

From the President, Dan Keusal

Early in 1992, just a few quarters into my graduate studies, my classmates and I were assigned supervisors who would shepherd us through our impending internships. My shepherd, Doug Anderson, turned out to be more akin to a wizard, one who, like Gandalf in Tolkien's *Lord of the Rings*, had a way of looking inside you and gently calling forth qualities you had only faintly imagined were there, but would like to believe you possess.

Before my supervision partner and I had seen a single client, while we were still doing "role plays" under Doug's watchful eye, I found myself on the receiving end of some of that wizardry.

I'd just finished "playing the role" of therapist, when Doug turned to me and said "Dan, I think you're not only going to be a good therapist, but a fine supervisor as well." I trusted Doug just enough to put some faith in his bold assertion, and I'd come to understand therapy just enough to feel humbled, even slightly uncomfortable, by the implications of Doug's words—by the ways I'd have to stretch and grow in order to live up to what he was suggesting.

In the autumn of 1994, I was

SCA meets on the 3rd Friday of each month (except July, August and December) from 8 AM to 11 AM at the Swedish Cultural Center, 1920 Dexter Ave. N. More info: 206-283-1888, or www.seattlecounselors.org.

browsing through magazines in the waiting room of a colleague when I came across a tribute to Wallace Stegner, written by Barry Lopez. I was intrigued because Lopez is one of my favorite writers, and I'd enjoyed Stegner's novels *Angle of Repose* and *Crossing to Safety* enough to read them each a second time. Halfway through Lopez's eloquent and heartfelt piece, he observed that Stegner was "the only man I knew who could pay you a compliment in such a way that you felt you had to continue, and maybe do better, just to live up to the implied expectation."¹

In that moment, I realized my discomfort around Doug Anderson's "compliment" stemmed from having my potential, along with its accompanying fears, exposed—called out from the safe havens of "someday" and "could be" to the more dangerous realm of here and now.

Of course attending to these same potentials and fears in the lives of our clients is the wizardry we call counseling. It is meeting our clients' fears with compassion, seeing their "problems" as ingenious coping strategies (that may or may not have outlived their usefulness), and compli-

menting them in ways that leave them striving for rich, soulful lives—ones that live up to the hopeful expectations implied in the caring presence of their counselor.

I imagine it's this kind of presence Dr. Jerry Smith will speak about at our September gathering. Such presence can exist in tension with counseling as a commodity—when managed care emphasizes efficiency at the expense of clients' well-being, when governments cut funding for community mental health centers, when private practitioners (in their rightful desire to earn a reasonable living) apply marketing techniques from the business world to a profession that is meant to be more about service and healing than profit. And what of the ideological tensions between seeing our work through the lens of wellness

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SEPTEMBER PROGRAM

September 15, 2006
9:15 am to 10:45 am

Compassion and Commodity: A Wellness-based Approach

Jerry F. Smith, S.T.D..

Grace's mother and father are worried about their fifteen year old daughter. She feels quite depressed, refuses to go to school, and she rejects parental attempts to talk with her about her circumstances. Your beginning conversations with her and her family reveal that Grace recently lost a dear friend and a portion of her leg in a riding accident.

Bob (age 36) has never had a stable adult relationship. In therapy he talks about always feeling alone, even as a very small child. He spent the years between eleven and twenty-two drinking, drugging and failing at college. Now he manipulates those around him to defend against his massive anxiety attacks and



he attempts to impose a personal attachment on almost everyone he meets. What about these two cases speaks

of pathology and what points toward wellness? If you were a therapist to these folks what approach would you take to aid in the recovery and/or strengthening of the self? What part would compassion and commodity play in your treatment of these cases?

The Rev. Dr. Jerry Smith, S.T.D. will facilitate SCA members to unfold answers to these questions in his presentation of "Compassion and Commodity: A Wellness-based Approach." He sees a wellness-based counseling practice as based on wellness alternatives to pathological models from counselee-directed, outcome-informed, self-oriented perspectives.

His SCA presentation will seek to offer counseling professionals a way of practicing care

and counseling that focuses on compassion, health and wellness rather than sickness, pathology, and commodity. As such he will explore the ideas behind pathology and wellness in Western culture and offers examples of how to implement a wellness-based practice. He will also set forth ways of approaching therapy that give therapeutic support and methods for change with counsees not wishing to be labeled as "pathological." These approaches to a wellness-based therapy include understanding normal responses to trauma based on the natural processes of human development.

