

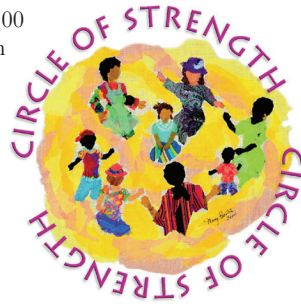
## Hammer in Hand

**NCC is considering a major remodel of its office space.** We are in the exploration stage, so if you or someone you know might be interested in donating time, expertise or materials, please email Erin Peters at [erin@nwcounseling.org](mailto:erin@nwcounseling.org). Some of the areas of potential need are design (architecture, space, décor), construction, and furnishings.



## Save the Date!

The **Circle of Strength** women's fundraising brunch is just around the corner! This year, more than 200 women will gather on **October 11** at 10 am at Riverside Golf and Country Club to help raise money for the mental health care of lower income women and children. Get more information at [www.nwcounseling.org](http://www.nwcounseling.org).



# The Northwest Catholic Counseling Center

Volume XVII

Summer 2014

Number 2

## EXECUTIVE DIRECTOR'S NOTE

*Gifts from the past, Gifts for the future*

The summer is in full swing and as I go from booth to booth at the local farmer's market, overwhelmed by the glorious abundance, I am reminded of a little story that Sr. Sarah Deeby passed along to me:



The Talmud tells the story of an old man who was planting a carob tree when a king rode by. "Old man," the king called out, "how old are you?" "Seventy years, your majesty," the man replied. "How many years will it take before that tree will bear fruit?" the king asked. "Perhaps seventy years," the man answered. Mockingly, the king went on, "Do you really expect to eat of the fruit of that tree?" "Of course not," the man said, "but just as I found fruit trees when I was born, so do I plant trees that future generations may eat from them."

The gifts we receive each day are all connected to the efforts of someone in the past. Maybe we knew the person, like a parent or grandparent. But often it's a complete stranger: the hard-working farmers who plant our food; the engineer who designed the bridge we cross each day for work; the volunteer who participated in a clinical study for a medication that saved our life.

As a supporter of the work at The Northwest Catholic Counseling Center, you are helping thousands of clients you will never meet. You are the key to their healthier lives right now, but also the brighter future of their children and grandchildren. We connect the past to the future by our actions each day.

*Erin Peters, Executive Director*

*Providing Help . . . . . Creating Hope*

## State Certification

NCC is state certified, showing the high standard of care given by the staff. This optional certification for all non-inpatient mental health facilities requires meeting specific standards that exceed normal expectations of non-certified mental health agencies. NCC had been certified in the past, but some legislative issues put the program on a hiatus for a few years.



**The Northwest  
Catholic Counseling Center**  
8383 NE Sandy Blvd., Suite 205  
Portland, Oregon 97220  
RETURN SERVICE REQUESTED

Non-profit  
Organization  
US Postage  
Paid  
Permit #22  
Portland, OR

## EXECUTIVE DIRECTOR

Erin Peters

## CLINICAL DIRECTOR

Barbara Kennedy, OSM, LPC

## CLINICAL STAFF

Camille Boswell, BS, Intern

Polly Burton, LPC

Andrée Cannon-Fleming, MA

Frances Condera, RN, MS, PMHNP-BC

Sarah Deeby, OSM, LPC

Brooke-Galster-Boston, MA

Adrienne Gibson, LPC

Lauren Holmgren MS, MFT

Angie Hummel, BA, Intern

Marita Keys, LPC

Liz LeCuyer, PMHNP

Darren McDonald, M.Div., Intern

Machelle Nagel, MA, Intern

Nancie Potter, MA, MFT

Shirley Price, LPC

Debby Willett, RN

## SUPERVISING PSYCHOLOGIST

Richard Rountree, PhD

## OFFICE MANAGER

Melissa Nelson

## OFFICE ASSISTANTS

Jaynita Kumar

Marilyn Powers

Shayna Wilson

Turella Woods

## BILLING SPECIALIST

Andie Waits

## OFFICE VOLUNTEERS

Linda Buttler

Vickie Carl

Pat Hough



## OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday appointments available

## A Client's Journey Toward Healing: Jackson's Story

Jackson was married to the love of his life and had just been hired at a local company. He doesn't sound like a guy in need of counseling until his wife started talking about having children. He became anxious, angry, experienced nightmares, and went to great lengths to avoid the topic with her.

