



The Northwest Catholic Counseling Center

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EXECUTIVE DIRECTOR'S NOTE

Healing from Sexual Violence

The MeToo movement, which seeks accountability from perpetrators and support for survivors, has been a long time coming in terms of recognition. Though it sprang into popular consciousness in 2017 after the publication of Ronan Farrow's *New York Times* article about Harvey Weinstein, activist and MeToo founder Tarana Burke started this work in earnest in Alabama in 2005.

The reality is that sexual abuse and harassment has been a public health crisis since long before the mental health field was even founded. Long before there was anywhere for victims to go with their pain, with reconciling the forces of power, sex, oppression, and betrayal. It is a dialogue that still feels unsafe at times in a public arena. It is why it is more important than ever for all people to have access to quality, compassionate counseling. Oftentimes, the only person a victim has ever told about their violation is their therapist.

A recent study found that some 80% of teenage girls who have been sexually assaulted are suffering from a mental health diagnosis long after the incident—serious diagnoses such as PTSD, major depression, and substance abuse. Half of those suffer from more than one diagnosis. According to the Rape, Abuse & Incest National Network (RAINN), 7 out of 10 rapes are committed by someone the victim knows, and out of every 1,000 sexual assaults, 994 perpetrators will walk free. These are staggering statistics. We have seen this on a national level, in the highest offices, from the most respected and esteemed public figures and celebrities. The CDC estimates that 1 in 3 women and 1 in 6 men have experienced sexual violence in their lifetimes, and that when untreated, a victim's physical and mental health are affected by issues such as chronic pain, headaches, and sexually transmitted diseases, as well as eating disorders, depression, and suicidal thoughts. Also affected is a victim's ability to trust others, be vulnerable, and many other tasks associated with functional relationships. With statistics such as these, we understand that as a community, all of us are responsible for creating a climate for prevention and healing.

A confidential, trusting therapeutic relationship begins to repair the damage done by sexual violence. As do community resources, family and friends who believe and support victims, and the availability of medical and mental health care. At NCC, we have long known and understood how many people are affected by sexual violence. In addition to the victim's difficult journey, partners, spouses, mothers, fathers, siblings, children, friends, and colleagues are also impacted. As caregivers, counselors are affected too, although trained to hold and support these difficult stories. It is more important than ever to train counselors in trauma-informed care, as NCC does with our student and registered interns. We feel very strongly that the support we receive from the community to do this work helps us to support each other in the "trenches," which further helps us to model self-care and the value of community to the clients we serve. It is a feedback loop of healing, which we need in these times. We do not believe there is more sexual violence than ever, only, more awareness of a problem that has always been there.

Together, we can do the work needed to create a safer society. On an individual level, if you suspect that someone you know has experienced sexual violence and needs help, first be a caring, compassionate presence for them. Listen and offer referrals to agencies such as ours, or contact RAINN at rainn.org or **800-656-HOPE**.

-Erin Peters, Executive Director

-Korina Jochim, LMFT, Clinical Manager



Providing Help Creating Hope

EXECUTIVE DIRECTOR

Erin Peters

CLINICAL MANAGER

Korina Jochim, LMFT

CLINICAL STAFF

Andrea Aragon, LPC

Anne Avgerin, BA,MBA, Graduate Intern

Sarah Deeby, OSM, LPC

Tod Fiste, LPC

Barbara Kennedy, OSM, LPC

Justin Olson, LMFT

Shirley Price, LPC

Alan Rutherford, MA

Lauren Shechter, LCSW

Dr. Thomas Welch, MD, Spiritual Director

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DEVELOPMENT ASSOCIATE

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Linda Buttler

Vickie Carl

Nancy Fredricks

Mary Hill



OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday
appointments available*

nwcounseling.org

Meet Our New Staff!

Korina Jochim, LMFT

Korina is the Clinical Manager and a licensed Marriage and Family Therapist. She has a decade of experience counseling children and adolescents, as well as adults struggling with substance abuse, abusive relationships, and mood disorders.



Justin Olson, LMFT

Justin has a background in trauma informed therapy and has worked with teenagers and young adults in high intensity outpatient programs focusing on issues related to significant depression, anxiety and impactful traumas.



