

From the President, Dan Keusal

I was driving through downtown Seattle on State Road 99. Just before entering the Battery Street Tunnel, I noticed a billboard: "Education happens in craniums, not in buildings" it proclaimed boldly, promoting an online university.

While I understand what the billboard was trying to accomplish, something about its proclamation rang false for me. I found myself thinking back to the places where I've been "educated"—the century-old "all purpose" room at St. Martin's Elementary school with its worn, creaking floorboards and unique smell; the aging gym at Prospect Hall where my junior high basketball team practiced (let's not think of how that smelled!); Professor Bill Storey's living room, where my section of the Church History Seminar required of all Notre Dame theology majors gathered each week for spirited discussion; Enchanted Hills Camp north of Napa, where I met with 35 classmates several times a year to study astrology with Steven Forrest.

I don't remember these places as being particularly well-appointed. Most of them would have made good poster children for campaigns seeking to raise funds for "better educational facilities." But each of them had particular qualities that seeped into the consciousness of those who gathered there. Bill Storey's home, for example, housed a used book store named after Erasmus, the 15th century humanist and theologian who remained loyal to the church AND was one of its harshest critics—imagine studying church history in that environment. Enchanted Hills is a former Methodist camp for blind children that has remade itself as a conference center. It's first two clients were a group of Buddhist monks and our astrology class. What it lacked in luxurious amenities it made up for in natural beauty and rustic charm that lent itself to

deep reflection—like when my classmates and I gathered in the aging though cavernous dining hall to share simple, hearty meals and explore the philosophical and methodological tributaries that branched off from each day's classes.

I think Erasmus Books and Enchanted Hills are examples of what Thomas Moore is referring to in his essay "The Particularity of Place." Moore writes: "Many people have found ways to honor the genius loci, the spirit of a place, the presiding and protective presence."¹

How do we evoke such "presiding and protective presence" in the places where we serve our clients?

Gracing the windowsill of my office is a piece of driftwood I found years ago while walking along Double-Bluff Beach on Whidbey Island; it's about three feet long, with gnarled, twisted branches that seem to be reaching for something. My clients comment on this more than anything else in my office; some say it looks like a dragon, others simply like the way it evokes the presence of water and sand and wind.

On the table just below that windowsill is a small wooden box with a carving of a wolf on the cover. I first began to feel an affinity with Wolf more than 20 years ago; the box was a gift from a friend who knows that. According to one Native American writer, Wolf is "the Teacher, the pathfinder, the forerunner of new ideas who returns to the clan to teach and share medicine...if you were to keep company with Wolves, you would find an enormous sense of family within the pack, as well as a strong individualistic urge.

These qualities make wolf much like the human race."²

My clients sit in two chairs that face me and the three bookcases behind me. I often wonder what those clients are thinking, what feelings, projections, and intrigues are being evoked as they steal glances at the

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

• You can now download this newsletter from our website.
Go to 'About SCA' and click on 'Newsletters'

March Program

March 23, 2007
9:15 am to 10:45 am

Psychiatry is in the midst of a major paradigm shift. Depressive and anxiety disorders have been the standard focus for treatment of mood disorders for the past 50 years. My talk at the March SCA meeting will focus on why these frames of reference may one day become obsolete and why we are in need of adaptation. Recent major research findings that put significant doubt to these older perspectives. We are in need of changes to account for these results. Some of the related topics to be presented include series of dramatic research failures of antidepressants in the treatment of depression and how to interpret these findings within the context where the antidepressant based pharmaceutical industry essentially controls much of psychiatry. I will discuss ideas as to where the source of much of our initial enthusiasm for antidepressants originated.

Bipolar disorders can no longer be considered a “fad” diagnosis *De jour*. Five years ago skepticism was the appropriate standard perspective of bipolar disorders in our community. Today, this is no longer acceptable. I will present series of data that suggest that Bipolar spectrum disorders not only be given considerations but that, in fact, should be at the front of diagnostic differential for much of DSM based illnesses.

