



Summer 2017

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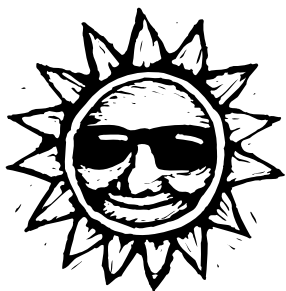
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From the President

A Time of Renewal and Transformation

By Melissa Wood Brewster, LICSW

As the new president of WSS-CSW, I have our past presidents to thank, especially Eric Huffman, the most recent. As a result of his steadfast work, we have a strong board made up of intelligent, articulate, and committed social workers with whom I am honored to work. I am in awe of each of the passionate natures and professional skill sets they bring to WSSCSW's leadership.

Recently, the board and I had the opportunity to gather for a daylong board retreat facilitated by a consultant through 501 Commons, an organization that offers consulting services to non-profits. Among other tasks, we had a chance to review our mission statement and in the process, we realized we were lacking a vision statement, a road map for our future. What came out of our retreat was a shared vision "to elevate, promote and advocate for the unique contribution and value of clinical social work in the state of Washington." We hope that WSSCSW continues to transform from a small organization of private practitioners to a multifaceted social work community that is accessible to all clinical social workers in the state of Washington.

In support of this transformation, we are

committed to inclusion. Specifically, we aim to maintain diversity work at the forefront of our learning and leading, provide more opportunities for membership involvement, strengthen our relationships with local graduate programs, develop a new membership level for clinical social workers employed by agencies or institutions and work more

closely with Aimee Roos, our heroic administrator. We hope these objectives will help us grow as an organization.



At Laura Groshong's recent workshop on *Interruptions and Endings in Clinical Practice*, she mentioned the importance of getting to know younger social workers in order to improve the sustainability of

our clinical practices and professional community. I believe this is aligned with our goal to be more inclusive and I challenge each of you to do just that. Seasoned clinicians have experience and maturity to share and younger clinicians have hope, ideas, and energy to offer. We need each other so I challenge you all to reach out to members you don't know and share your skill sets and experiences with one another. I am trying to do the same. I look forward to learning more about each of you, in order to support you in getting the most out of your membership and collectively achieve the vision of WSSCSW.

WSSCSW

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The Washington State Society for Clinical Social Work was established in 1973 and incorporated in 1988 as a 501(c)(6) to promote and advance specialization of clinical practice within the social work profession. It is an organization of clinical social workers practicing in a variety of settings including mental health clinics, family service agencies, hospitals and medical clinics, and private practice in the state of Washington. Its members span the professional life cycle from students and new professions to mid-range, seasoned, and retired citizens.

WSSCSW offers its members continuing educational opportunities, legislative advocacy including lobbying, network and professional growth opportunities and special programs for new professionals.

WSSCSW is a nonprofit tax-exempt professional organization with a board of directors composed of officers elected by the membership and chairpersons of the various committees. It is affiliated with the Clinical Social Work Association, which represents clinical social workers on the national level and actively works with them to represent local as well as national concerns.

EDITOR'S NOTE

By Emily Fell, LICSW

Happy summer!

I'm thrilled to announce that two members have recently joined the Newsletter Committee, Nidhi Berry and Lesli Desai. I'm grateful for their assistance with this issue and look forward to collaborating with them to strengthen our newsletter.

Filling this issue with compelling content was made easy by our busy members and Professional Development committee. We've recently had an abundance of events and gatherings and many

more are planned in the coming months. Be sure to look for information on book clubs, Clinical Evening Meetings and our Fall Conference.

I always enjoy including work that speaks to our deep emotional experiences, as therapists and as people. Thank you to all of the members who shared pieces that inspire deep reflection—a special shout out to Jenny Pearson, Josh Cutler and Robin Westby for their submissions.

Enjoy.

Fall Conference Preview

Culturally Competent Trauma Treatment: Dr. Laura Brown

“My perspective is that psychotherapy is not about the amelioration of a specific symptom or about getting people to change their behaviors to better fit the world in which they live. Rather, the goal of psychotherapy ought to be the liberation, for each person, from narratives that restrict us, from oppressive norms that falsely convey to us the limitations on our powers, and from the chains of trauma and invalidation that have led us away from our best and most powerful selves. The goal of a liberatory psychotherapy is to disrupt the ways in which each of us were told that we were less than—less than good enough, less than the luminous human beings that we are, less than worthwhile—because of the bodies we are in, because of how we look, because of where we live, how we survive financially, who we love, what language we speak.”

Join us for WSSCSW's Fall 2017 Clinical Conference,
“Culturally Competent Trauma Treatment” with Laura Brown
October 13th 2017 from 9 am to 4 pm
For more information and to register visit wsscsw.org

WSSCSW newsletter is mailed quarterly to members of WSSCSW.

Classified ads are \$10 for every 25 words, \$20 for 50 words, etc. Articles and ads should be emailed to Emily Fell at newsletter@wsscsw.org.

Newsletter design: Stephanie Schriger, stephanie@dgmpartner.com

Articles expressing the personal views of members on issues affecting the social work profession are welcome and will be published at the discretion of the editors and WSSCSW board. Articles reflect the views of authors and Society endorsement is not intended.

Membership Renewal!!

It's time to renew your membership. For step-by-step directions on renewing online, go to our website (www.wsscsw.org). Everything you need is there. Please renew by September 1 to avoid a late fee and to have continued access to the listserv.

Membership benefits include:

- Access to our email listserv for convenient consultation, resource gathering and referrals
- An engaging newsletter, written by members
- Advocating and tracking of legislative ini-

tiatives through our legislative consultant

- Special opportunities for students and Associates to learn and grow through our **NEW mentorship group**
- Opportunities for all members to network and build community through socializing, volunteering, and CEU events.
- Participation in stimulating clinical conversations through Clinical Evening Meetings.
- **Book Groups — new for the WSSCSW!** This program offering will welcome members to read a social work related book written by a local author, and meet once or twice to discuss the book. There will be opportunities to meet the author in person.