Lauren Shechter, LCSW

Lauren specializes in anxiety, depression, grief/loss, life transitions, and relationship challenges. She has certificate training in Somatic Experiencing, a trauma treatment modality.



Special Support

Thank you to the following partners for recent grants:

- St. Martin de Porres Trust
- Bernice Heffernan Family Foundation
- Conrad N. Hilton Fund for Sisters
- BP Lester and Regina John Foundation
- Jackson Foundation
- Herbert A. Templeton Foundation
- Archdiocese of Portland in Oregon
- OCF Joseph E. Weston Public Foundation
- Frank and Margaret Bitar Foundation
- Clark Foundation
- The Swigert Foundation

These generous funders help subsidize the quality mental health care we provide to financially fragile women and children, older women, and families. On behalf of each of our clients, thank you for making our work possible!

Did You Know? Therapist Specialties

All of our therapists at NCC are chosen for their passion and dedication to our mission and our clients, but they all bring special skill sets, since not all therapies are the same. As mental health treatment expands, therapy clients are more savvy than ever about particular modalities and tools they would like to acquire in their treatment and sometimes ask for specifics. We're happy to share the broad variety of skills our staff members offer!

Our newest hires, **Lauren Schecter** (LCSW), **Justin Olson** (LMFT), and **Korina Jochim** (LMFT), all bring great tools to our clients.

Lauren, who sees adults and kids/adolescents ages 10 and up, specializes in a form of trauma therapy called Somatic Experiencing (SE), as well as being well versed in using Cognitive Behavioral Therapy (CBT) to treat mood disorders.

Justin treats adolescents and adults, couples and families, for addictions, mood disorders, and trauma utilizing narrative therapy and CBT.

Korina, our new Clinical Manager, sees adult individuals, couples, and families, and children ages 4 and up. She utilizes Eye Movement Desensitization Reprocessing (EMDR), an evidence-based therapy, to treat trauma resulting from domestic violence, abuse, and combat experience, as well as mindfulness-based CBT, Dialectical & Behavioral Therapy (DBT), and psychoeducation approaches to mood disorders, addictions, and eating disorders.

Our senior therapist, **Shirley Price** (LPC), utilizes a warm, eclectic approach that includes CBT, ACT, narrative, mindfulness, energy psychology, and the Gottman method to approach life transitions, domestic violence, and parenting issues. She sees adult individuals, couples, and adolescents.

Andrea Aragon (LPC) uses an eclectic approach of CBT, DBT, solution-focused, art therapy, and Acceptance & Commitment therapy to treat a variety of presenting issues. She also is well-versed in spiritual/Buddhist counseling and relationship counseling.

Tod Fiste (LPC), who sees adult individuals and couples, utilizes psychodynamic relational, mindfulness and meditation, Buddhist counseling, and ACT to build his clients' relational capacities. He is also trained in the Gottman method of couples counseling.

Our fantastic interns **Alan Rutherford** (LPC intern) and **Anne Avgerin** (MA intern) bring so much to the NCC clinical team. Alan sees adult individuals and couples in regular counseling and with the marriage preparation program. He is trained in CBT, Emotion-focused Therapy (EFT), is Gottman trained, and provides spiritual counseling as well. Anne specializes in adult individuals and utilizes ACT and other modalities to help her clients through life transitions.

And last but not least, our beloved founding therapists **Sr. Barbara Kennedy** (LPC) and **Sr. Sarah Deeby** (LPC) bring decades of experience and wisdom to our clients. Sr. Barbara, one of our clinical supervisors, sees adult individuals and couples and utilizes CBT, narrative, and the Gottman method to treat presenting issues ranging from mood disorders to Dissociative Identity Disorder. Sr. Sarah, who sees children ages 6 and up and adult individuals, uses CBT and narrative therapy to strengthen communication styles and address parenting issues.

We are confident in the strength and diversity of our clinical team, and proud of their talent and devotion to taking care of our clients.

Client Story: A Letter From Ben

*The best expression of gratitude come from our clients.
Ben's words of gratitude belong to you:*

“At one time, I had a fairly normal life: high school, graduating from university with honors, good job. Unfortunately, I made of series of decisions leading to my downfall. I ended up incarcerated. I lost my income, my position in the community, and hope.

