Phillips, M.AC Alumni, 2007 For a couple of years after graduating I had my feet in 2 arenas—private practice and a Designated Mental Health Professional (DMHP) for the state of WA. It was the best of both worlds. As a DMHP, quick, spur of the moment decisions were made assessing the safest options for the person and the community. I was often along side law enforcement and other first responders. While in private practice I journeyed with the client at his/her pace and direction. Several years later I was ‘wined and dined’ to work for a hospital on the psychiatric ward as Court Liaison and Mental Health Specialist. The DMHP would detain the patient to the hospital where weekly I arranged three court hearings, called witnesses, and the DMHP, scheduled the judge, court certified interpreter, and both the defense and prosecuting attorneys. This process (RCW71.05) was established so the patient could be administered much needed mental health medications for stabilization and hopefully a return to his/her norm.



Hello! This is Mitra Motlagh. I’m glad to share a little bit about where I am in life. I have been working at Real Life Counseling in Vancouver, WA for nearly a year now as a Mental Health Counselor, and I expect to have my license this fall! I’m incredibly excited about this, considering how tough the last two years have been.

Another new experience: I have been working with children K-12 in the SW Washington area as well as with adults and children at the East Vancouver office location. The practice is growing and we are able to serve a wide-range of people. I’m glad to be a part of this team.

I have been increasingly interested in body-centered and mindfulness approaches, and how to foster a creative experience in therapy itself. I have also felt a passion to make schools safe, and envision that as a larger calling to partner with organizations and communities on multiple levels.

I am proud I received my formal training at Western Seminary. While programs can always be improved, I still believe the education and internship experience is of the highest quality, and you cannot beat the heart and wisdom of the professors, staff, and mentors at Western. May God continue to bless Western Seminary and all those who are sent out into the community and world! Mitra



Sarah Andruszko, LPC, NCC, NCMHC, RAS

I am working for Magellan as an ASACS (Adolescent Support And Counseling Services) Counselor in Belgium for NATO. I work in the middle and high school and basically run a private practice in the schools so that the kids can miss as little school as possible while still getting their mental health needs met. I do a lot of work with parents and families as well. I am approaching the end of year 1 with this job and for the 5 years before that I was a Military Family Life Counselor working all over the world. If anyone has any questions about either of these jobs, I will be available through email. Hope you all are well! Sarah