- Reduced rates for CEU events and conferences. This year's Fall Conference will feature Dr. Laura Brown in "Culturally Competent Trauma Treatment." Planning for Spring's conference is under way!

Let us know if need any assistance in renewing—and remember to do so before **September 1st!** You can contact me (demcg2010@gmail.com) or our administrator, Aimee Roos (admin@wsscsw.org).

Sincerely,

Denise Malm, LSWAIC
Membership Chair

Aimee Roos
WSSCSW Administrator

Book Review:

Therapy Cracks Me Up! By Jean Rosenfeld, LCSW

By Lynn Wohlers, LSWAIC

Good laughs can be in short supply in these days of terrorist attacks, threats to health care, and Trump's daily dose of tasteless tweets. A book of cartoons about psychotherapy may be just the ticket for a little cheering up, and Jean Rosenfeld's *Therapy Cracks Me Up!* fills that bill.

At an even one hundred pages, the book is easy to pick up and leaf through. In fact, you might find yourself devouring it all in one session but try to resist that—the pleasure will last longer if you dip in and savor a few cartoons at a time.

Illustrated with simple, yet effective line drawings, Rosenfeld's cartoons offer a glimpse into the sometimes wacky world of psychotherapy. A seasoned professional herself, she covers a lot of ground. For example, a woman sits pertly with legs crossed, high heel tapping the floor, earrings dangling, eyes wide, and says,

"I'm looking for a therapist who does Extreme Personality Makeovers!!" This may sound familiar to some of you...

Not every cartoon is about private practice. A drawing of a storefront with the words, "Poverty Barn" on the front has the caption, "Your next stop after Home Repo." That might bring a grin to your face if you've slogged through too many hours of overtime at your agency, trying, sometimes desperately, to lift your clients out of harm's way.

Rosenfeld keeps up with the digital age. A therapist asks, "Why did you come to therapy?" and the client replies, "Siri told me to" as she points to a device in her hand. The slim book includes chapters on Therapists, Kids, Women, Men, Imaginings and Insights, and more. Your eyeballs will roll, you may groan, and I'm pretty sure you'll let out several healthful laughs as you read *Therapy Cracks Me Up!* I recommend it.



Jean Rosenfeld has had a private practice in the Sacramento area for over thirty years, has worked at Sacramento Children's Home, and created (with husband George Rosenfeld) an educational pregnancy game for teen pregnancy programs. She is an active member of our sister organization, the California Society for Clinical Social Work.

I noticed that an online review of the book had this to say: "My mom's book is totally hilarious! Trust me!" Apparently, a great sense of humor runs in the family. The book came out in March of this year and is available on Amazon for \$5.95.

WSSCSW Annual Dinner at Agua Verde, June 22

Table Discussions

At the Annual Dinner, our board had the chance to sit with members and hear about their experience with WSSCSW. Here are notes from some of those conversations:

Lara and Melissa's table:

The members at our table have been members for as few as two years and as long as 25 years. They said, "We were drawn to become members to have a clinical home, to get out of isolation." One person shared, "You feel like you belong somewhere, not just floating out there ... The same things have kept us members ... realizing that these are my people." Members at our table wanted to see the WSSCSW evolve by expanding cultural awareness, keeping at the forefront of our field, and becoming more diverse as an organization. They thought maybe members could even attend political and social events together. "The things that make WSSCSW special to us, even though similar clinical organizations exist, is the possibility of integration of clinical practice and social justice in our trainings and our support of one another's work."



Superman makes an appearance at the Annual Dinner



Board members enjoying the Annual Dinner.

Emily and Aimee's table:

The members at our table have been members for many years. They enjoy the annual dinner and other WSSCSW events, for reconnecting with colleagues. They shared that they would love to have more opportunities for informally connecting (such as a gathering that rotates location, with a brief presentation and then plenty of time for casual discussion). One member stressed that she would love to see more members of color, as she is often one of only a few at events. None of the members at our table felt they had much time or energy to volunteer with WSSCSW. They



Members enjoy the Annual Dinner

said they would be more likely to volunteer for one-time-only, specific tasks rather than ongoing roles. When asked what makes clinical social work and WSSCSW unique compared to other counseling professions and organizations, the resounding response was, "social justice."



Legislative consultant, Laura Groshong, is honored at the Annual Dinner for her time on the board

Denise's table:

What originally drew you to become a member?

- Having a clinical home for social workers in the mental health field
- Promoting social work in Washington state

What keeps you a member?

- The relationships, people, and political advocacy

What are your hopes for WSSCSW in 5-10 years?

- Continued mentorship offerings
- Several members mentioned wanting to give back—and shared the idea of seasoned clinicians providing low-cost supervision
- Advocacy for clinicians, the profession, and clients
- Advocacy for clinical supervision at agencies and institutes
- Better partnerships with universities for field placements
- Theory and practice groups with a clinical component
- Sponsored consultation groups
- Education for new students on how to identify good clinical supervision



"The spread" at the Annual Dinner

What is unique about WSSCSW?

- The focus on mental health

Interview with the Annual Dinner Honoree, Lynn Wohlers, LSWAIC

By Karen Hansen, LICSW

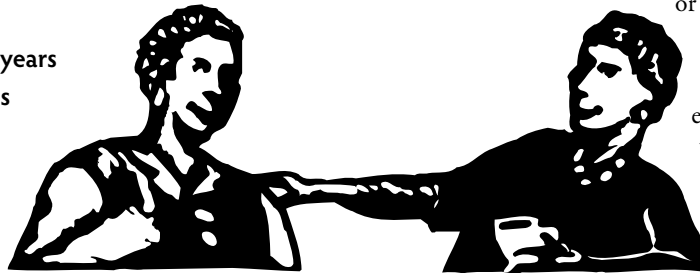
Lynn Wohlers was selected by members to be the WSSCSW Honored Member for 2017. She was presented with this award at the Annual Dinner. I was fortunate to work with Lynn during my recent four years on the Board, and value the special sincerity, commitment, and creativity she brought to our organization as Newsletter Editor. I asked Lynn the following questions, in order to draw out some of what is significant about her and the award she received.

