



Home from War: Common readjustment issues in returning veterans

By Suzanne Best, PhD

Future keynote speaker, Oregon Social Workers Conference, 3/16/12



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In October of this year, President Obama announced the close to the most significant era in our nation's military history since the Vietnam War. In the past decade, over 2 million service members have been deployed to Iraq or Afghanistan and many have served multiple deployments.

As the vast majority of these courageous men and women return home through the end of the year, they and the families who support them will be faced with a new set of challenges. It is our turn now to be called into service- to assist our nation's heroes in the adjustment and healing process of returning home from War.

In Oregon, our role as mental health providers is particularly significant. With military recruiters scrambling for new active duty enlistees, National Guard and Reservists have been deployed in record numbers, making up nearly one-third of the War on Terror force. Here in Oregon, this translates into over 14,000 Army and Air Guard troops who have served since 2001.

Following deployment, these men and women return to their communities, families, and employers or college campuses where they struggle to adjust to civilian life and the physical and psychological effects of War.

Regardless of your professional focus, the odds are high that you will encounter either individuals or families who have been impacted by the past decade's deployments.

What then are the most common reactions and issues to be aware of in order to best serve those who have served our country?

Posttraumatic stress disorder

At this point, it should not be news to anyone that war veterans are at risk for developing posttraumatic stress disorder (PTSD). In fact, the inclusion of the formal diagnosis of PTSD in the DSM (DSM-III, American Psychiatric Association) came about as a result of studies and clinical observations of primarily Vietnam Veterans. As with Vietnam Veterans, upper estimates of the rate of PTSD in Iraq War Veterans has hovered around 30% (Hoge et al., 2006). The media has made much of this as the mental health costs of treating this illness in potentially hundreds of thousands of troops could indeed eventually overwhelm the VA system.

But it is important to remember that while potentially one-third of war veterans may develop PTSD, this means that the vast majority, over two-thirds, will not. Just like victims of interpersonal violence, the response to war zone exposure will vary. Some go through a traumatic event without being overwhelmed by intense emotions because they feel trained to handle it. Others may recover quickly from the first traumatic incident but have problems after an accumulation of events. In some cases, posttraumatic stress may not surface until months after a veteran returns from war.

Regardless of how or when they develop, the symptoms of PTSD are strikingly similar whether they occur in combat veterans, disaster victims or rape survivors. When a trauma survivor develops posttraumatic stress, it is because he or she keeps operating in "survival mode" long after the threat or disturbing experience has ended.

Continued on page 3.



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Upcoming events

Jan. 28, 2012:

LCSW Exam Preparation Workshop, Portland, Ore.
Register now at: <http://www.cvent.com/d/rcq70b/>

March 16, 2012:

Oregon Social Workers Conference, Portland.
See pages 8-9.

June 2, 2012:

Community-Based Social Work Conference in partnership with the PSU School of Social Work and the Social Welfare Action Alliance.

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Home from War cover story continued from page 1.

The most important thing for a veteran to hear is that their war zone service, as threatening and disturbing as it may have been, is OVER.

Sleep Disturbance

Another problem common to returning veterans is sleep disturbance. While on deployment, their sleep was severely disrupted by working unusual shifts, bunking down in uncomfortable settings, and remaining vigilant to every sound that might signal danger. After returning home, veterans can find it difficult to sleep, in spite of the fact that they are now in comfortable, secure surroundings. If nothing else, simply the change in time zones can cause significant insomnia.

As therapists, we should address sleep disturbance immediately as inadequate sleep tends to aggravate all other problems and bad habits such as turning toward alcohol to induce sleep can quickly develop. As with anyone who has experienced trauma, war veterans are at risk for alcohol and drug problems. Besides being used to address insomnia or nightmares, returning veterans may abuse alcohol or drugs to avoid thinking about upsetting things that happened in the war zone, to avoid disturbing feelings like depression, guilt, shame, or grief, or to take the edge off of being physically “amped.”

Anger and depression

In addition to sleep disturbance and anxiety, another very common issue for returning veterans is anger. When living in a war-zone, anger often develops as the emotional armor that protects military personnel from the vulnerability of helplessness and fear. In addition, every day frustrations, such as limited supplies, extreme weather and living conditions and inadequate equipment, can build to a constant state of irritability that can't be shaken, even after returning home.

For those suffering from PTSD, anger may simply be a manifestation of exaggerated arousal, while those who have experienced significant loss may express their grief or even guilt through unmanaged angry outbursts.

While feelings of guilt or grief associated with war-zone experiences or losses may lead to anger, for many, the result is depression. In addition, National Guard or Reservists may return to find themselves dissatisfied with their lives which, compared to the responsibility, excitement, and sense of purpose they felt while deployed, are to them entirely unfulfilling. Also prone to depression are the vast number of veterans returning with physical injuries. For some, simply the fact that they were unable to finish their tour with their unit leads to feelings of guilt and depression at having “let their buddies down.”

About the author



Local author and clinical psychologist Suzanne Best, PhD, will be the keynote speaker at the March 16 Oregon Social Worker Conference in Portland. For keynote details see page 8.

How can I help?

Cultural competency in working with a military population means understanding and acknowledging the social stigma attached to expressing emotions and seeking professional help. Although the majority of returning veterans will successfully reintegrate into their work and communities, those who experience problems often don't seek help until their symptoms seriously interfere with their ability to function in their jobs and at home.

The greatest gift that you can give to those who have served is to support and assist them in addressing their physical, emotional and relationship needs as early as possible to prevent the more chronic and debilitating problems that we have seen in veterans of previous wars. The following resources can begin to help you in doing just that:

Online resources

- **National Center for PTSD:** www.ncptsd.va.gov
This website provides extensive information on war trauma, with a section specifically designed for clinicians providing care to those deployed to Iraq and Afghanistan.
- **Seamless Transition:** www.seamlesstransition.va.gov
This is the VA's main website for veterans returning from Iraq and Afghanistan.
- **VA Polytrauma System of Care:** www.polytrauma.va.gov. A resource for those providing care to veterans with Traumatic Brain Injury (TBI) and other injuries.

References

Armstrong, Best & Domenici (2005). *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families*. Berkeley, CA: Ulysses Press.

Hoge, Auchterlonie & Milliken (2006). Mental Health Problems, Use of Mental Health Services, and Attrition From Military Service After Returning From Deployment to Iraq or Afghanistan. *Journal of the American Medical Association*, Vol. 295, No. 9: 1023-1032.

Hoge (2010). *Once a Warrior—Always a Warrior: Navigating the Transition from Combat to Home*, GPP Life.

