

New pavement



Photo by Michelle Alaimo

Asphalt is poured in the entrance drive of the Tribal campus as a crew from Salem Road & Driveway pave it on Monday, July, 27.

FOR SALE

2005 Salem Travel Trailer. 26' with one slide. Sleeps 6 comfortably. Comes complete with sway bar and weight distributing hitch and two almost full propane tanks. Most accessories inside included also.

The colors on the outside of the trailer are the colors on the inside. Has a queen-size island bed and a couch that makes into a bed and the dining room table also makes into a bed. Full bath with amazing room. Outside shower and BBQ which attach to the outside.

I'm selling it only for the amount to pay off the loan which is just under \$14,700. The payoff would be lower, or if you would qualify to take over the loan, either way.

I've used it 4 or 5 times, non-smoking and only 2 owners.

If you have any questions or if you want to see it, please call 503-879-1486 or at home after 4 p.m. at 503-879-9003 or by cell 971-237-3696.



Client-therapist relationship affects outcome of counseling

By Tom Bender

Tribal Mental Health counselor

Studies show that most of the magic that happens in counseling is a direct outcome of the quality of the relationship between client and therapist.

This might sound like an obvious statement, but what it is saying is that therapeutic technique is less important than the level of trust and empathy a client feels between themselves and the counselor.

Some people come to their first counseling session and lay all their emotional cards right on the table. Others play it close to the vest and need to see over time that the therapist can be trusted.

There is no wrong way of being a client. People trust or don't trust, raise or lower their guards exactly as they feel moved to do so.

Many clients have pointed out to me that the counseling room is an "artificial environment." I take this to mean that even though they have come to sit in a private space to talk to a paid professional about their lives, it isn't "real," and therefore cannot be considered an extension of the outside world.

Years ago, I took a class in Counseling Relationships. This involved one of the students playing "the client" while another played "the therapist." Understandably, nobody wanted to reveal their true life problems when they were the client. After all, who wants to pour their hearts out in front of 14 psychology students analyzing their every word?

Instead, somebody asked our teacher if we could role play the

In an effort to inform and assist the community at large, Smoke Signals is publishing a monthly article addressing various mental health issues written by a member of the Behavioral Health Department at Health & Wellness. They welcome e-mails, letters and questions from people with mental health-related questions at tom.bender@grandronde.org.

client; in essence pretend we were someone else. The teacher smiled and said, "Of course."

She later told us that studies have shown that people can sustain a role play for about 10 minutes before reverting back to their true selves. In other words, even when trying to play an imaginary client, in almost no time at all we were all just playing ourselves.

This is often the case in life. We all have masks that we present to the outside world, but whether we know it or not, we reveal ourselves in everything we do, everything we say, in how we react to the trials in our lives and the joys.

The counseling room is not just about creating a safe haven where people can share their hearts (although it is that); it's a place for people to reveal their authentic selves to another human being and find out they will still be respected and accepted, warts and all.

What could be more real than that? ■

GED Classes

Mondays and Wednesdays, 1:30 - 4 p.m.

Tribal Education Building

Contact Joanne Carr at 503-879-2282 or joanne.carr@grandronde.org



Traditional Technologies Weekend Workshop

Sept. 4, 5 and 6

Please join the Cultural Resources Department for an informative weekend workshop on traditional technologies. Participants will learn about basketry, carving, harvesting and processing techniques, fishing technologies, and flint knapping. All materials and food will be provided. There is an area for camping and very limited cabin space for Elders and disabled. Event will take place in Alsea, Oregon. A limited amount of transportation will be provided. Please Call Misty Thorsgard to sign up and receive more information.

Limit to the first 30 people.

Phone: 503-879-2320

Fax: 503-879-2126

E-mail: misty.thorsgard@grandronde.org



Ad created by George Valdez



These \$25 Spirit Mountain Casino gaming chips are still available in limited quantities from the Spirit Mountain Casino poker room. This chip was designed using the extraordinary artwork of Tribal member Tom Minter. Soon these chips will be released to be used on the gaming floor. Now is your chance to own one while still in the original, mint condition. Supplies are limited and when they are gone there will be no more available.

25-YEAR ANNIVERSARY GAMING CHIP AVAILABLE



Ad created by George Valdez