Among the topics covered will be discussion of why ruling out Bipolar Disorder can no longer be as simple as ruling out Manic Depression. Clinicians must now be able to identify the various softer spectrums of this condition. I will go through the diagnostic questionnaires and steps necessary to help distinguish between Unipolar depression and Bipolar depression when patients present complaining of depression. I will also raise the issue that distinguishing between what we term “depression”

Treating Bipolar Disorders

Dr. Sang Suh

and “mania” may not as simple as it seems and why this is important. I will attempt to briefly cover the overlap between Bipolar disorders and other major psychiatric disorders such as anxiety disorders, psychotic disorders, and even personality disorders.

Considerable time will also be spent discussing recent developments in the treatment of Bipolar disorders and why Bipolar spectrum illnesses should be considered quite treatable. I will also offer some psychotherapeutic approaches that is particularly helpful.

Finally some time will be spent near the end to offer opinions on the future direction in the evolution of psychiatry and how all these DSM terms may one day be made obsolete.”

Dr. Suh received his undergraduate degree in Bioengineering from University of Washington. He then received a prestigious Medical Scientist Training Fellowship to attend University of Michigan to pursue both a medical degree and a doctorate in theoretical epidemiology. He quickly realized that people were his first and primary interest and narrowed his pursuit to psychiatry and completed his psychiatric internship and residency at U of Michigan. He is a diplomate of the American Board of Psychiatry and Neurology. He is happy to be back to the place he and his wife call the best place in the world in Seattle area.

Dr. Suh’s primary activities outside his practice include shopping and selling on Ebay, avoiding camping as much as possible, and struggling with his mild golf addiction. He and his wife are a member of a small Presbyterian church and enjoy going on short getaway trips to the Washington Coast. They feel very fortunate that most of their families live nearby in Washington State.

April Program

April 20, 2007

9:15 am to 10:45 am

Eating Disorders in Clinical Practice

Janet Edlefsen, M.S., LMHC

Eating disorders have become so prevalent in recent years that all therapists, no matter what their specialty, need to be alert to the possibility that eating, weight and body image concerns may be significant sources of distress in the lives of their clients. Americans increasingly are preoccupied with food, nutrition and dieting; the news media is full of articles about the obesity epidemic; younger and younger children are expressing fear of getting fat; and many people, especially young females, are falling into patterns of anorexia and bulimia. Yet, although these issues are very publicly discussed in the media and around the water cooler or lunch table, the individual sufferers often feel great shame about their problem, and may attempt to keep it a secret, which further adds to the burden they carry. It's not uncommon for individuals to seek counseling for other issues such as depression, and hide from the therapist the fact that they are bingeing and purging.

In this presentation, I will discuss the various types of eating disorders; the ways they typically develop; how they may impact a person's life; some of the myths and misinformation about eating disorders; ways they may show up in other types of therapy, such as couples and family therapy; and important factors in treatment success.

One of the most common pieces of misinformation about eating disorders is the statement that "It's not about the food." I completely disagree; in fact, it's a lot about the food!" There certainly are many other factors as well, but the disruption in the individual's relationship with food and eating is at the core of these disorders, and

needs to be addressed from the outset. I usually contrast for people what I would describe as a "normal relationship with food," meaning a relaxed, natural relationship with food, where food is a pleasant part of life, but not the center of the universe; versus a "compulsive relationship with food," where food is a constant preoccupation and a source of struggle and distress. And the number one factor that turns a "normal eater" into a "compulsive eater" is dieting. Dieting causes a person to focus on food and restriction, and can quickly lead to a see-saw pattern of on/off, good/bad, dieting/bingeing. Weight gain, bulimia and anorexia often follow the onset of dieting. In my work, I focus a great deal on helping a person re-establish (or learn for the first time) how to have a relaxed relationship with food, and I'll outline some of the ways I go about this.

In addition, I will address a variety of other factors in eating disorders, including control issues and perfectionism; stress-eating and "stuffing feelings" with food; depression and anxiety; food/weight issues in couples and families; and provide some suggestions for how to identify and be helpful to those clients of yours who may have eating/body image concerns.