1. Lynn, you were recruited five years ago at this same location and this same annual meeting at Agua Verde. You had just moved here from New York and were new to Seattle and to WSSCSW. You jumped in with both feet, attending Board Meetings and helping to produce the newsletter, which you continued to do for more than four years. It was a big step up in quality and quantity and I believe set the gold standard for Society Newsletters.

What was it like to be a newcomer to Seattle and this organization, and to join the Board and produce the Newsletter in this way? Was it difficult to fit in and belong, given you were truly coming in from the outside?

I did leap in with both feet, intentionally. We talk about a professional home—I was looking for that. Especially in the long months of job hunting that year, I appreciated the connection to other social workers that the Society offered. It wasn't

easy navigating a very different culture, a new city, and different state expectations for licensure. Sitting at the table with local professionals and knowing I could ask questions freely, I felt less at sea than I would have without WSSCSW. Yes, I felt like an outsider—I felt it keenly. It was hard to speak up and offer an opinion at first, but people were generous, and slowly I began to feel more at home. I enjoyed board meetings immensely in those first few years - it



was interesting being behind the scenes as WSSCSW grappled with membership issues, conference and event planning, finances, and more.

2. You have worked in Hospice and with the elderly during your clinical social work career, along with the Newsletter itself. You also have a Fine Arts degree which predates your MSW. Do you feel that your Arts Background has informed or benefited your social work career in any particular way?

My art background certainly has informed my work as a social worker, often in ways that aren't necessarily obvious. Being present in each moment is a quality artists value and cultivate; that kind of presence is crucial to the work of forming strong,

healing relationships. Seeing with fresh eyes and varying one's perspective are habits I established many years ago, in art school in New York City. Those qualities, especially when honed over decades, can be assets in social work practice, enabling the formation of new, and sometimes deeper insights into people's struggles. My native rebelliousness was encouraged in art school, but not so much in the world of social work! The freedom to express a contrary opinion or quality was not encouraged at work. If I'd chosen private practice, perhaps I would have had more opportunities to express non-mainstream points of view, but working in small, private agencies has meant conforming to expectations that I didn't always feel comfortable with. Recently I retired, so I can devote all the time I want to artistic

expression, a welcome change from the daily grind, however rewarding it was.

3. You attended almost every Board meeting, from your start as Newsletter editor. What have you learned during your time with WSSCSW that you might want to share with our membership? Especially those who may be new or joining the organization for the first time.

Organizations are like political entities and families: they have their own cultures, they experience cycles of ups and downs, and change doesn't come easily. In tough times, I've seen board members step up to do the hard work that's necessary to keep the society going. I admire that willingness to really apply everything you have to a problem and to see things through,

continued on page 6

even when it seems nothing is working as it should be. Dedication, tenacity and a deep respect for ethics all drive the members of this organization, which I respect. The Society is small enough that one person can make a difference—you don't feel lost in the shuffle.

When I volunteered to help edit the newsletter, I frankly had no idea what I was getting into. Autumn Halliwell and I were given a two-page summary of editor position duties. It was daunting! We put our heads together, divided tasks, and made it work. Producing that first issue back in 2012 was exciting.

4. Finally, what are a few highlights of your time on the Board and with the Newsletter that stand out to you? Were there any particular experiences or projects that stand out to you now? Do you have any proud moments where you knew you were doing something that was important and had meaning?

The connections I made with other members have been very satisfying. Working with Emily Fell, who stepped into the editor's role just when my energy was flagging, is a great experience. She's a quick study, she's flexible and she can teach us all something about boundaries and work/life

balance. Sarah Slater and Brooke Damour helped edit after Autumn left, each bringing her own special strengths to the job, which I couldn't have done without. Sara brought passion, flair and keen editing eye, and Brook brought a unique sensibility and strong values to the process. Our graphics person, Stephanie Schriger, became a friend after we struggled through the back and forth of many issue deadlines and edits together.

Two interview pieces I wrote for the newsletter—one with Eric Huffman (*Social Work on the Job: An Interview with Eric Huffman, Fall, 2012*) and one with Marcia Robbins, Jenny Gardon and Meira Shupack (*Somatic Transformation: Dr. Sharon Stanley's New Approach to Healing Trauma: Three Members' Views, Spring, 2013*) were very rewarding experiences. Organizing the article, doing the interviews and writing it up gave me a satisfying sense of accomplishment. And I confess, I have enjoyed perfecting the editing process, crafting each issue so it looks clean and reads clearly.

You, Karen, were a fountain of ideas, energy and inspiration from the get-go. When I was at my wit's end wondering where we would get enough contributions for the next issue, Karen had ideas. It was her encouragement that resulted in an *Arts*

Issue (Winter 2014). The issue included an excerpt from a member's play, a member's paintings, an article about an inspiring play therapy session, and more, all because passionate, accomplished members jumped in with contributions.

One other piece that especially pleased me came about after a retreat during which members spoke intimately about where they came from, in relation to diversity issues. I put together a prose poem from parts of each person's written "Where I'm From" statement for our Summer, 2014 issue (*Diversity Starts Here: A matter of orange blossoms and New York City streets, Summer, 2014*). The tantalizing glimpses of each member's background, remembered through all five senses, spoke volumes about who we really were. I loved the poetry that came out of scrambling everyone's statements. Therein lies our greatest strength as an organization: our diversity. We certainly have a long way to go to become more diverse, but look closer and you'll find we're already more diverse than you think.