Our voice, taking action



Delmar Stone
Executive Director

“The best way to build social justice is through a collective effort in concert with others. Building allies and strategies is one of the best ways to confront our fears and the social problems generating inequity and injustice.

“By building strategies and allies, we also break the silence that surrounds most oppression and keeps it politely in place. Effective resistance is each individual’s responsibility, but it is best undertaken in concert with others, using shared strategies, analysis and tactics.”

—Akua Benjamin, Director of the School of Social Work, Reyerson University, from, *“Doing Anti-Oppressive Social Work: The Importance of Resistance, History, and Strategy”*

Oregon and many other states are facing further massive cuts to social services.

Social workers and social work students are increasingly challenged to become more involved in politics and social action. The NASW Oregon Chapter has a Social Work Action Network (SWAN), of which all of our members are a part (unless you opt-out in an e-mail). You will be receiving alerts about what you can do in the coming weeks and months to help preserve and restore our state’s social safety net.

Please e-mail me (delmar@nasworegon.org) if you have any ideas about what we can collectively do to make the voice of social workers heard loud and clear in Salem. Our voices must be at the table in discussions and decisions regarding health care transformation, budget talks, and how best to improve the economy.

The NASW Oregon Chapter Board of Directors issued a public statement on the Occupy movement (to the right). This statement will be distributed to various elected officials and media outlets in the coming days.

Thank you for your ongoing membership with NASW. Your dues allow us to collectively strengthen our great profession and advocate for a more just society.

I hope to see many of you at our statewide conference, Friday, March 16 in the Oregon Convention Center! ■

Chapter Board supports efforts and values of Occupy movement

The following statement was approved by the Chapter Board of Directors on Dec. 3, 2011.

The National Association of Social Workers (NASW), founded Oct. 1, 1955, is the largest and most recognized membership organization of professional social workers in the world. It represents more than 145,000 members from 56 chapters in the United States and abroad.

The NASW Oregon Chapter is an organization that is committed to the cause of social justice, and we support the efforts and values of the Occupy movement. These protests have helped bring attention to the growing divide between the advantages of the few who are wealthy and the struggles of the many who are in poverty, or at its brink. Though their individual grievances vary, these protesters are united under the banner “We are the 99%,” and by the governing ideal that peaceful protest and assembly are basic human rights.

As social workers, we understand that a just society must provide for the needs and well-being of all of its members, not just the privileged and affluent. We understand the impact of economic systems and institutions and how, when implemented unfairly, they can engender physical, emotional and social problems. Our economy has led to widespread hardship and privation, where we are witnessing declining wages, rising debt, and the risk of deep and persistent poverty for many. Social workers know that joblessness and economic insecurity contribute to the incidence of mental illness, family violence, suicide, substance abuse, crime, and diminished capacity for healthy family and community functioning. It is this knowledge and experience that gives the social work profession a special responsibility to advocate for income, employment, and social support policies that promote the economic justice and social well-being of all members of society.

The NASW Oregon Chapter Board of Directors fully supports the Occupy movement and encourages social workers, social work students, and our allies to join in this support as they see fit. We believe this is an important, significant movement that promotes both social and economic justice—fundamental elements of the mission of Social Work. ■

“The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.

—Franklin D. Roosevelt

“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.”

—Elie Wiesel

Being an NASW member has many benefits ... My personal story



Lisa Bates

Chapter President

would be a great way to connect to members locally and to network with other professional social workers.

NASW covers the range of social work practice, addressing issues that are relevant to our members and our professional values such as; setting standards for the profession, conducting research, influencing social policy and continually educating the public and the media. In addition, I was able to get affordable insurance protection as a practicing social worker in our community.

At that time I did not realize that my NASW membership would connect me later to an amazing social worker in Louisiana.

My personal story starts at the Annual Leadership meeting in Washington, D.C., last April where I had the opportunity to meet NASW Louisiana Chapter President Alisa Lear, who spoke as the President's Counsel chair. Afterward, I connected with her to find out more about Louisiana, where my son would soon be traveling 3,000

I joined NASW as a student when I was in the graduate program at Portland State University. As a graduate student, I had so much to learn plus the challenge of finding a job. I realized early on that being an NASW member

miles to attend Louisiana State University (LSU) in Baton Rouge.

Ms. Alisa (This is the way they address people in the South.) was out-going, shared information about her state and encouraged me to connect with her when I traveled to LSU. Ms. Alisa has done a great deal of work in New Orleans with hurricane Katrina, continues to do crisis work in her state and is a clinical social worker in private practice.

As my son Daniel and I traveled to Baton Rouge, we planned a visit with Ms. Alisa. She came to meet us, took us shopping and out to dinner. She really understands how to show Southern hospitality. From this time forward Ms. Alisa became Daniel's Louisiana Mom. As a parent, knowing that an adult is there for your son if he needs a parent quickly is reassuring.

Our friendship with Ms. Alisa grew. On my next visit to see Daniel at LSU, Ms. Alisa invited us to her home in Downsville. She also invited Daniel to bring his friends!

We traveled three hours from LSU to have the most amazing experience with an outstanding social worker and person. The best part ... Ms. Alisa was caring for 10 dogs, many of whom were rescued from Hurricane Katrina.

As I returned to Oregon, I thought this has been my most memorable moment as an active member of NASW and my son has a Louisiana Mom. I'm looking forward to seeing Ms. Alisa in the future. ■

Petition would silence voice of working people and hurt charities

Initiative Petition 3, currently circulating in Oregon, would silence the political voice of working people and restrict the activities of charities and nonprofits that raise money through the charitable tax check off program or payroll deductions from public employees.

The measure would prohibit public employees from making voluntary contributions to their union's political activities through their own paycheck. They would also be prohibited from contributing to many charities. Also, public employees would be the only people in the state specifically prohibited from participating in this way.

Unions would not be able to use any money collected through the payroll system to fund political activities, like fighting against anti-worker ballot measures or advocating for schools, senior services and public safety.

Additionally, Initiative Petition 3 would prohibit charitable fund raising in a public building (such as the convention center) if funds may be used for a political purpose. Charities would also be prohibited from asking for contributions to an affiliated political committee at an event held in a public building; pass-through and commingling provisions mean that restrictions apply to recipient and parent or affiliated organizations.

The initiative would also require onerous accounting practices and could result in steep fines and penalties even for minor violations.

This initiative is backed by Bill Sizemore, who put this same idea on the ballot four times before and each time it was defeated.

The chapter endorses opposition to this initiative. To get involved, visit <http://www.defendoregon.org>. ■

Source: Defend Oregon fact sheets

Use it or lose it ... Oregon's political tax credit



Elaine Charpentier-Philippi, SWPAC Chair

Give to your profession's PAC today and we'll enter you in the drawing for a free weekend at a Black Butte Ranch home.

