

## Nobody Says It Better

The best expressions of gratitude come from our clients. Their words of gratitude belong to you.

Before ending counseling, Donald shared with his counselor, "I was at my lowest point. At the age of 52, I was unemployed with a mediocre recommendation from my former employer because of my bi-polar disorder. It took months of hard work with my counselor and with

the nurse practitioner. I felt like I was on a roller coaster and I hate roller coasters.

"I feel stable now – a little shaky once in awhile. I am still under-employed but confident that in a few months I will be able to get back to my union job. Without your help, I was considering suicide. I didn't think it possible to feel normal. Thank you."

Save  
the  
Date!

Just around the corner is the circle... **The Circle of Strength!** Please save **October 17th, 2015**. To buy tickets or a table, go to [www.nwcounseling.org](http://www.nwcounseling.org) or call 503-253-0964 or email: [info@nwcounseling.org](mailto:info@nwcounseling.org).



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# The Northwest Catholic Counseling Center

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Providing Help . . . . . Creating Hope

### EXECUTIVE DIRECTOR'S NOTE

For good or bad, transition is a part of life. The Center is no exception. You will see in this newsletter the evolution of change in our corner of the world. At this time of year, we always say goodbye to our old interns as we welcome the new ones. This summer our transition is a bit more difficult because we are also saying goodbye to two "old" counselors who have had a profound impact on our mission, Nancie Potter, LMFT, and Andree Cannon-Fleming, LPC. We have highlighted their time with us on the back page.



Erin Peters  
Executive Director

One thing forever remains and that is our commitment to our mission as we continue to build on the strengths and contributions of current and past staff, volunteers and you, our supporters who believe in what we do. Meister Eckhart once said, "If the only prayer you said was thank you, that would be enough." It doesn't seem enough, but know of my deep gratitude for who you are and for what you do to grow our mission.

### A Partnership

A special thanks to Spirit Mountain Community Fund for its grant of \$25,000. This grant enables us to continue our care for older women who find themselves underinsured and living on fixed incomes. Thank you!



## EXECUTIVE DIRECTOR

Erin Peters

## CLINICAL MANAGER

Polly Burton, LPC

## CLINICAL STAFF

Frank Canepa, BA, Intern  
Frances Conedera, RN, MS, PMHNP-BC  
Sarah Deeby, OSM, LPC  
Brooke-Galster-Boston, MA  
Lauren Holmgren MS, MFT  
Nyssa Howell, LPC  
Barbara Kennedy, OSM, LPC  
Liz LeCuyer, PMHNP  
Shirley Price, LPC  
Renee Ulrich, BA, CADC II, Intern  
Debby Willett, RN

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Richard Rountree, PhD

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Marilyn Powers  
Shayna Wilson  
Turella Woods

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Andie Waits

## OFFICE VOLUNTEERS

Linda Buttler  
Vickie Carl  
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## OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday  
appointments available

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

## In Praise of Perfectionism

*The following blog was written by Vicki Righettini, writer and friend of the Center. We are proudly publishing it with her permission. The entire article, including “8 Perfectionistic Pitfalls to Look Out for” can be found on our webpage. It is well worth the read.*

### In Praise of Perfectionism: 10 traits that set perfectionists apart (and 8 pitfalls to avoid)

In Albert Camus’ novel, *The Plague*, Joseph Grand is trying to write a book, but he’s having trouble getting past the first sentence. He makes endless rewrites in search of the perfect beginning. He believes that until he comes up with the perfect words, in the perfect order, he can’t move forward.

As a recovering perfectionist, I’m familiar with the problem.

Perfectionism has at times been the bane of my life. At its worst, it froze me in place, sowing the seeds of deep-seated fear of failure, which started me bashing myself with criticism and negativity, and which ultimately prevented me from achieving my goals. It set me on a downward, self-perpetuating spiral as I tried the same useless tactics over and over, spinning my wheels like Monsieur Grand as I failed to measure up to my own impossible standards. I ended up doggedly pursuing my goals without satisfaction, as my self-esteem plummeted, and I sank into depression.