Janet Edlefsen, M.S., LMHC, is a therapist in private practice, and has specialized in eating disorders and weight/body image concerns for the past 30 years. In addition to her counseling work, she also has taught and lectured extensively through local community colleges and fitness centers, the UW Experimental College, and a variety of other groups. She has been a member of the SCA for many years.



CLASSES, WORKSHOPS & GROUPS LED BY SCA MEMBERS

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

Generation Y Counseling and Relapse Prevention

Group. A chemical dependency group for adolescents aged 15 to 19. Once-a-week relaxed educational/counseling group for young people needing continuing care after inpatient and IOP treatment and treatment for first-timers. Weekly individual and/or family counseling provided in six month curriculum. Weekly UA's expected from each participant. Led by Mandy Williams CDP, MSW, follows newly revised group curriculum. Eastside Addiction Professionals (Licensed and credentialed by the Division of Alcohol and Substance Abuse)

Women's Counseling and Relapse Prevention Group

led by Maryjane Caulk Poetry CDP on Thursday evenings. **Men's Counseling and Relapse Prevention Group** led by Laura Halford CDP, LMHC on Wednesday evenings. Both groups facilitated in a relaxing environment and emphasize developing a personal plan of recovery while learning about the process of addiction, effects on the body, brain, emotions and relationships and ways to maintain abstinence. Support offered to spouses. Referrals to laura@eastsideaddictionprofessionals.com or call 425-462-8558

Putting the Past Behind—is childhood sexual abuse affecting your life?

Small, confidential, women's advanced therapy group begins in late March. Meets weekly, Tues eves. \$45 per session. For more info, contact Ellen Rugg, M.Psych, MSW, LICSW at 206.547.7844. Wallingford. 20 years experience.

Relationship "Processing" Group for Men & Women

Clients work experientially 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. Please consider referring a client to this group. Monday evenings 5:30-7:00pm in the Greenlake area with a male co-leader. Wednesday evenings 7:30-9:00pm in the Greenlake area with a male co-leader. \$45.00 a session. Contact: Erika Baxter, M.A. @ (425) 241-3098. www.erikabaxtercounseling.com

Focusing and the Inner Relationship - Level One.

Jeffrey Morrison MA, LMHC Certified Focusing Trainer. Learn a powerful self-awareness skill and deepen your relationship with yourself and the way you work with others. March 17th & 18th in West Seattle. \$195. Prerequisite: An individual guided session or experience Focusing. 206-935-7850. jeffrey@morrisontherapy.com

Men's group in Wallingford.

Wednesday or Thursday mornings 9:30 - 11am. **Love, Sex, Death, Work, the Meaning of Life.** Experience yourself as an honest, supportive man among men. Open to all, regardless of whether currently in therapy or have never seen a counselor. Space limited to 5 men, starting in March, \$50 a session, 8 week commitment to start, and then the group will decide how and when to meet. Contact Michael Foster

to ask any questions and request a free 30-minute interview. (206) 999-3477 Email: michael.foster2@comcast.net Website: <http://home.comcast.net/~michael.foster2/>

Sugar Addiction to Wellness Group Group members will receive education around the biological and emotional cause to food cravings. Each group member will receive support toward behavior changes to move toward wellness. Once a month Saturdays from 9 - 11 am. 89th and Aurora. \$80 per session. Quarterly commitment required. Pre-screening: Free – Each group member needs to have an individual mental health professional. Led by Dr. Kristen Allott, ND, L.Ac. More Information: 206-579-2757 or www.dynamicpaths.com

The New Rules of Marriage Helping Couples and Couples Therapy Enter the 21st Century

Terrence Real, LCSW, March 23, 2007, 8:30 am - 4:00 pm, Bellevue Red Lion Hotel. \$145 - After March 9: \$165 (WSPA CEUs add \$15). Many couples want more from their marriage and long-term relationships: A revolution in the nature of marriage itself has been evolving. The crunch comes from the collision of 21st Century dreams and 20th Century skills. Terry Real will introduce you to a new set of skills for teaching "Full Respect Living" that empowers both partners. For information and to register: www.palmerdavisinstitute.com or email admin@palmerdavisinstitute.com for registration form. 6CEUs approved by NASW for LMFT, LICSW, LMHC. WSPA PENDING

Office space for rent:

Beautiful, cozy interior office space for rent in the Conifer Building at the Bellefield Office Park in Bellevue, Wa. The spaces are less than a minute from I405 along the Mercer Slough with wildlife walks. Plenty of parking. Nicely furnished with a bit of an Asian Flair in one room. The other space serves as a comfy group and individual counseling room. Shared waiting room. Contact Laura 425-462-8558/ louiehal@clearwire.com.