Your Oregon political tax credit for 2011 runs out Dec. 31. Use it today by giving to the Social Worker Political Action Committee (SWPAC). Your gift will help us protect the voice of social work in the Oregon Legislature by providing financial assistance to candidates who care about our profession, our values and the people we serve.

Help us reach our goal of \$1,500 by Dec. 31, 2011 so we can hit the ground running in the new year.

We expect some tough races in 2012

We have a lot at stake in the November 2012 Oregon election, and we need to get an early start. Here are some races we are watching right now:

- Secretary of State Kate Brown faces a well-financed challenger.
- A highly contested race for the attorney general's seat.
- At least two Oregon State Senate seats on the Coast and in the Portland Metro area.
- At least six Oregon House seats throughout Oregon.



Please send your contribution today of \$250, \$100, \$75, \$50, \$15 or whatever you can afford. [Click here](#) to give either online with a credit card or check.

Donate \$25 or more ... You might win a free Central Oregon weekend.

NASW Oregon members who give \$25 or more by Dec. 31, 2011 will be entered in a raffle for a free weekend at a Black Butte Ranch home.*

**Only NASW Oregon members are eligible for the raffle. Some restrictions apply. Raffle drawing to take place Jan. 2, 2012.*

The Oregon political tax credit is a real gift to taxpayers in Oregon.

You don't need to be wealthy or have an accountant to participate. It's really simple when you do your 2011 taxes ... if you owe the state any taxes, up to \$50 (for a single person) or up to \$100 (for a couple filing jointly) is subtracted from what you owe and it reduces the taxes you pay by that amount. Or, if the state owes you a refund for 2011, it increases your tax refund by up to \$50/\$100.



You could win a weekend at this Black Butte Ranch home!

How SWPAC selects candidates

SWPAC is committed to helping social workers change the face of Oregon policy-makers for the better. We interview candidates and find out their positions on mental health, healthcare, social services, revenue, budget and civil rights issues. We also evaluate their campaigns and voter outreach plans. Then we prioritize key statewide and legislative races and provide direct financial contributions in races that will make a difference. We publicize the endorsements and let members know about opportunities to volunteer.

Give today

Please take advantage of the Oregon political tax credit by Dec. 31. And, remember, with your contribution of \$25 or more, we'll enter you in the drawing for a free weekend at a Black Butte Ranch home in beautiful Central Oregon.

[Click here](#) to donate online via credit card.

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Thank you.

■ **Portland Social Workers Recognized:** National NASW last month celebrated Native American Heritage Month by featuring Native American social workers on its Web site. Among them were **Claudia Welala Long**, PhD, Enrolled Member of the Nez Perce Tribe, Adjunct Professor of Indigenous Nations Studies, Portland State University and **Debra J. Clayton**, MSW, St. Croix Chippewa Indians of Wisconsin, Community Development Specialist, National Indian Child Welfare Association. To read their stories about their careers and proudest achievements, [click here](#).

■ **Book Club:** The NASW Book Group usually meets once a month in the evening in Portland. For more information, call Sally Stevens at 503-702-8321.

■ **Lane County District:** Monthly brown bag meetings are usually held the first Tuesday of the month from 11:30 a.m. to 1 p.m. at Lane County/Mental Health, 2411 MLK Jr. Blvd., Eugene. Meetings feature speakers and networking with social workers, who would like to get to know other professionals in Lane County. Also, 1.5 CEs are usually offered at each event. Please e-mail Gina Tormohlen at gina.tormohlen@co.lane.or.us for meeting confirmation and to be placed on the mailing list.

■ **Rogue Valley District:** District members meet second Wednesday of each month at noon at the Rogue Valley Medical Center. Contact Victoria Bones, vmohrgan@charter.net, for more information.

■ **Caregiver Village** is a new online community designed exclusively for those who provide support and care to loved ones with special needs. Within the Village you'll find individual groups devoted to different types of caregivers and compassionate loved ones; such as those who care for elderly parents, cancer survivors, disabled children or veterans.

More than an online resource, Caregiver Village is a meeting place where caregivers can give and receive support, encouragement, and suggestions with others who struggle with the challenges and isolation of providing care and support to a loved one. Go to www.caregivervillage.com

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where you and your clients can join for free. To connect with others providing care to veterans, go to the Unsung Heroes book club under See all Book Clubs on the Get Connected tab.

■ **Oregon ranking:** Oregon has the highest food stamp/supplemental nutrition assistance program participation in United States. In 2010, 13.6 million households reported receiving food stamp/Supplemental Nutrition Assistance Program (SNAP) benefits during the past 12 months. The state with the highest food stamp/SNAP participation was Oregon (17.9 percent). Read more at Partners for a Hunger-Free Oregon, <http://www.oregonhunger.org/>

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For further information, please contact co-leaders:

Steve Hand LCSW (503) 590-7029
Donald Mann LCSW (503) 228-1939

BC/4/0

Oregon Social Workers Conference

Friday, March 16, 2012

Oregon Convention Center

Portland, Oregon



Conference offers variety— something for everyone

NASW Oregon's March 16 Oregon Social Worker Conference in Portland will bring information-packed workshops in the areas of trauma recovery and preparedness, cultural understanding and diversity, anti-oppressive practice and positive youth development.

Our keynote speaker, Suzanne Best, PhD, an author and clinical psychologist, will open the conference with the presentation, "In the Wake of Trauma: Understanding and Addressing the Impact of War, Violence, and Disaster."

Keynote addresses trauma

In her keynote address, Best will cover how exposure to trauma, whether through war, interpersonal violence, accident or disaster, can impact individuals in multiple ways. In addition to the development of potentially disabling conditions, such as PTSD and substance abuse, trauma can alter a person's very sense of themselves and the world. Her presentation will review the more common reactions to trauma in different survivor groups, followed by a discussion of evidence-based practices for addressing the acute and long term needs of traumatized clients.

After over a decade of directing various studies of combat veterans, police personnel and civilian trauma survivors at the University of California, San Francisco, and the San Francisco VA Medical Center, Dr. Best relocated to Portland, Ore.

She continues to consult on clinical research trials, while in her private practice she specializes in serving law enforcement professionals and military veterans, and conducts privately retained forensic evaluations. In 2006 she co-authored the book, *Courage After Fire: Coping Strategies for Returning Iraq and Afghanistan Veterans and Their Families*. (See her article on cover page.)

Other workshops: Ethics, liability and more

Ethics and liability insurance workshops and a special panel of the Oregon Board of Licensed Social Workers will also be offered.

