



# The Northwest Catholic Counseling Center

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## EXECUTIVE DIRECTOR'S NOTE

No one in my life speaks as harshly to me as I do to myself. I found some ideas by one of our counselors, Jessie Larson-Wu, LPC, so helpful in toning down that critical voice. I hope you find them useful, too! – *Erin Peters, Executive Director*



## QUIETING THE INNER CRITIC *By Jessie Larson-Wu, LPC*

Think of the last time something difficult happened to you or you felt a difficult emotion: how did you respond to yourself? Too often we are self-critical or have a hard time offering ourselves the kind of compassion we offer to others in our lives. Self-compassion practice originated in Eastern Buddhist practices and is a process of offering kindness and non-judgmental understanding to ourselves. Self-compassion can help downregulate our stress responses and help us build inner strength.

There are parts to self-compassion:

1. **Mindfulness:** being aware of our thoughts, emotions, and sensations without resistance or avoidance. Often, we want to get rid of what we are thinking/feeling or move straight into problem solving. Being mindful means observing what we are feeling without judgment. This might sound like noticing “this is a moment of suffering” or “this is stressful.”
2. **Common humanity:** this means recognizing that all humans make mistakes and experience hardship. This is important because often when we are self-critical, we tend to feel isolated and alone in our experience. When we remember that suffering is part of the human experience, it allows us to feel connected with this shared human experience. This part might sound like “I’m not alone” or “everyone makes mistakes.”
3. **Self-kindness:** think about how you would respond with compassion to a friend, family member, or child if they were experiencing what you are. Now try to apply that same kind of kindness to yourself with what you are experiencing. This may involve physical soothing touch (such as a hand on your heart or a self-hug) as well as comforting and accepting words. This part might sound like “May I be kind to myself” or “I am enough as I am.”

*For more on self-compassion or self-compassion meditations, check out the following resources:*

1. Dr. Kristin Neff: <https://self-compassion.org/self-compassion-practices/#guided-practices>
2. Thich Nhat Hanh (video): [https://www.youtube.com/watch?v=Cq8MePQ\\_uUk](https://www.youtube.com/watch?v=Cq8MePQ_uUk)
3. Meditation in Mandarin:  
<https://soundcloud.com/centerformsc/hailan-4?in=centerformsc/sets/mandarin>

**Reference:** “The Mindful Self-Compassion Workbook” by Kristin Neff & Christopher Germer

...Creating Hope

...Providing Help...

## EXECUTIVE DIRECTOR

Erin Peters

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## ADMINISTRATIVE SUPPORT

Mark Uhrich



## OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday appointments available*

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

## Hip, Hip, Hooray!



Becoming a licensed counselor takes blood, sweat, and tears. Years of studying and a lengthy internship leads to a Master's degree. Each new graduate has to do 1,600 hours of supervised work with clients. And don't forget the tests! Two of our clinicians just completed this long process, and we couldn't be more tickled or proud! They now get to put the letters "LPC" after their names, showing they are Licensed Professional Counselors.

Congratulations **Marchelle Carl, LPC**, and **Lu Lu, LPC**!

# Shine the Light at Circle of Strength!

**23rd Annual Women's Fundraising Brunch**  
September 28th, 2024 • 10:00am–12:00pm  
The Madeleine Hall  
In-Person



Tickets and tables are on sale now for the Circle of Strength Women's Fundraising Brunch! Come join us for an inspiring morning of conversation, brunch, mimosas, and raffle as we discuss mental health care and raise money for the women and children in our community who need care but struggle financially. Every dollar raised makes a difference.

You can get a table for eight, a half table for four, or buy individual tickets. Raffle prizes include a stay at the Oregon coast, a gorgeous handmade quilt, and the much-coveted "jar of cash." Scan the QR code, or go to <https://www.nwcounseling.org/circle-of-strength-2024/>



Take advantage of our great match, whether you can make it in-person or not! Every gift of \$150 or more (up to \$10,000) will be matched dollar for dollar!

We have a special recognition this year, too. Nancie Potter, JD, LMFT, recently finished her terms on our Board of Directors. Prior to her board work, Nancie was a counselor at NCC. To thank her for her long and generous service, we are honored to be recognizing her at Circle of Strength with our Compassionate Heart Award.

## **Want to be a Circle of Strength sponsor?**

Email Erin Peters at [erin@nwcounseling.org](mailto:erin@nwcounseling.org) for more information.