As I move into my "third act" I am buoyed by five years of membership in an organization that has given me a place to be creative, to do meaningful work and be part of a solid professional organization, and to enjoy good times and camaraderie. Thank you all for that!

"We're Not Good with Numbers:" LICSWs and Preparing for Financial Security

By Laura Groshong, LICSW

In my recent training on "Interruptions and Endings," one of the most important topics for attendees, according to the evaluations, was beginning to think about how to be prepared for retirement. The following article by Alicia Hudnett and the Business Plan that I put together may be helpful to those considering this sometimes anxiety-provoking topic.

LICSW Business Plan

Laura W. Groshong, LICSW

Consciously developing the business side of our practices has been challenging for many mental health clinicians. This simple document is designed to help you become aware of:

- 1) the costs involved in running a practice, and
- 2) the amount of income needed to meet your income goal.

Expenses

Rent (@5-25% of income) = _____
 Marketing (@1-15% of income) = _____
 Support services, i.e., back-up data, biller, etc.
 (@0-15% of income) = _____
 Supervision (@ 0-10% of income) = _____
 Professional Dues/Licensure Renewal
 (@1-5% of income) = _____
 Malpractice/Liability Insurance (@1-2%) . . . = _____
 Website (\$1000 setup, 1-2% of income
 maintenance = _____
 Office Supplies (@1-3% of income) = _____
 Office Furnishings (ave. over 10 years
 @1% of income) = _____

Computer, Printer (ave. over 5 years about
 3% of income) = _____
 Cell phone/land line (@1-3% of income) . . . = _____
 Education/Conferences (@ 1-10% of income) . = _____
 Health Insurance/other health costs
 (@4-20% of income) = _____
 Taxes (city, state, federal)(@15-25%) = _____
 Electronic Health Record (@\$500-600) = _____
 Retirement (401k, etc.) (5-15% of income) . . . = _____
TOTAL EXPENSES = _____

Income

Clinical income (@10-30 clinical hours a week). = _____
 Presentation income (@ 0-20 hours a year) . . . = _____
 Consultation income (@0-10 hours a month) . = _____
 Other income streams = _____
TOTAL INCOME = _____
LESS TOTAL EXPENSES = _____
TOTAL PROFIT = _____

Questions for Developing a Business Plan:

How many clinical hours per week/month do I need to fill to meet my income needs?

Do I need to increase my fee to meet my income needs? What will the marketplace support given my experience and skills?

What additional services (conferences, writing, consulting, etc.) do I need to add to augment my current offerings for income purposes?

What marketing efforts do I need to make to secure my referral base? How much time per week/month do I need to devote to this activity?

How much do I wish to grow my practice income from where it is now? How will I achieve this?

Do I wish to make any changes in regards to my participation with insurance panels from what I am doing now? If I'm not on panels

how do I market myself to become attractive to prospective business outside of panels?

How will I monitor and fine tune my progress on this business plan? Do I need a business buddy or mentor to maintain my progress on this plan?

(Adapted from Walfish and Barnett, *Financial Success in Mental Health Practice*, American Psychological Association, 2009)

What to Do if you Haven't Saved for Retirement by Age 50

By Alicia Rose Hudnett @CNNMoney April 4, 2017

<http://money.cnn.com/2017/04/04/retirement/no-retirement-savings/index.html>

Those of you who are aged 50 or older have probably been working for a few decades, and you may be thinking about what comes next. Most of us dream of eventually leaving the workforce for good—but what if you haven't even started saving for retirement yet?

First off, know you're not alone. In fact, a recent GOBanking rates.com survey found that 28% of people over age 55 have no retirement savings at all, while 26% report that they have under \$50,000 saved for retirement. But with retirement fast approaching, there are still some moves you can make to get closer to achieving financial independence. Here are a few ideas to get you started.

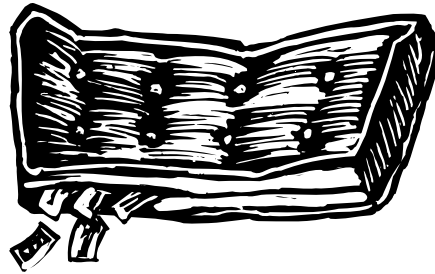
Work longer

If you're in your 50s and still haven't put anything away for your golden years, you should consider working until at least your Social Security full retirement age of 70—the age at which you can receive the full Social Security benefit you're entitled to based on your work history. The later you retire, the longer you can live on earned income and build up your savings, rather than drawing those savings down in order to get by.

Over the next 10 to 15 years, you'll need to turbocharge your savings. Generally, a savings rate of 15% of gross annual salary is recommended for people who have decades to prepare for retirement. But if you're in your 50s and haven't really been saving, then you need to dig as deep as possible. Ideally, you'll save 30% or more of your salary in order to

get your savings on track to meet your needs in retirement.

If you're unable to save that much, then try to start at 15% and look for ways to make small increases over time. For example, every time you get a raise, put it directly toward your savings contributions.



Take advantage of catch-up contribution

Now that you know how much you should be saving, let's address where you should be saving. Tax-sheltered retirement accounts can offer you current and future tax benefits. If you have an employer-sponsored 401(k) or 403(b), you can contribute up to \$18,000 this year, plus a \$6,000 catch-up contribution if you're aged 50 or older, for a total of \$24,000. If you can max out your retirement account and possibly earn an employer match, then you'll make up for some lost time.

If you don't have a workplace retirement plan, then you can save up to \$5,500 per year, plus an additional \$1,000 if you're aged 50 or over, in an IRA. If you're in a position to do so, make sure you reach to get these catch-up contributions in order to bridge the gap between what you have and what you need in savings. In fact, saving the full \$6,500 for the

next 15 years in an account earning 5% would yield a nest egg of about \$150,000.