Awards luncheon

Every two years the chapter recognizes outstanding contributions to the social work profession and service to Oregon communities. The awards will be presented during the conference at a special awards luncheon. For more information and a nomination form, please see the next page. Award nominations are due Jan. 13.

Conference schedule and registration form

The conference schedule and registration form will be available on the ONA Web site next month. Registrants will be able to pay online or by check.

Sponsors and exhibitors

We wish to thank our first two conference sponsors, Friends of Social Work, *Legacy Health System* and *PSU Continuing Education in Human Services*.

Potential sponsors and exhibitors are encouraged to grab this unique chance to be in front of nearly 150 professional social workers and allied human service providers who represent a wide range of practice setting. For a complete list of sponsor and exhibitor opportunities, click here.

Be a volunteer

Join a dynamic, creative group of professionals who are planning the 2012 Oregon Social Workers Conference. Interested? Contact Delmar Stone at delmar@nasworegon.org. Volunteers pay a reduced conference registration fee.

Save the date: Friday, March 16, 2012
Oregon Social Workers Conference

Nominations Open for NASW Oregon Chapter Awards

The NASW Oregon Chapter is currently seeking nominations from members, allied professionals and the general public for the following awards:

■ The **Social Worker of the Year** must have a degree in social work and be an NASW member in good standing.

■ **Citizen of the Year** is for a non-social worker and non-member, given for work providing services to the community.

■ The **Helen Catlin Memorial Award** is given in memory of an Oregon woman whose life was dedicated to volunteer community service and goes to a volunteer whose service demonstrates a variety of efforts for social change and the betterment of society; can be a social worker or not, NASW member or not but must be for volunteerism.

■ The **Paul Starr Memorial Award** is given in memory of a social worker and activist in the fight against HIV/AIDS in Oregon who died in 1992 at age 43. This award goes to a social worker who has made a special contribution to the fight against HIV/AIDS; NASW membership is not required.

■ The **Lifetime Recognition Award** is for a social worker and NASW member who has demonstrated a lifetime commitment to the practice of social work and services to the community.

These awards are given to recognize outstanding contributions to the social work profession and service to Oregon communities.

Nominees should have demonstrated involvement in activities consistent with the goals of NASW, leadership in the human services, willingness to take risks and to enlist public support for improved social services, evidence of personal integrity, a capacity to increase public knowledge in their area of expertise, and personal representation of the ideals embodied in the NASW Code of Ethics. We will not accept nominations by family members even if the nominee meets all other qualifications.

These awards will be given at the NASW Oregon Chapter 2012 statewide conference on March 16, 2012 at the Oregon Convention Center, Portland, Ore. Deadline for submitting nominations is Jan. 13, 2011. Visit <http://nasworegon.org/pdf/RevAwardNom.pdf> for a nomination form.

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Ruth Friedel, PsyD, CGP, is a psychologist & nationally certified group therapist who has been working with individuals, couples, and groups for 30+ years. She is adjunct faculty at Pacific University, OHSU Dept. of Psychiatry, and Marylhurst University.

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Presenting your work to others

Possessing effective presentation skills is an essential ingredient for leadership. Although few receive formal public speaking training in their academic careers, social workers are well educated about the importance of words to motivate clients, advocate for communities and create social change. (Mankita, 2009)

Throughout their careers, social workers have opportunities to present their expertise at professional symposia and conferences. Being comfortable and proficient in presenting your work to others enhances your career—and builds your leadership skills portfolio. It also advances the social work profession as a whole. Some basic pointers for effective presentations include:

Connect with a mentor

Find an experienced colleague within your organization who can serve as your presentation mentor—someone with public speaking experience who is willing to provide honest and constructive advice on your presentations and your delivery. Use your mentor to vet opportunities and to rehearse your presentations.

Find presentation opportunities

Look for opportunities—both internal and external—to hone your presentation skills. In partnership with your mentor, plan and implement an in-service training on a relevant topic for staff within your organization. Professional meetings and symposia, such as NASW state chapter conferences, are excellent opportunities to improve your presentation skills and showcase your area of expertise (NASW, 2008).

Submit conference presentation abstracts

In most cases, you need to “apply,” i.e., submit an abstract, in order to present at a professional conference. Each conference will have its own abstract submission guidelines, which should be followed carefully. Generally, an abstract is no more than 350 words, written in paragraph form. If you are presenting a research paper, your abstract provides a summary of your key concepts, including theoretical concepts, major hypotheses, and conclusions reached (NASW Press, 2011). A comprehensive but concise abstract is important because this description of your presentation is often what is printed in the conference program. Attendees frequently decide whether to attend your presentation based on the quality of your abstract.

Prepare

Allow sufficient time and attention to create a quality presentation. You should only present on topics that interest you and that you know well. Begin by writing out your speech, and then edit your written text into a presentation that uses simple words and shorter sentences. When possible, use humor, personal stories and conversational language—these tactics will be easier for you to remember and will keep your audience engaged. If you are presenting a research paper, select only the highlights of your research to include in your presentation. Consider your presentation “an advertisement” for your paper (Wineberg, 2004).

Start and end strong

As you develop your presentation, keep in mind that the beginning and ending matter the most. Start your presentation with an interesting quote, a provocative piece of data or a compelling news headline—something powerful that will get the audience’s attention immediately (Toastmasters, 2011). Then find a way to bring your talk to an inspiring conclusion—refrain from saying, “more research is needed” (Wineberg, 2004). Try not to end your presentation with questions and answers. If you build a Q and A component into your presentation, follow it with a summary of your key points, a memorable quote or a call to action.

• TRAINING SEMINAR •

EMOTION-FOCUSED THERAPY FOR COUPLES

EFT provides research based, powerful, detailed models for working with individuals and couples

- Increase emotional awareness and affect regulation before changing deeper maladaptive emotional patterns
- Stop negative interaction cycles and establish a stable, affect regulating bond
- Integrate tasks from the individual therapy EFT model to address common impasses in EFT for couples
- Develop a solid conceptual foundation and practical skills for effective, focused work with couples

TRAINING INCLUDES READINGS, LECTURES, DISCUSSIONS, VIDEOS & ROLE PLAYING

NEXT TRAINING GROUP STARTS OCTOBER 2012

EDWARDS PSYCHOTHERAPY
Charles Edwards PH.D.
Jamie Levin-Edwards PSY.D.
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Presenting your work to others story continued from previous page 10.