## **Work for NCC!**

We are hiring a therapist! This Master's level therapist position partners in our work of providing compassionate and collaborative mental health care to a wide variety of clients. We offer flexible scheduling and hybrid office/remote options, a supportive office staff to assist with billing and paperwork, great benefits, regular clinical supervision and educational opportunities.

We welcome providers of all faiths or non-faith orientations. For a full job description, go to <https://www.nwcounseling.org/job-openings-2/> or email [jobs@nwcounseling.org](mailto:jobs@nwcounseling.org).

## Client Story: Esme

Esme's young life was shaped by trauma. At 27, she came to NCC because of PTSD and anxiety as she was going through a divorce from her violent husband. As a teen, Esme had been victim of a date rape, but rather than support, Esme's mother, who had been abused and abandoned by Esme's father, blamed and shamed her, saying the rape was Esme's fault.

Esme met her husband when she was 20 and after two years of dating they married. What Esme didn't know is her husband had a rapidly worsening drug problem. Soon after they were married, he began to hit her, and as he got more desperate, he began to beat her to the point Esme's life was in danger. After Esme escaped the situation, she was paralyzed with fear of going anywhere but home and work. She had flashbacks and nightmares. Work was a constant minefield of triggers for her, and she had problems forming healthy relationships.

Esme started counseling at NCC over video, because it felt most safe for her. After two years of counseling, Esme is like a different person. She has a new-found confidence in her job, developed a great group of friends, and has a kind and steady boyfriend. Your generous donations help us be here for women like Esme.



## Thank You!

*Thank you to  
these foundations  
for financial support  
in the first half of 2024.*

*Their partnership  
helps make  
our sliding fee scale possible:*

**Maybelle Clark Macdonald Fund  
B.P., Lester & Regina John Foundation  
Hoover Family Foundation  
Spencer Family Foundation**

## Welcome, Lynette!

**We are excited to have Lynette Soares (she/her) join our Board of Directors!** Lynette began her career as a social worker and worked in the accounting department of two local nonprofits before becoming a CPA. She's been a regular at the Circle of Strength Women's Fundraising Brunch for several years, loving NCC's mission.



If you love NCC's mission, too, think about becoming a board or committee member! Our board and committee members are committed to reflecting the diversity of our community and the clients we serve, and we welcome people of all life experiences. Contact Erin Peters at [erin@nwcounseling.org](mailto:erin@nwcounseling.org) for more information!

## You Planted the Seeds of Hope



A big thank you to everyone who contributed to our **Growing Hope campaign** in May to mark Mental Health month!

We raised more than \$42,000 to provide mental health services to financially fragile clients who might not otherwise be able to get counseling services.

While a counseling session costs \$180, some clients can only afford \$5 or \$10, and this money will make sure that all in need get care. *Thank you for Growing Hope!*

## Congratulations! Time for Marriage Preparation

Fall weddings are just around the corner! While you book the caterer and decide on invitations, don't forget to add to the list the thing that will last a lifetime: marriage preparation. Our Marriage Preparation Program helps you build a solid foundation focused on mutual understanding, shared goals and values, healthy communication, conflict resolution, life transitions, and respect.

*We offer three options:*

1. **Couple Sessions:** Four private sessions with a therapist, online or in-person, \$345;
2. **Weekend Workshop:** Online with a therapist and other couples on **September 6-7, or November 1-2**, \$300;
3. **Combination:** Both the sessions and the workshop, discounted at \$445.

Sign up online at [nwcounseling.org](http://nwcounseling.org) or email [marriageprep@nwcounseling.org](mailto:marriageprep@nwcounseling.org).

## NCC Now Accepts Oregon Health Plan

NCC recently completed the process to accept Oregon Health Plan (Oregon Medicaid). Currently, several counselors can see clients with Health Share, CareOregon, and some OHP Open Card. Just email [billing@nwcounseling.org](mailto:billing@nwcounseling.org) with questions.



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## Social Media

**Find us** on social media for mental health tips, event information, client stories, and more! Or visit our website for general NCC updates.



**The Northwest Catholic Counseling Center  
LevantarPDX**



**@nccorg  
@2Have2HoldPDX**



**@ncc1986  
@2Have2HoldPDX**



**@ncc1986pdx**

**nwcounseling.org**

**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](mailto:info@nwcounseling.org)