Professional office space in lower Queen Anne available to sublet 1-5 days a week in suite with psychotherapists (shared waiting area, bathroom and kitchenette). For details, contact Sharon Sanborn at (206) 283-9767 or SSanborn@SeattleArtTherapy.com

Looking for office space on the Eastside (Bellevue/Redmond area) to lease on Tuesdays, beginning March. I have built a private practice working from my home office for the past 15 years—now we're downsizing to a condo. What can I say? I specialize in "life transitions"



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

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Membership & Meeting Fees

Annual Membership Fees

Individual	\$85.00
Agencies	115.00
Student/Senior	42.50
Half-year price (Apr.-Sept.)	42.50

Meeting Fees

Member	20.00
Non-member	30.00
Students/Senior	15.00

Meeting Schedule

- 8:00** Registration
- 8:15** Introductions
- 8:50** Networking
- 9:00** SCA business
- 9:15** Speaker
- 10:45** Networking
- 11-12** Board Meeting, all invited!

Refreshments provided!

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President

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variety of books lining those shelves: textbooks from my graduate studies in marriage & family therapy and Jungian psychology, tomes representing my studies in biblical theology, astrological titles like *The Inner Sky* and *Cosmos & Psyche*, even Dr. Seuss's *Oh, The Places You'll Go*, which because of its top-shelf positioning might appear, from my client's vantage point, to float directly above my head during sessions.

Driftwood, medicine objects, books, even the fresh cut flowers I buy each week—I believe that all of these things contribute to my office having what Moore calls “its own spirit”:

“If a place doesn't have its own spirit, we can't enter into dialogue with it, and so we treat it as a lifeless object, and it treats us, too, as an abstraction—one customer among many, a subject, a number. In an enchanted world you are surrounded by 'real,' individual things, not imitations. You honor the particular qualities that make a place unique, or at least take them as a starting point for imagination.”³

And what is therapy if not “a starting point for imagination”?

It doesn't take much. For those of us who slyly or share office space, bringing even a single object with us to work each day—a plant, a picture, a statue—might be enough to make the space our own, a uniquely enchanted container where soul work can happen.

Some time ago, a potential client came to me for a first interview—he wanted to assess if I was a good “fit” for his

needs, and he was planning to interview one or two other therapists in the same vein. A month or so after that first meeting, he called to say he would like to continue therapy with me, and when he sat down a few days later for session number two, I asked him why. He spoke of the match between my training and his presenting problem. He spoke of liking the way I'd conducted the first interview. And then he added: “Not that this is the most important thing, but you have a beautiful workspace; I just feel comfortable here.”

I choose to believe that in calling my workspace “beautiful,” he was referring not to the \$99 IKEA chairs, nor to the \$40 Fred Meyer bookcases...but rather to the genius loci, the spirits of the place. “Education,” it turns out, does happen in particular places—buildings, rooms, landscapes—each with their own particular spirits. May we all evoke such spirits, and be soulfully haunted by them.

1. Moore, Thomas (1996). “The Particularity of Place,” in *The Re-Enchantment of Everyday Life*, New York: HarperCollins, p. 145. Though Moore is better known for his best-selling *Care of the Soul*, I think this volume is his real work of genius—a collection of 40 brief essays whose topics range from “Books and Calligraphies” to “Miracles of Sport” to “The Business of Enchantment” to “The Interiority of Food.”

2. Sams, Jamie & Carson, David (1988). *Medicine Cards*. Santa Fe: Bear & Company, p. 97.

3. Moore. *Ibid*, p. 146-147.

Comments on these columns are invited and encouraged. Email Dan Keusal at dankeusal@dankeusal.com.

~Dan Keusal, *President*

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.

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