Practice, practice, practice

Practice your presentation repeatedly, preferably in front of your mentor. Rehearse out loud with your PowerPoint slides and any other equipment or props you plan on using. Revise your presentation as necessary. Work to control the use of filler words (“umm,” “uh”); pause and take a breath instead (Toastmasters, 2011). Practice with a timer and have a plan for shortening your presentation, should something unexpected occur. Toastmasters (2011) suggests that visualization is also helpful in the rehearsal process. Visualize yourself giving your presentation, with your voice loud, clear and confident. Visualize the audience clapping. This will boost your confidence. Finally, speak with passion in your voice. The more passionate you are about your topic, the more likely the audience will embrace your message.

Present with confidence

For both novice and veteran speakers, feelings of nervousness prior to presenting are natural. The following are proven tips on how to overcome your fear and give a strong delivery (Toastmasters, 2011; Wineberg, 2004):

- **Know the room.** Arrive early, walk around the speaking area and practice using the microphone and any visual aids.
- **Know your audience.** Greet some of the audience members as they arrive. It's easier to speak to a group of acquaintances than to strangers.
- **Relax.** Begin by addressing the audience. It buys you time and calms your nerves. Pause, smile and count to three before saying anything. (“One one-thousand, two one-thousand, three one-thousand. Pause. Begin.) Transform nervous energy into enthusiasm.
- **Look at your audience.** Find a single person in the audience and make eye contact with him or her. Stay with that person long enough to deliver a full sentence or complete thought. If you take responsibility for the audience's understanding of your message, you will soon forget your sweaty palms and knocking knees.
- **Speak directly into the microphone.** Focus your attention away from your own anxieties and concentrate on your message and your audience.
- **Don't apologize for any nervousness or problem**—the audience will likely never notice it.
- **Realize that people want you to succeed.** Audiences want you to be interesting, stimulating, informative and entertaining. They're rooting for you.

Few people are born natural orators. Feeling comfortable making presentations is an acquired skill, and leaders in all fields, including social work, must master this skill through

experience. Also, experience will build your confidence, which is the key to powerful presentations. ■

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- Resources**
- Toastmasters International: Toastmasters is an international network of community-based public speaking clubs, in which participants hone their speaking and leadership skills, in a safe and friendly environment. www.toastmasters.org/
- Advanced Public Speaking Institute: APSI provides articles and other resources for public speaking improvement. www.public-speaking.org/index.htm

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A Relationship Enrichment Program for Couples



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Charles Edwards PH.D.

Jamie Levin-Edwards PSY.D.

CONVERSATIONS FOR CONNECTION

THIS PROGRAM IS USEFUL FOR COUPLES WHO ARE:

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THERAPY BASED ON ATTACHMENT
AND AFFECT REGULATION THEORY

NEXT GROUP
STARTS
SEPTEMBER 27, 2011

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The following continuing education programs have been approved by the NASW Oregon Chapter.

Dec. 16, 9 a.m.–4:30 p.m., **The Therapist's Role in Facilitating a Gender Transition**, sponsored by LaneCare, held in Eugene, no charge, 5.5 hrs., 541-682-7262.

Dec. 19, 9 a.m.–2 p.m., **Multnomah County Trauma Informed Practice Training**, sponsored by Casey Family Programs and Oregon Juvenile Court Improvement Program, held in Portland, 4.25 hrs., no charge, 503-986-5618, register at www.surveymonkey.com/s/2011MultnomahRegionalTraining

Dec. 28–29, 8:30 a.m.–4:30 p.m. **Applied Suicide Intervention Skills Training (ASIST)**, sponsored by Oregon Public Health Division, held in Canyonville, Ore., \$150, 12 hrs., 541-680-1201.

Jan. 3, 12 p.m.–1:30 p.m., **Emotional Freedom Technique**, sponsored by NASW Lane District, held in Eugene, no charge, 1.5 hrs., contact Gina.Tormahlen@co.lane.or.us

Jan. 6, 8:30 a.m.–4:30 p.m., **High Conflict Symposium VIII: Managing High Conflict Personalities in Family Cases**, sponsored by Marion County Family Law Advisory Committee and Marion County Bar Association, held in Salem, \$75, 6.5 hrs., 503-584-4754, <http://marioncountybar.org/public/wp-content/uploads/2011/Binder1.pdf>

Jan. 6, 9:30 a.m.–2:30 p.m., **NLP for Women**, sponsored by NLP Pacific, held in Kirkland, Wash., \$79, 4.5 hrs., 541-535-5932.

Jan. 9–15, **4th Annual NW Conference Against Trafficking and Film Festival**, sponsored by Soroptimist International Northwestern Region, held in Portland, \$100, 16.5 hrs., 626-644-3472, info@nwcato.org, www.NWCAT.org.

Jan. 10, 11:30 a.m.–1 p.m., **Legacy Health Social Service Council Education Series**, sponsored by Legacy Health Social Service Council, held in Portland, No charge, 1.5 hrs., 503-413-7010, e-mail rweissha@lhs.org.

Jan. 10–Feb. 21, 6:30 p.m.–8:30 p.m., **Your Essential Self ... Exploring the Mind Body**, sponsored by Amy Trezona Consulting, held in Springfield, \$225, 12 hrs., 541-912-0216.

Jan. 13, 9 –11 a.m., **Pain Made Simple and If We Are Not Too Tired, How Sleep and Pain Go Together**, sponsored by Cedar Hills Hospital, held in Portland, no charge, 2 hrs., 971-228-8002.

Jan. 21, 9–5:00 p.m., **The Enneagram: Understanding the Nine Points of View in Relationships, Work and Spiritual Development**, sponsored by Enneagram Portland, LLC, held in Portland, \$125, 7 hrs., www.enneagramportland.com.

Jan. 21–22, (Sat., 1:30–4:30 p.m./Sun., 9 a.m.–4:30 p.m.) **What Motivates Change? Translating Theory Into Practice**, sponsored by Be Nourished, held in Portland, \$250 before Dec. 20/\$275 after that date, 9 hrs., 503-288-4104.

Jan. 24–25, 8:30 a.m.–4:30 p.m., **Applied Suicide Intervention Skills Training (ASIST)**, sponsored by Oregon Public Health Division, held in Lake Oswego, \$150, 12 hrs., www.foundationscs.com, 503-953-5769.

Jan. 26–April 12, Thursdays, 6–8 p.m., **DBT Skills Group for Therapists**, sponsored by Katherine Calvert, LLC, held in Portland, \$50 per week, 24 hrs., 503-705-2194.

Jan. 27–29, 9 a.m.–5 p.m., **Power Up Your Practice: Tools for Outstanding Personal & Professional Excellence**, sponsored by Maria Connolly, LPC and Nando Reynolds, LPC, held in Kahului, Maui, \$299, 6 hrs. per day, 541-821-6623, www.mylearningretreat.com.