One of the aspects of my plight is I tried to obtain counseling and other help prior to my incarceration. I came to believe that people are only willing to help you if you have the right insurance or right amount of money.

Then a family member told me about The Northwest Catholic Counseling Center. I was skeptical. I explained that no one is going to want anything to do with me, especially if I can't afford to pay.

I was amazed to find out I was wrong. Even after explaining my situation, the people at NCC were not judgmental. They were polite and friendly from the beginning. The excellent counselors have helped me through a very difficult transition process. I am so grateful NCC is there for people from varying circumstances.”



Board Member Thank You

You may not know the names and faces of the members of our Board of Directors, but each is passionate about NCC and its mission. Board members help guide the mission and direction of NCC and serve three year terms.

The end of 2018 came with farewells to two board members: **Rich Katz** and **Kyle Eilenfeldt**. Rich served as the chair of the board's Finance Committee, and Kyle was instrumental in getting more young people involved with NCC. Although they will no longer be on the board, their contributions will continue to impact the Center.



Former board member, Rich Katz



Former board member, Kyle Eilenfeldt

Interested in board membership?

NCC is looking for individuals who care about the Center and its clients to join the board. Whether you are interested for the near or distant future, contact Erin Peters at erin@nwcounseling.org for more information!

You're Invited to the Block Party!



The annual fundraiser at the Lagunitas Brewing Company Community Room is back! **Join us on Friday, May 3, from 6-9 pm** and enjoy food trucks, beer, local wines, and amazing raffle prizes.

This event is a great way to introduce friends and family to the NCC community, while raising awareness for the mental health needs. Visit **nwcounseling.org** to purchase tickets, tables, and, for the first time, raffle tickets!

Join the Committee!

Help us plan and prepare for the Block Party by joining the event committee!

This is a great way to volunteer and dive deeper into the NCC community. Email **info@nwcounseling.org** for more information.



Want to save paper?

If you'd like to receive newsletters and thank yous from us electronically to save paper and postage, please say so!

Just email **info@nwcounseling.org**

The Circle Continues

On September 29, over 200 women were a part of the 17th annual **Circle of Strength Women's Fundraising Brunch**. Guests gathered at Riverside Golf and Country Club for an afternoon of coffee, brunch, and conversation. Beneath the enjoyment of being together, the women in the room were gathered together for a common purpose: to raise money for women and children who cannot afford mental health care.

The theme, *The Art of Healing*,

was inspired by the event speaker, Jennifer Pepin. Diagnosed with bi-polar disorder in her 20s, Jennifer shared her own mental health journey. Jennifer is the owner of

the J. Pepin Art Gallery, located in the Pearl District of Portland. In an effort to break down stigma, the gallery only features artists living with mental illness. Jennifer believes that by working together, the landscape of mental health can be one of hope, dreams, and believing in a more accepting world.

Marchelle Carl was the client speaker of the event. She first came to NCC for counseling as a young child and has continued off and on through adulthood. The

Center and its staff have walked with Marchelle, offering support through the struggles, losses, and pains of life. Marchelle would not have been able to access counseling if not for the sliding scale fee offered at NCC.

\$75,000 was raised to provide mental health care for financially fragile women and children in our community! Through their generosity, the women gathered at Circle of Strength expressed their belief that no woman or child should ever be denied access to counseling.



NCC founder Sr. Barbara Kennedy and event speaker, Jennifer Pepin



Diane Millemann and her table of enthusiastic guests, giving high fives for mental health!

The Northwest
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Upcoming Workshops

Get more information and sign up online
at nwcounseling.org or call **503-253-0964**.

A Labor of Love: Facing the Challenges of Caregiving for a Spouse or Intimate Partner

April 13, 10 am-Noon

Parenting Your Child with a Mental Health Diagnosis

May 18, 1pm-3 pm

Tired of Trying to Measure Up? Letting Go of Perfectionism

July 13, 10 am-Noon

From the Depths of Grief and Loss: A Workshop of Understanding

September 14, 10 am-Noon

Social Media

Find us on social media to learn mental health tips, stay up to date on events, and to read and share client stories! Or visit our website for short, timely articles of interests written by NCC staff.



**The Northwest
Catholic
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