Jackson was abused as a child at the hands of his father. He was terrified of being a dad with a monster for a role model. He didn't want to be that guy and he certainly didn't want to be the guy he was now showing his wife. He agreed to come to counseling.

During the course of his therapy, Jackson learned to identify triggers and manage the symptoms of his childhood trauma. He was able to verbalize and create the image of the kind of dad he wanted to be along with getting some direction on parenting skills. Most importantly, he was able to ease his fear that he was statistically destined to become an abusive father.

Jackson and his wife are expecting their second child in August.

## Staff Changes: Welcome!

### Adrienne Gibson, LPC

Adrienne and her family recently transplanted to the Portland area from Mesa, AZ. For the past 9 years Adrienne has been counseling children and adolescents with play and art therapy.



### Frances Condera, RN, MS, PMHNP-BC

Frances is a Psychiatric Mental Health Nurse Practitioner with extensive experience in mental health, nurse education and leadership, and organizational development. Most recently she worked at Multnomah County.



### Camille Boswell, BS

Camille is completing a Master's degree in Professional Mental Health Counseling at the Graduate School of Education and Counseling at Lewis & Clark College. Camille previously worked with children in a variety of mental health settings from detention and residential facilities to public schools.



### Angie Hummel, BA

Angie is completing a Master's degree in Professional Mental Health Counseling at the Graduate School of Education and Counseling at Lewis & Clark College. She comes to the counseling profession after serving in various positions within higher education and social services.



## A Swingin' Fundraiser



"Swing Into Spring" lived up to its name at the annual fundraiser for NCC on April 26 at Riverside Golf and Country Club. 135 people enjoyed music, food and friends while raising money to pay for mental health care services for those without resources. The event raised more than \$65,000. A highlight of the evening was the presentation of the **Compassionate Heart Award** to **Mercedes Loprinzi**, a longtime Center supporter.



*Event volunteer Diane Millemann does her best to convince guest Ron George that buying beads will add some fun to his evening!*  
(Photo Credit: Kim Oanh Nguyen, Photos by Kim)

## Crossroads and Thresholds

### Again!

74 times in 77 months a school has experienced a shooting. Sadly, Portland is no exception. A myriad of preventative measures exist requiring systemic changes, but for now—let's focus on our children.

As parents, educators, therapists and loving role models, we must face our discomfort and deal head on with helping our children of all ages cope with tragedy.

We begin by listening and talking. Silence is not comforting in crisis situations and implies that what happened is not a big deal or it is too horrible to speak of. Children of all ages need to experience that adults are willing to listen to their fears - the ones they can articulate and the ones lurking in the back of their imaginations. We need to find a balance between listening and supporting without burdening children with our fears.

Children's reaction to trauma may be immediate or may appear much later. Sooner or later, they will try to make sense of the trauma. It is important to accept their timeline, their feelings and how they are perceiving reality. If a child is hesitant to talk look for symptoms as a gate way for discussion. A few common symptoms are: isolation, becoming withdrawn, an inability to concentrate, refusing to go to school or sleep difficulties.

These are "tip of the iceberg" solutions. Continue to educate yourselves on empowering children with ways to protect themselves in danger and how to respond to if they hear another child making threatening comments.

A few additional resources:

**Helping Children and Adolescents Cope with Violence and Disasters**, The National Institute of Mental Health.

**Tips for Supporting Children and Youth After a Crisis Event**, National Association of School Psychologists.

**Helping Children Cope with Crisis: Care for Caregivers**, National Association of School Psychologists.

*Sr. Barbara Kennedy  
Clinical Director*

[www.nwcounseling.org](http://www.nwcounseling.org)