Feb. 2–4, 9–4 p.m., **Fetal Alcohol & Other Neurobehavioral Conditions: Understanding & Application of a Brain-Based Approach – A Three-Day Workshop for Parents & Professionals**, sponsored by FASCETS, Inc., held in Portland. \$395, 19.5 hrs., 503-621-1271.

Feb. 4, 10 a.m.–4:30 p.m., **Extreme States, Psychiatric Diagnosis, and Medication: A Process Work Approach**, sponsored by NASW Oregon Mental Health Network and Portland Hearing Voices, held in Portland, \$60 (\$50 before Jan. 20), 5.5 hrs., 413-210-2803, www.portlandhearingvoices.net.

Feb. 11, 9 a.m.–12 noon, **Law School for Social Workers 4**, sponsored by Law Offices of Nay & Friedenber, held in Portland, \$25, 3 hrs., 503-245-0894, www.naylaw.com.

Feb. 16, 8:30 a.m. to 4:30 p.m., **suicideCare**, sponsored by ColumbiaCare Services, held in Medford, \$125, 6.5 hrs., 541-858-8170.

Feb. 17, 9 a.m.–11 a.m., **Older Adults and Issues of Hoarding**, sponsored by Cedar Hills Hospital, held in Portland, no charge, 2 hrs., 971-228-8002.

Feb. 18, 10 a.m.–5:15 p.m., **The Internet, Ethics, Marketing and the Professional Helper**, sponsored by Oregon Mental Health Counselors Association, held in Portland, \$110 (\$95 before Feb. 1), 6.25 hrs., 503-839-4825, www.personcenteredtech.com.

Feb. 23, 8 a.m.–3:30 p.m., **Advanced Clinical Supervision: Practice and Process**, sponsored by HEALTH EDucation Network, LLC d/b/a HEALTH ED, held in Portland, \$179, 6 hrs., 800-839-4584.

Feb. 25, 10 a.m.–2 p.m., **Open Dialogue Approach to First Episode**, sponsored by NASW Oregon Mental Health Network, Portland Hearing Voices and Mental Health Association of Portland, held in Portland, \$60, 3.5 hrs., 413-210-2803, <http://www.portlandhearingvoices.com>.

Feb. 25, 9 a.m.–12 noon, **Law School for Social Workers 4**, sponsored by Law Offices of Nay & Friedenber, held in Portland, \$25, 3 hrs., 503-245-0894, www.naylaw.com.

March 9, 9:30 a.m.–2:30 p.m., **NLP for Women**, sponsored by NLP Pacific, held in Kirkland, Wash., \$79, 4.5 hrs., 541-535-5932.

March 9, 9 a.m.–12 p.m., **Countertransference and Sexuality: How Our Attitudes, Biases, and Assumptions Influence Our Work as Therapists**, sponsored by Cedar Hills Hospital, held in Portland, no charge, 3 hrs., 971-228-8002.

March 13, 2:30–4 p.m., **Legacy Health Social Service Council Education Series**, sponsored by Legacy Health Social Service Council, held in Portland, no charge, 1.5 hrs. each, 503-413-7010.

March 16–17, 9 a.m.–6 p.m., **Sacred Art of Living & Dying: Unit Two**, sponsored by Sacred Art of Living Center, held in Bend, \$350, 15 hrs., 541-383-4179.

April 20–21, 9 a.m.–6 p.m., **Sacred Art of Living & Dying: Unit Four**, sponsored by Sacred Art of Living Center, held in Springfield, \$350, 12 hrs., 541-383-4179.

May 16, 1–2:30 p.m., **Legacy Health Social Service Council Education Series**, sponsored by Legacy Health Social Service Council, held in Portland, no charge, 1.5 hrs., 503-413-7010.

May 24–25, 9 a.m.–6 p.m., **Sacred Art of Living & Dying: Unit Four**, sponsored by Sacred Art of Living Center, held in Federal Way, Wash., \$350, 12 hrs., 541-383-4179.

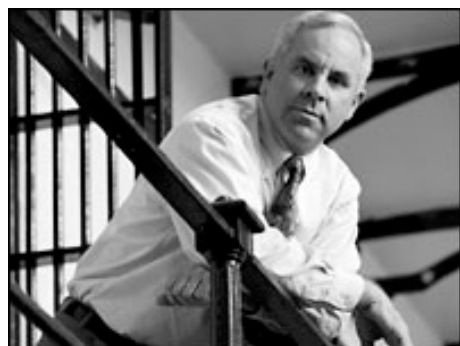
June 21–23, 9 a.m.–4 p.m., **Fetal Alcohol and Other Neurobehavioral Conditions: Understanding and Application of Brain-Based Approach**, sponsored by FASCETS, Inc., held in Portland, \$395, 19.5 hrs., 503-621-1271.

Oct. 18–20, 9 a.m.–4 p.m., **Fetal Alcohol and Other Neurobehavioral Conditions: Understanding and Application of Brain-Based Approach**, sponsored by FASCETS, Inc., held in Portland, \$395, 19.5 hrs., 503-621-1271.

Earn 6 Ethics CEs at Home!

DVD: Managing Difficult Ethical Dilemmas and Risks in Social Work

Presented by Frederic G. Reamer, PhD (Filmed in Clackamas, Oregon, on Oct. 8, 2010)



This workshop will provide participants with an overview and in-depth examination of compelling ethical challenges in social work.

Building on introductory ethics concepts, this workshop will explore difficult ethics cases and practical strategies designed to protect clients and practitioners. The workshop will include a series of challenging ethics cases involving conflicting professional duties and discuss practical steps that professionals can take to manage ethical issues skillfully. Key topics will include boundary issues, dual relationships, conflicts of interest, confidentiality, privileged communication, informed

consent, clients' rights, termination of services, and impaired professionals.

The workshop will include discussion of relevant ethical standards: statutes, regulations, and case law; social and cultural diversity and competence; supervision; and consultation. The workshop will focus especially on complex documentation issues. The presenter will make extensive use of case material and provide ample opportunity for audience participation.

Register [online](#). To find out about group rates, [e-mail the NASW Oregon Chapter office](#).

Please allow 5-10 business days to process your order. Once your order is processed, you will receive a set of four DVDs, a post test and a prepaid return envelope. The DVDs and completed post test must be returned to NASW within 30 days. Your CE certificate will be e-mailed to you within two weeks.

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LCSW Exam Preparation Workshop

Saturday, Jan. 28, 2012 • 9 a.m. to 4:30 p.m.
Legacy Emanuel Medical Center
Portland, Oregon

Limited space ... Register now!
For more information and to register:
<http://www.cvent.com/d/rcq70b>

Approved for 6 CE hours

Earn 6 CEs at Home!