Look to sources of guaranteed income

Social Security was never intended to be your only source of retirement income—or even the primary source. But if you haven't amassed sufficient personal savings, then you will need to run the numbers to determine how you can maximize your Social Security benefit in order to help you make ends meet in retirement.

Go to the Social Security Administration's website, set up an account, and take a look at your expected Social Security benefit. Consider how much your check will continue to increase each year you delay filing for benefits. For each year you delay filing, your Social Security check will increase by about 8% until age 70, when your benefits will max out.

Meanwhile, if you reach retirement with a smaller nest egg, you might consider annuitizing a portion of your savings to provide a guaranteed stream of income.

If you're 50 or older and nowhere close to being retirement-ready, then you need to start thinking seriously about how to build the savings you'll need to have a happy and secure retirement—and you may ultimately need to adjust your idea of what your retirement will look like. While this may be your last chance to move the needle in the right direction, the good news is that if you commit to changing your situation, there is still time to make some progress toward retiring in comfort.

CNNMoney (New York) First published April 4, 2017: 11:04 AM ET

Reflections On a Member-Led White Privilege Group

An Opportunity to Explore White Privilege

By Robin Westby, LICSW

After attending Caprice Hollins' presentation on Combating Racism to the Society in June of 2016, a number of us started meeting in the Fall to consider white privilege. We ended up meeting every other week through mid-April 2017.

Robin DiAngelo's book *What Does it Mean to Be White?* helped us to begin the discussion. We had plenty of other material that helped us explore how we benefit from white privilege and how most of us are living in a whites-only environment, even now. Over the course of our meetings we absorbed how much we remain immersed in a culture dominated by white supremacy.

For me, at age 62, the group led me to examine my family, the community in which I grew up, how history was taught in school, and how it is possible that black people and other people of color live in a vastly different and more dangerous world than I do.

Since the group ended I have been reading essays, novels, and historical accounts, and I've seen the movies *I am Not Your Negro* and *Loving*. My education has only begun. My next avenue for exploration is how to use self-education to effect change; this cause remains daunting for me personally and for the Society.

The depth of white supremacy in our country is profound, with ongoing unequal access to health care, disproportionate rates of incarceration, and economic, environmental, and educational sequestration of black people and other people of color. It underlies nearly all the institutions from which I have benefitted and which I have taken for granted.

How to live with integrity with this knowledge is not easy to do, either personally or within the Clinical Society.

I invite other clinical social workers and others interested in combating racism within ourselves and in our society to consider forming more groups of this kind. It is only when we engage in these questions and undertake this kind of self-examination that we will be able to challenge white supremacy as it exists in our world today.

Reflections of Growth: Power Dynamics in a Client/Therapist Relationship

By Denise Malm, LSWA/C

Shortly after attending the WSSCSW workshop "Cultural Competence in the 21st Century: Understanding Implicit Bias," something changed for the community. There seemed to be a new awareness of how race and social justice impacts the therapeutic relationship. This shift in thinking, along with local and national traumatic events, left many WSSCSW members wondering, *what do we do now?* Robin Westby, LICSW, reached out to members who had attended the event and a group of therapists began to meet. Together we had uncomfortable, awkward, and difficult conversations about how we show up as white clinical social workers.

Here are a few comments from group participants:

"We started with talking about the messages we received about whiteness and differences of race and ethnicity in the homes and communities where we grew up. At another session I attended we admitted to some of the gaffes we've made in our work with clients of color and then went on to say what we'd do now instead. Unfortunately, I couldn't attend many of the groups but I found the experience to be rewarding and energizing. I hope to see more of this kind of offering within WSSCSW."

"Members took risks to share very personal thoughts and feelings regarding our own prejudice, bias, racism, and white supremacist ideas; the kinds of things that kept inside can too often come out in hurtful actions. The group created a safe container in part by this sharing."

This was a different form of professional development and it laid the groundwork for the WSSCSW 2017 Spring Conference, "Seeing the Water" with Robin DiAngelo and Deborah Terry-Hays. This presentation, connecting race, social justice, and inclusion was well attended (over 100 participants).

Our Fall Conference is with Dr. Laura S. Brown. She writes: "The centrality of the egalitarian relationship to feminist therapy practice leads feminist therapists to consider how they and their clients have power and privilege differences not only in the office, where a therapist is powerful by virtue of role, but outside in the larger social setting."

The vulnerable work we did as a group has forever influenced how I see myself personally and professionally.

Chiron: The Wounded Healer

By Joshua Cutler, MSW, LICSW

I recently renewed an interest in Jungian archetypes in the most unlikely of places. I'd intended to breathe new life into a decades-old screenplay by reviewing for inspiration a clip on Joseph Campbell's idea of hero's journey tales on Youtube, but the internet had other plans. The site suggested a related clip that caught my eye: a psychoanalyst giving a talk on Chiron, the Wounded Healer¹. I have often heard of the Jungian concept of the wounded healer—one who enters this work in part to try and save their own soul by helping others, and thrives in it because of their ability to empathize with those struggling with the psychic pain with which they too have danced.

I had not heard, however, of this fellow named Chiron, the centaur whose myth forms the archetype for a medicine man cursed with eternal pain who dedicates his life to helping others with theirs. As the story goes, this teacher and physician was accidentally pierced by a poisoned arrow belonging to Hercules. Immortal Chiron couldn't die, but instead

was forever wracked with the pain of burning poison in his veins. Eventually, Hercules made a deal with Zeus that allowed Chiron to exchange his life for cursed Prometheus, who was being eaten by eagles every evening and regenerated every morning as punishment for gifting mortals the power of fire. Chiron took up the chains of Prometheus and was allowed to die, picked apart by the eagles until he was no more.

This story helps me to make meaning of my own journey. A teacher once pointed out to me that many going into this field do so to search for a cure to their own struggle and/or that of their family. This is not the place to find it. They should put an auto-reply on MSW program applications warning would-be social workers that a cure to what ails them won't be bestowed upon graduation or licensure.