His PowerPoint presentation and a selected bibliography will be available on his web-site: www.pastoraltherapywa.com



Dr. Jerry Smith was born in the Midwest and raised in the Puget Sound area. In 1960 he graduated with a B.A. degree in Sociology from the University of Puget Sound (UPS). He then obtained his M.Div. degree from Garrett Theological Seminary in Evan-

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OCTOBER PROGRAM

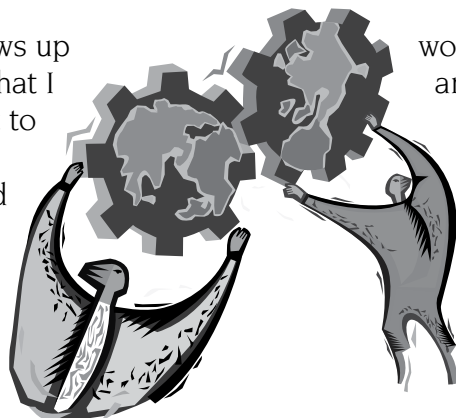
October 20, 2006
9:15 am to 10:45 am

"A Funny Kind of Life Arithmetic" Working With Divorced, Remarried and Blended Families

Peggy Larson Hansen, MS, LMFT

Nobody grows up saying: "What I really want to be when I grow up is a divorced single parent" or "I'm pretty sure my destiny is to do the stepfamily thing even better than the Brady Bunch did it on TV." Nevertheless, many of our clients (and many of us) find ourselves negotiating this often-treacherous pathway of what some of the experts call "family reorganization."

One remarried couple I worked with was struggling with a former spouse who was spectacularly uncooperative in working out the recurring kid-issues. Warfare on the "old" family front was threatening to overwhelm efforts to make the "new" family take hold. The husband was saying, "You wish you could erase your mistakes but then that would mean erasing people and relationships. That doesn't



work." His new wife, an elementary teacher, said, "It's like arithmetic, except there's no subtraction. We get to add people and have more experiences, but we don't ever get to

leave the old experiences and people behind."

Of course, we all know that if I had been seeing the former spouse who was still deep in grief and anger over her significant losses, she would have made a very convincing case for a different kind of life-arithmetic—one in which there was only subtraction.

One of the frameworks I find most helpful in working with clients going through these profound life transitions is Ivan Boszormenyi Nagy's contextual therapy. His emphasis on the ethical dimension of life—the fairness and unfairness, the debts and entitlements—speak

powerfully to these families. His concept of "multi-directed partiality," in which the therapist becomes the advocate of each person who is involved, even those who aren't in the room, can widen and deepen the conversation in a way that allows people to find respectful and practical solutions. sca

Peggy Larson Hansen, MS, LMFT, has been working with individuals, couples and families since 1987, for most of those years at Presbyterian Counseling Service (now Samaritan Center of Puget Sound). She credits her own life experience for keeping her grounded in this work. In 1971, after being widowed and a single parent of three young children, she married Earl Hansen, a former Lutheran pastor and P.I. religion editor, and his six children. The "children," who were between six and fifteen when they married, have grown up, scattered across the country and made families of their own. Somehow, Peggy says, they have all lived to tell the tale (differently).

CLASSES, WORKSHOPS & GROUPS LED BY SCA MEMBERS

Listings are free of charge to current SCA members. Some workshops give discounts for members.

GROUPS

Relationship “Processing” Group for Men & Women. In this group, clients are able to experientially work on their social skills and intimacy issues with one another. These interactions help clients to reveal what they do not know about their style of relating and how they are perceived, which creates a great deal of material for the client to bring to individual therapy. Please consider referring a client to this group. Wednesday evenings from 7:30-9:00pm in the Greenlake area. The cost is \$45.00 a session.

Space is limited.

Contact: Erika Baxter, M.A. @ (425) 241-3098
www.erikabaxtercounseling.com

EVENTS

Using the Enneagram in Clinical Practice, 23 CEUs. Facilitated by Carol Ruth Summers, MS, LMFT, and Renie Hope, MA, LMHC. North

Seattle. October 14, 15, and 20, 2006. \$360 early (30 days prior) or \$395 late. To download brochure, go to: www.enneagramseattle.com or contact: Renie at (206) 365-3817, or Carol Ruth at (206) 526-7906.