DVD: The Many Facets of Addiction



Presented by Claudia Black, MSW, PhD
Sponsored by NASW Oregon Chapter; filmed in Portland on March 13, 2009

Addiction is a critical factor in the preponderance of work with families and individuals. In this dynamic presentation, nationally renowned author Black addresses the many facets of addiction, including trauma, co-occurring disorders, multiple addictions, abandonment and family impairment. She will also discuss critical treatment issues and offer a variety of intervening strategies for social workers and allied professionals.

To rent the DVD, visit:
<http://nasworegon.org/continuing-education/dvd-rentals/>

Group rates available:
For more information, contact the NASW Oregon Chapter office at nasw@nasworegon.org.

Please allow five to 10 business days to process your order. Once your order is processed, you will receive a set of four DVDs, a post test and prepaid return envelope. The DVDs and completed post test must be returned to the NASW within 30 days. Your CE certificate will be e-mailed within two weeks.

Earn 6 CEs at Home!

DVD: Boundary Issues and Dual Relationships in Social Work



Presented by Frederic G. Reamer, PhD
Sponsored by NASW Oregon Chapter; filmed in Portland on March 2, 2007

- Is it ever appropriate for social workers to maintain relationships with clients after services are terminated?
- Should social workers ever disclose personal information to clients?
- How should social workers respond to gifts and social invitations from clients, or handle unexpected encounters with clients?

Using extensive case material, Reamer provides a comprehensive overview of boundary issues and dual relationships that arise in various human service settings. Participants will learn how to identify and respond constructively to complex boundary issues, protect clients, prevent professional malpractice and avoid liability.

To rent the DVD, visit:
<http://nasworegon.org/continuing-education/dvd-rentals/>

Group rates available:
For more information, contact the NASW Oregon Chapter office at nasw@nasworegon.org.

Please allow five to 10 business days to process your order. Once your order is processed, you will receive a set of four DVDs, a post test and prepaid return envelope. The DVDs and completed post test must be returned to the NASW within 30 days. Your CE certificate will be e-mailed within two weeks.



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- Each time you recruit a first time member or a member who has lapsed more than one year, contact us at 503-452-8420 or toll free in Oregon 1-888-842-8420. After we confirm your recruit, you will be entered in the drawing for a new iPad 2.

Apple is not a participant in or sponsor of this promotion.



Legal issue of the month:

Preventing and Responding to Electronic Privacy Breaches

Concerns about the protection of client privacy are on the rise as health records are increasingly made available in multiple electronic formats. Due to the ease with which large amounts of data can be stored and transmitted in small, portable devices such as laptop computers, handheld and fingertip devices, social workers need to be prepared to respond quickly and appropriately in the event a privacy breach should occur. This Legal Issue of the Month article reviews existing and emerging standards for responding to privacy breaches involving social workers' confidential client information contained in electronic systems, including an overview of state laws and federal regulations.

For the complete article, go to http://www.socialworkers.org/ldf/legal_issue/default.asp where you will login with your membership number to read this and other articles that address the special legal issues of social workers.

Welcome New members

The Oregon Chapter welcomes the following new members who joined NASW. We thank you for your membership and look forward to getting to know you.

October

- Nichole Eville
- Tina Granger
- John Hoerster
- Petra Kasula
- Michelle Matthews
- Malia Parecki
- Ronald Plumlee
- Melissa Richmond
- Katie Sass
- Cindy Simmons

November

- Jennifer Brinkman
- Bianca Chinn
- Jordan Mae Dobrovolny
- Heather Nanette Laurie
- Juliet Marion Robboy
- Lauren Elizabeth Stoner
- Carrie Williamson
- Maddison Paige Zilinkas

NASW opens membership to other professionals

For the first time in the 55-year history of the NASW, exclusive member benefits, once offered only to degreed social workers, are now available to anyone with an interest in the profession, the people we serve or the issues we face. Case managers, guidance counselors, community health workers, mental health counselors, family counselors, group therapists, and educators are invited to join NASW.

Professionals employed in any social service or related position are welcome.

Associate members have full access to the member-only section of the NASW Web site with countless resources, including practice briefs, standards for social work practice and the most current research from the Social Work Policy Institute. [Click here](#) for more information.

New possibilities for employment assistance program professionals



EAPrefer™

Connecting Qualified Social Workers with Employees Who Need Them™

Learn more at

www.EAPrefer.org

The Chapter's Nominations and Leadership Identification Committee announces the following open positions to be voted upon in the chapter's spring 2012 statewide election.

Position descriptions can be found on the chapter Web site at <http://nasworegon.org/about-us/chapter-elections/>. Interested members may also contact debra@nasworegon.org for more information.

Secretary, Board of Directors:

The secretary writes the minutes of the board of directors and the executive committee meetings; extracts policy decisions and administrative actions from meetings and includes them in the chapter policy manual; oversees the chapter's non-fiscal record-keeping; sends special notices to the membership, such as election results; and participates in the development of financial resources and fund-raising necessary for sound Chapter operations.

Region Representatives, Board of Directors:

The chapter is divided into five regions (see page 2 for details). Regional representatives serve on the board of directors, attend all board meetings, vote and fully participate in the decision making process. They provide an important communication link between the chapter and their local region. They communicate member concerns, needs and interests to the board and assist the chapter in local membership recruitment and retention and continuing education. The region representatives also provide local networking opportunities for members and help promote local member attendance at chapter statewide events.

The following region representative positions are open:

- **Region 2 Representatives** (two open positions): Clackamas, Multnomah and Washington counties
- **Region 4 Representative** (one open position): Coos, Curry, Douglas, Josephine and Jackson counties

MSW Student Representative, Board of Directors:

Elected to a one-year term (July 1 through June 30), the MSW Student Representative serves as a member of the board of directors, attends all board meetings, votes and fully participates in the decision making process. The MSW Student Representative works with the National NASW, Chapter board, members and staff and university/college faculty and students. The representative ensures adequate flow of information from the chapter and board to the appropriate students and faculty, and serves as a co-chair of the Day of Action (with the BSW Student Representative).

BSW Student Representative, Board of Directors:

The BSW Student Representative serves a one year term, running July 1 through June 30. The position description is similar to the MSW Student Representative.

Nominations & Leadership Identification Committee:

The Nominations and Leadership Identification Committee (NLIC) is composed of representatives from the chapter's five regions and is responsible for conducting the chapter's nominations, selection and election process in accordance with the *Standards for NASW Chapter Nominations and Elections*. The open NLIC positions are:

- **Region 1, Nominations and Leadership Identification Committee Member:** Benton, Clatsop, Columbia, Lincoln, Polk, Tillamook and Yamhill counties
- **Region 4, Nominations and Leadership Identification Committee Member:** Coos, Curry, Douglas, Josephine and Jackson counties

Men's Therapy Group

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Current openings. Group continuous since 1987. Portland metro area. Also individual, couples and consultation and training on male sexual abuse issues.