Large numbers of mental health professionals have experienced mental health problems of their own.² I certainly have my own share of issues. In my experience, the profession

doesn't heal us, but it does transform us into healers. Those dark nights of our souls are transmuted into calm reassurance and wise words for our clients in the sacred moments in which they share their raw emotional pain with us.

Once I dreamed of making movies and telling stories; now I collect them and do my best to help their bearers toward a better place.

I'd do anything to heal the raw Chironic wound that sometimes grips my soul, but until the gods grant me relief, I will be down here serving those who call out for the presence of one who isn't afraid of sitting in the dark with them. I'm still holding out hope that if I join them on their road to salvation, I might just stumble upon my own.

1 *Chiron: The Archetype of the Wounded Healer* by ArchetypalView - <https://youtu.be/fs8qdUFt-mk>

2 *Why Shrinks Have Problems* by Robert Epstein, Ph.D. - <https://www.psychologytoday.com/articles/199707/why-shrinks-have-problems>

Read a book by a local author.
Discuss the book with other social workers.
Hear the author speak at an upcoming WSSCSW event

RSVP
by emailing the host listed below
grab your spot! Reading groups limited in size

"Not the Price of Admission"
by author Laura Brown, PhD
Hosted by: Dawn Dickson
dawndickson1@comcast.net
Ballard, September 28 at 7pm

"Feminist Therapy"
by author Laura Brown, PhD
Hosted by: Ellen Rugg
ellenrugg@gmail.com
Wallingford, October 4 & 11 at 7:30pm

"Counting on Kindness"
by author Wendy Lustbader, MSW
Hosted by: Denise Malm
dmalm@wallingfordseniors.org
Wallingford, November 7 at 6:30pm

A Place of Meeting: The Bones of Clinical Work

Column By Jenny Pearson, LICSW

I would like to get a conversation going in our newsletter about what it means to be a therapist, what it means to do clinical work. In particular, I'm interested in finding ways to express the truly amazing feat of sitting in the presence of another person's humanity (as well as our own). My hope is that this column can be a place where members share their thoughts and offer their reflections, an open forum with no set rules.

Rage Ignored: A Legacy

Bitter bile, constant companion,
reminding me of what I am not;
Caustic presence, weakening force,
tell me something I don't know.

"I am the energy of ancestral repression.
I am the reality of generations of giving in.
I am the result of so much sacrifice.
I live off the lifeblood offered up
to appease, placate, appeal, stave off.
I am unfelt loss in the name of love.

I am calloused hands meant for gentler things.
I am unrecognized intelligence relegated
to labels of 'stupid' and 'lazy'.
I am love letters returned.
I am the shame in killing others to be free.

I am the life not lived,
the fear of fullness, of the natural states.
I am the Goddess bound and gagged
lest she open her legs
and pour forth her blood and her babies.

I am the stifled scream,
the held back wail.
I am the pain of not feeling pain.
I am the grief of not being allowed
to look death in the face.

I am the burden of what could have been
but wasn't.
I am the collective weight of all the sacrifices
that came before you.
I cannot be purged; I am too big.
With me, you cannot live;
To live at all, you must embrace me like a brother."

– Jenny Pearson

Treasurer's Report

By Jenny Pearson, LICSW, WSSCSW Treasurer

REVENUE:

(mainly from DUES and CONFERENCES)

- Dues DOWN for second year (down \$1200 this year)
- Conferences UP (approx \$3000)
- Investment gain of \$5000+ helped us (due to bull market)
- ... but it's a non-budgeted item. We can't count on it.

LARGER EXPENSES:

- Improving our cultural competency, specifically addressing racism and white privilege via board training and conferences
- Reinstatement of tax exempt status (one time expense), outcome not yet known

RESERVES = \$74K (as of 5/31/17)

- \$85K (as of 5/31/16)
- \$94K (as of 7/31/15)

BOTTOM LINE:

We are going into reserves just to meet budget for our operational expenses. This can't continue. A plan to increase revenue, decrease expenses, or both is needed. This is currently being discussed.

Endings and Interruptions: Remarks on Our Recent Conference

By Sara Slater, LICSW

Planned or unplanned, interruption or ending, all of us will eventually grapple with the closure of a practice we've built, relationships we've cultivated, and an identity long a part of us.

It's obvious perhaps, but for many of us in the room, Laura Groshong's excellent conference, "Mental Health Clinical Practice: Interruptions and Endings," was a necessary reminder about confronting the realities of life. It was accompanied by helpful information, a wise perspective and collaborative brainstorming with supportive colleagues. Yes, even the unplanned can be planned for, and the planned made easier, if we make time to follow the well-outlined steps that were discussed and use templates provided at the workshop.

For me, the conference was well-timed because I am actually in the middle of closing my practice; my husband and I are relocating to be closer to my elderly mom. That makes it a planned ending, one with a seemingly endless series of elements to think through, prepare for, and process. It's overwhelming at times, so the conference was both validating in terms of what I have already begun to tackle, and helpful in guiding me through additional considerations. I have a consultant who has been doing this work with me, an idea I was able to share while brainstorming with colleagues considering their own changes.

Before the conference I hadn't considered that interruptions could also be positive—travel, sabbaticals, maternity leave—and thoughtfully

planned. Or that retirement, the pinnacle of planned endings, creates conflict for many of us, as we consider the impact on both clients and ourselves. After all, we are drawn not only to a profession, but to a purpose, and it's hard to imagine what will take its place. When we do choose travel and the like, we may feel guilt or worry about "abandoning" our clients. How to withdraw in a manner that is ethical, responsible and caring, and that also makes room for consideration of our own needs, was helpfully threaded throughout the day's discussion. This started a dialog about life beyond our clinical identity, about preparing for the losses that make space for whatever comes next.