Okay – that’s the dark side.

But there’s a silver lining to all this. With the help of a gifted therapist – who pegged me within the first few minutes of meeting me – I learned through cognitive therapy to honor my perfectionism, yet keep it in line so I could stay sane. As I brought my trait into balance, I began to see that perfectionism gets a bad rap. True, it can take the form of neurotic obsession, creating misery not only for the perfectionist, but for her friends and loved ones as well. Yet it can also be the fuel that drives us to pursue, and ultimately achieve, our highest ambitions, whether we follow in the footsteps of Michelangelo or Martha Stewart.

So if you’re someone – like me – who’s been told a thousand times to “lower your standards” or to “stop caring so much” or to “just relax,” I’m here to tell you what’s good about perfectionism, so you can take full – and healthy – advantage of your trait. You’re not alone, but you’re far from the norm.

Go to [www.nwcounseling.org](http://www.nwcounseling.org) to read the remainder of Vicki’s excellent article. To sign up for Vicki’s blog go to: <http://vickirighettini.com>.

## Juggling Emotions

Significant and simultaneous hellos and goodbyes are challenging. This is the time of year we say farewell to our “old” interns and welcome the new. This past year we have been privileged to have two excellent master level interns on staff, **Angie Hummel** and **Camille Boswell**. They are officially leaving the staff but not their involvement with our mission. We welcome **Renee Ulrich** from Lewis and Clark and **Frank Canepa** from George Fox.

We are also saying farewell to **Andree Cannon-Fleming, LPC** and **Nancie Potter, LMFT**. Nancie’s last email to the staff read, “Although personal circumstances make it important for me to retire, I still have such a heart for our mission. I’m very happy that I’ve already made arrangements to come back soon as a volunteer. It’s a joy and a privilege to be a part of this community treasure.”

And in the words of Andree Canon-Fleming: “This is a difficult community to leave. If you’re looking for excellence, compassion and collaboration, it can be found at The Northwest Catholic Counseling Center.”

**Thank you, Nancie and Andree, for the compassionate and professional fingerprint you have left on the staff and the clients.**

## A Volunteer’s Journey



Volunteer extraordinaire Pat Hough (left)  
and Center Co-Founder Sr. Barbara Kennedy.

**Pat Hough** has had a long, long, long history with the Center. Pat is now 90 years old and she describes her connection to NCC as beginning “. . . 30 years ago when I was young. I ran the Stephen’s Ministry program for my parish. The Northwest Catholic Counseling Center was there whenever my team needed to make a referral. Over these past many years, I have used the Center both professionally and personally. I like to volunteer weekly to do the busy work so the staff can focus on people.” **Thank you, Pat.**

## A Growing Spring Event

The annual **Swing into Spring** event grew by 25% this year. This evening of food, fun and music raised \$55,000 to help pay for the mental health care of clients who are struggling financially.



Nearly 180 people came out to Riverside Golf and Country Club on April 18 to celebrate. Sponsors of the event included Deb Habel and Bruce Gulliver, the Spencer Family Foundation, ClearStar, Magnacorp, X Factor Advertising, Becker Capital Management, Cedar Hills Hospital, Providence Health and Services, Servants of Mary, Alpha Broadcasting and Stevens IS.

**The Center also had the privilege of honoring Barbara and Rich Katz with the Compassionate Heart Award**, recognizing their many years of dedication to the Center. Their connection to The Northwest Catholic Counseling Center goes back two decades. Barb and Rich did their marriage preparation 20 some years ago at the Center and continue to support the work. At the event Rich shared a powerful reflection with those who had gathered for the celebration. He quoted Rep. Tim Murphy, R-PA, who said, “We have replaced the hospital bed with the jail cell, the homeless shelter and the coffin. How is that compassionate?” Rich went on to state that over 60% of adults with any mental illness go untreated. Barbara and Rich Katz’s commitment to the Center show how every person can make a difference in bringing mental health care to those most in need.



Barbara and Rich Katz (far left and right) celebrate  
with their children Ben and Betsy Katz.