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503-228-1939 or email dmann@spiritone.com

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Take one workshop or complete the whole certificate

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- Therapy with Adoptive and Foster Families
- Trauma-Informed Services

Graduate Certificates**Graduate Certificate in Addictions Counseling**

www.pdx.edu/ceed/addictions-counseling

Graduate Certificate in Infant Toddler Mental Health

www.pdx.edu/ceed/itmh

Winter 2012 seminars and workshops

Issues and Innovations in Clinical Practice

www.pdx.edu/ceed/clinical-practice

Seminar: Substance Abuse

Friday and Saturday Mar 9, 10 with Kelly Washam

This 10-hour training provides an overview of substance abuse counseling. Increase clinical skills in this critical area by registering for the *Foundations of Substance Abuse Counseling* course March-June 2012. See www.pdx.edu/ceed/addictions-counseling for more information.

Adult ADD/HD: Transforming Disorganization into Hope

Friday, Jan 27 with Gregory Crosby

Essentials of the DSM-IV-TR for Clinical Practice

Friday, Jan 20 with Jerome Yoman

Gender Socialization and Transition

Friday, Feb 3 with Reid Vanderburgh

Clinical Supervision

www.pdx.edu/ceed/clinical-supervision

Supervision for Social Workers

Friday, Mar 2 with Matt Modrcin

Ethics and Legal Issues in Clinical Supervision

Friday, Mar 16 with Douglas Querin

Trauma-Informed Services

www.pdx.edu/ceed/trauma

Workshops may be taken individually or added together for the 12 days required to complete the certificate program.

Interpersonal Neurobiology of Trauma**

Friday and Saturday Jan 14, 15 with Bonnie Badenoch

Understanding Trauma and Crisis Response

Friday, Mar 9 with Ann-Marie Bandfield

The Suicidal Client: Prevention, Crisis Intervention, and Postvention

Friday, Feb 10 with David Capuzzi

For more information, contact Kathy Lovrien at lovrienk@pdx.edu or 503-725-8165.

Interpersonal Neurobiology**

www.pdx.edu/ceed/ipnb

Interpersonal Neurobiology of Trauma

Friday-Saturday, Jan 20-21, plus online thru Feb 10 with Bonnie Badenoch

Being a Brain-Savvy Practitioner II:**Weaving Brain Talk into the Flow of Practice**

Friday, Feb 10, plus online thru Mar 2 with Bonnie Badenoch

Advanced Mindfulness and Interpersonal Neurobiology: Interventions for Anxiety, Depression, ADHD and PTSD

Friday, Feb 24 with Donald Altman

Adoptions

www.pdx.edu/ceed/adoption

Attachment and Bonding in Adoptive and Foster Families

Jan 1-31, fully online with Doris Dodson

Clinical Practice with Diverse Adoptive and Foster Families

Feb 1-29, fully online with Doris Dodson

Trauma and Dissociative Disorders:**Working with Adoptive and Foster Families**

Friday, Mar 9 with Dave Ziegler

Promoting Positive Sexual Development Following Abuse

Saturday, Mar 10 with Dave Ziegler

**Video streaming available

For more information, contact Marion Sharp at sharpml@pdx.edu or 503-725-4876.

Join NASW's **SOCIAL AND ECONOMIC JUSTICE & PEACE** Specialty Practice Section Today!

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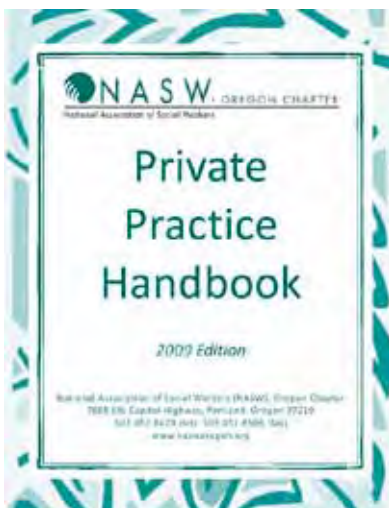
866-206-8509

Weekdays 8 AM - 7 PM Eastern



How can NASW Assurance Services help me if I live in NY, NJ, WA, MA, HI, ME, VT or RI? Currently, these states require individuals to apply directly with mandated carriers for major medical coverage. You can still obtain guaranteed products including dental and vision coverage.

Private Practice Handbook



Fees:

\$30 NASW Members
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- NASW Specialty Practice Sections
- National Social Worker Finder
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MEMBERSHIP INFORMATION

- Member Services Specialists
800.742.4089
202.408.8600 ext. 499
membership@naswdc.org
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CAREERS.socialworkers.org

The Social Work Career Center



Looking for social work jobs? Keeping your career options open? Graduating soon? If the answer is "yes" to any of these questions, POST your résumé with the Social Work Career Center.

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The NASW Oregon Chapter is committed to providing relevant and timely product and resource information in our quarterly newsletter, The Nexus, to our practicing social work members. We are seeking authors to write articles on a range of topics of interest to our members, according to the following guidelines.

Articles must provide information that is useful, relevant, and of interest to social work practitioners from a diverse range of practice settings. Ideas for topics might include new practice modalities, new clinical research, case studies, or how social workers might address prominent social issues. We also seek contributions related to diversity/cultural competency, advocacy and social justice, ethics and private practice.

Creative, evocative, and humorous yet thought-provoking content is appreciated. We prefer articles that provide comprehensive information in a succinct manner. This should include brief vibrant paragraphs, the avoidance of jargon and overly complicated terminology, clear and concise sentences, and when necessary bulleted or listed items. In-text citations should be used, with no more than five references. Resource lists may be included.

Article length should be between 350 to 1,000 words. All articles must be submitted in a Microsoft Word document to debra@nasworegon.org.

Articles must be accompanied by the author's full name, highest degree and any licenses. An e-mail address for the author(s) must be provided for print with each article.

All articles are subject to space availability and approval by the editor, and will be considered based on the appropriateness of the content and whether it will be of broad interest to our members.

The next newsletter will be our conference edition and it will publish online at <http://nasworegon.org> on March 1. **Article and advertising submittal deadline is Feb. 1.**

The Nexus Newsletter Advertising Rates

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The Nexus is the quarterly newsletter of the National Association of Social Workers, Oregon Chapter, and is published online quarterly at <http://nasworegon.org>. For deadlines and more information, contact debra@nasworegon.org.

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