Harder still was thinking about the unplanned, the scary stuff—illness, accidents, end of life. Yet what I experienced through the discussion was primarily anxiety-reducing because it showed me that in planning for the unexpected, I am not only taking care of my clients, but also myself. If I am suddenly ill or need to attend to a loved one, there's comfort in knowing I can do so in a responsible manner.

Admittedly, it was a bit of a head-shift to move between these possibilities—the planned and the unplanned—and there was SO MUCH material! But with the templates provided, steps outlined, and names collected of people interested in continuing the dialog through a possible future group, it was an excellent start to considering how we shepherd our practices, our clients, and ourselves through the inevitable, to find something new and growthful on the other side.

Bill Etnyre: An Appreciation

Recently the WSSCSW Board learned of the retirement of one of our long-term members, Bill Etnyre. We asked a few people to say some words of appreciation for Bill.

From David Bird:

Bill and I have been good friends for 30+ years. I have more to say about him than can be written in this space. Bill is a man of many interests and talents. Some of those include skiing, bridge, running track, cooking and fine wine, meaningful friendships, backpacking, golf, and storytelling. Fortunately, I've been a party to all of these activities with Bill at some time or another. Less fortunately, I think I can only hold a candle to him in the cooking/wine and golf areas. He brings great energy and enthusiasm to all he does. He offers great commitment, interest, and intelligence as well. Many people know the pleasure of spending time with Bill on a personal and/or professional basis.

As an educator, Bill has given countless hours to teaching social work students. He added to his career by earning his DSW, and then began teaching at the UW School of Social Work. There, through his teaching, he has given so much back to the community of social workers and social workers-to-be. His love of learning, warmth, openness, and intelligence has been so deeply shared with his students and colleagues. His contributions have enriched the learning and lives of so many.

Bill is a model of excellence for professional practice and ethics, social justice, and the promotion of helping individuals in deep and meaningful ways. And he is a deeply funny, humble and compassionate man. Professionally, I'll miss him so very much.

Fortunately, I plan to travel east with my golf clubs to join Bill on his neighboring golf

course, play bridge, and cook up a storm with him and Michael.

Oh, and there will be fine wine too.

From Shirley Bonney:

It was with sadness and excitement that I participated in a recent celebration of Bill Etnyre, as he started a new chapter of his life... RETIREMENT!! Several of us—mostly old-timers and a few younger former students/supervisees—came together to acknowledge what Bill has meant to all of us, as well as to the growth of professional social work here in Seattle. It was a wonderful tribute to Bill's service to our community.

Bill was one of the first social workers I met upon moving to Seattle in Fall, 1981. He was very encouraging of me as a newcomer to Seattle, trying to establish a private practice. That is Bill's nature; he has always been a cheerleader and mentor to others. An enthusiastic lifelong learner himself, he is forever curious, and he masters new things at a level of competence that outreaches most other people. In that vein, Bill returned to school to complete a PhD in Social Work from Smith College in 2005. Bill had graduated from the UW School of Social Work with his MSW in 1975, and had worked in several local mental health agencies, such as Seattle Counseling Service and UW's Hall Health Mental Health Clinic. For many years he had a private practice as a clinical social worker and supervisor. He also supervised staff at Downtown Emergency Service Center as a volunteer for the last eight years of his practice.



With his PhD in hand, Bill began teaching at the UW School of Social Work in the BASW and MSW programs, completing his teaching assignment this past winter. Bill loves to teach theory and its application to direct social work practice with individuals, families, and groups. He has played an important part in strengthening the clinical training at the UW School of Social Work. He created and facilitated in-service trainings at Hall Health and was a practicum instructor. Additionally, from 2002 - 2016 Bill led seminars for Smith College MSW students whose field placements were in the Seattle area. He taught at the Smith College School of Social Work MSW program for 8 summers. In 2015 Bill's paper, "The Moral Arc as a Pretzel: Social Justice in the Trenches" which addresses the fostering of social justice via direct social work practice, appeared in *Smith College Studies in Social Work*.

Bill has served on the boards of WSSCSW (including President for one term), Northwest Alliance for Psychoanalytic Study, Northwest Center for Psychoanalysis, United Ostomy Association, and the American Bridge Association. Bill is a man of many talents. An expert bridge player, he also enjoys running and is an avid skier and heli-skier (he is a member of the 1,000,000 vertical feet club).

Going forward, while Bill may not be directly practicing social work, I know the social work values he holds will influence whatever he does next. I also know Bill will be very actively

continued on page 14

engaged in life—whatever it brings, wherever he is. He will be an asset to his community. It is an honor to know Bill and I will miss having him as part of our community, but I celebrate his new life with his husband in the Midwest!

From Danny Gellersen:

Just shy of 10 years ago I had the great privilege to enter into a supervisory relationship with Bill Etnyre. At the time, I was aching for someone who could help me acquire a stronger clinical footing post grad school (and simultaneously complete my remaining licensure hours). A co-worker recommended Bill to me, emphatically stating, “You’ll be such a great match!” And she was right. Bill had my attention from the very beginning of our work together. It was the first time I had experienced someone who demonstrated such thoughtful silence and patience with each case. While I would rush through endless details about the case, he would seek out the felt sense of the client’s story. Bill could gently confront my more stubborn or privileged countertransference moments without ever shaming me. He encouraged my personal growth, but never demanded change. As my ability to join him in those spaces grew over time, my love for this work blossomed in ways I could never have expected. When I realized I was hungry for more extensive instruction, Bill championed me in pursuing further training—even when it ultimately lead me away from our work together.

In retrospect, I feel fortunate that I transplanted to the city. Throughout our initial work together, I was unaware of just how large Bill’s impact on our community had been; for many years he was just “my supervisor.” My naivete about Bill’s role in the clinical community allowed Bill to be a sturdy base for me as I found my clinical identity. Years later, as I progressed through my training, it slowly became apparent to me that “my supervisor” was not just any clinician, but a tremendous leader within the clinical community. It was truly wonderful to celebrate Bill a month ago and hear several of his long-time colleagues speak about their memories as a cohort, building these communities over the years.