Sept. 23-24, Oct. 21-22, Nov. 18-19: Learning the Language of Energy: A Voice Dialogue Facilitator's Training with Miriam Dyak, Cassandra Cosme and Katherine Hanson. Three weekends - 36 CEC's. Sponsored by The Association for Humanistic Psychology. With the Voice Dialogue process you can work with any and every aspect of personality as a useful resource for growth and change. An understanding of Voice Dialogue energetics - what's going on behind ordinary communication - can support your own training and expertise while bringing new inspiration, creativity and skill to your work. Register online at <<http://www.thevoicedialogueinstitute.org>> or call 425-753-2490.

President

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while our profession's most established reference manual emphasizes mental “dis-orders”?

As we try to soulfully inhabit our craft, thoughtful consideration of such issues honors SCA's mission to “support the self-reflection that underlies ethical practice.”

A few months ago, a colleague just beginning her journey toward licensure approached me about serving as her supervisor. After disclosing that she would be my first formal supervisee, and befriending the discomfort that arose once again, more than a decade after Doug Anderson's “compliment,” I agreed to begin meeting. At the end of our second or third session, she commented “I know you've never done this before, but

you're really good at it, so you must have *had* good supervision.”

Yes, I have. Now, I hope only to be as deft a wizard—with my supervisees, my clients, my colleagues, in fact everyone I encounter—as those whose grace and compassion have nurtured my journey thus far. Barry Lopez wrote that what he remembers most about meeting Wallace Stegner was “the way humility and wisdom came together in the man.”² May the same be said of all the good women and men of SCA. **sca**

FOOTNOTES:

1. Lopez, Barry. “In Memorium: Wallace Stegner.” *Portland Magazine*, Autumn 1994 (Vol 13. No. 3), p. 21.
2. *ibid.*

Dan Keusal, *President*

JOIN SCA

For membership information and an application to join SCA, please log on to our website:
<http://www.seattlecounselors.org/application.html>
 or call Doug McClosky at 206.245.8993 or email him at douglmft@msn.com

BOARD AND CHAIRS 2006-2007

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Deadlines and Publication Dates for SCA Connections:

Deadline	Newsletter Mailed
January 28	March 1
March 28	May 1
July 28	September 1
September 28	November 1
November 28	January 1

MEETING SCHEDULE

Begin introductions at **8:15**
 At **8:50** we have 10 minutes to network
 At **9:00** we will conduct SCA business
 Speaker will talk from **9:15 to 10:45**
10:45-11 time for networking
11-12 – Board Meeting, all invited!
Refreshments provided

SCA Membership and Program Meeting Fees

Annual Membership Fees

Individual	\$85.00
Agencies	115.00
Student/Senior	42.50
Half-year price (April-September)	42.50

Meeting Fees

Member	20.00
Non-member	30.00
Students/Senior	15.00

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Please use email for all inquiries and submissions. If you don't have access to email, call Grace at 206.650.1230

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Compassion

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ston, Illinois in 1963. In 1973 he was granted a M.Ed. degree from UPS in counseling. In 1990 the San Francisco Theological Seminary honored him with a Doctorate of the Science of Theology (S.T.D.) degree based on his coursework and his dissertation on the subject, "Spiritual Guidance with Mainline Protestant Couples."

Dr. Smith was ordained an Elder in the United Methodist Church in the Pacific Northwest Annual Conference in 1964. Since 1973 he has been appointed by his Bishop

to pastoral counseling, spiritual guidance, and teaching ministries.


In 1989 he co-founded Pastoral Therapy Associates, a pastoral psychotherapy center, and he maintains his practice there. From 1991 until the present he has taught courses at UPS in addition to supervising practicum students.

Dr Smith offers pastoral psychotherapy from Contemplative, Gestalt, Metaphoric, and Systems perspectives. He usually works with individuals, marriages, and families long-term (in excess of

eight to twelve sessions) where indicated by the client(s) circumstances. His work is directed toward the growth of persons and systems in relation to themselves, others, and the divine (as conceived of by the client[s]).

He currently resides in Tacoma, WA with his spouse Gean and they have two grown daughters and three grandchildren. One of his passions is fly-fishing and he frequently serves as chaplain and instructional staff at fly-fishing camps.

Mission Statement

Seattle Counselors' Association is a professional community of mental health counselors serving the entire Puget Sound region. We challenge ourselves to continue growing in our work. We invite an exchange among diverse individuals and disciplines, embrace creative tension, support the self-reflection that underlies ethical practice, and welcome new practitioners 

SCA CONNECTIONS
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