When Bill began to approach retirement a few years ago, we had one final opportunity to collaborate together and teach sections of the 562 course (Advanced Practice, Health/Mental Health) for the MSW program at the University of Washington. Bill designed the class, thoughtfully placing a text on Time-Limited Dynamic Psychotherapy at the heart of the syllabus. The experience synthesized a moment of coming

full circle with my beloved mentor. I mention Bill’s name whenever I teach a new quarter because he is very much there, reminding me that relationships matter the most in healing—even if their proximities change over time.

Bill, I continue to be inspired by your career, which has touched so many lives - most especially my own. Thank you for your generosity and spirit. Best wishes to you and Michael! I know we’ll be keeping in touch.

From Laura Groshong:

My Friend Bill

It has been 40 years since I first met Bill Etnyre, a colleague in the Seattle Psychoanalytic Institute (now SPPI) 3-year advanced psychotherapy program. We were both fresh out of our MSW programs and looking for ways to deepen our understanding of psychotherapy. This was back in the dark ages when there was no licensure or certification for clinical social workers and relatively few clinical social workers in private practice.

Bill and I both came from Illinois, which gave us a bond. Though he was raised in a small town named Oregon and I came from Skokie, a suburb of Chicago, our Midwest roots gave us a common culture. Bill also had an interest in advocacy, even before I decided to move in that direction.

It is hard to overemphasize the impact that Bill has had on the education of clinical social workers in Seattle. I can’t count the number of graduates who have mentioned how important his classes were in their development at the UW and at Smith, where Bill was also a faculty member.

It is hard to imagine how I will fill the hole in my personal and professional life that Bill’s move to Chicago will leave (though he has promised he will return occasionally). Our relationship is sibling-like in our having had moments of closeness and moments of conflict, but always a sense that we would have each other in our lives.

I wish Bill the best in his journey with Michael, and I hope he will return occasionally). Our relationship is sibling-like in our having had moments of closeness and moments of conflict, but always a sense that we would have each other in our lives.

New Members

The Membership Committee wants to welcome these new and returning members. We welcome all members who have joined in the last year to submit a New Member Profile and introduce yourself to our community!

Ross Artwohl	Katie Maynard
Joy Butler Lowell	Jen McCormick
Stefanie Dorman	Natalie Meade
Allison Fine	Melissa Montrose
Chris Garrido-Philp	Renee Pierce
Deborah Graham	Amy Song
Ursula Hildebrandt	Betsy Strewler
Julia Kocian	Stefanie Talmadge

NEW MEMBER PROFILE

LESLI DESAI, LICSW

Lesli received her MSW from the University of Washington in 2011. Her early clinical experiences involved working with children from birth to kindergarten as well as middle school and high school students. Shortly following graduate school, she found a passion for working with perinatal mood and anxiety disorders and the transition to parenthood. She has been working primarily with pregnant and postpartum moms for the past 5 years and has recently started her own private practice in West Seattle specializing



in work with women and couples, and home visits for new parents. She uses a variety of therapeutic models including CBT, IPT, grief and loss, and solutions focused therapy, creating an individualized treatment plan for each of her clients. Lesli also founded a local non-profit agency, Transition to Parenting, dedicated to providing affordable and accessible workshops to prospective and new parents. In her free time, she enjoys reading, knitting, and walking around the dog park with her husband and 4 year old rescue dog.

ANNOUNCEMENTS

Benefits of WSSCSW Membership:

- Access to our email listserv for **convenient consultation, resource gathering and referrals**
- Advocating and tracking of **legislative initiatives** through our legislative correspondent
- Opportunities for **professional networking** and camaraderie
- Fee/Reduced rates for **CEU events and conferences**
- **Discounted CSWA** (Clinical Social Work Association) membership
- Special Opportunities for **Students and Associates** to learn and grow
- Participation in the latest clinical conversations through **Clinical Evening Meetings**

CLINICAL SOCIAL WORK ASSOCIATION MEMBERSHIP

WSSCSW is an affiliated group of the Clinical Social Work Association (CSWA). CSWA advocates for our practice at the national level, providing analysis of macro social work issues which affect us all every day. CSWA membership also confers other valuable benefits, such as free consultative service for legal and ethical questions and discounted comprehensive professional liability insurance.

Please consider complimenting your WSSCSW membership with a CSWA membership. CSWA member dues are \$35 for students, \$60 for emeritus members, \$85 for new professionals, and \$100 for general members.

More information is available at <http://www.clinicalsocialworkassociation.org>.



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ADDRESS SERVICE REQUESTED

**Join us for WSSCSW's Fall 2017 Clinical Conference,
"Culturally Competent Trauma Treatment" with Laura Brown**



**October 13th 2017 from 9 am to 4 pm
University Heights Center, Seattle**

For more information and to register visit wsscsw.org

SAVE THE DATE!

Exciting and engaging Clinical Evening Meetings are being planned right now for Fall 2017 through Winter 2018.

Here is what is currently scheduled:

Thursday, November 30th, 7-9 pm: Wendy Lustbader, MSW, known for her engaging storytelling style of teaching, will be bringing her deep knowledge and experience to us. Wendy is the author of several books and essays that have earned her a national reputation in the field of aging. She is a skilled psychotherapist and an Affiliate Associate Professor at the University of Washington School of Social Work.

Don't miss the announcement in the newsletter about the reading group for those who are interested in reading Wendy's book, "Counting on Kindness." We will meet in early November. "Counting on Kindness" helps readers comprehend the complex and often unspeakable feelings that arise when we become dependent on others for help.

More Clinical Evening Meetings are being planned for early fall and winter. Keep your eye on the WSSCSW calendar and listserv for more details!