

CDSN MONTHLY MEETING

PRESENTER BIOS:

Lauren Gordon, LCSW, has been a member of CDSN since 2002 and on the Board since 2010. She is a licensed clinical social worker and career counselor in private practice as well as with several organizations.

For today's program what is most timely is that Lauren was at the forefront of the AIDS epidemic, offered post 911 debriefing groups, worked with clients who lost their jobs during the Great Recession 2007-9 and gratefully spent the past year+ Zooming from the Hudson Valley. Each of these times have been considered traumatic events. One lesson she has learned is that with trauma comes periods of despair and loss, and then the survivors can hopefully recapture feelings of hope and purpose.

Debra Laks, MSSA, LMHC, is a Clinical Career Counselor and NYS Licensed Mental Health Counselor. She has been in private practice since 1986 when she founded Career Transition Resources (CTR). Prior to establishing her own firm, Debra served as Director of the Career Counseling Department for a large non-profit organization, and was Assistant Director of Adult Education at Queens College, where she coordinated a post-master's certificate program in career counselor training.

Debra is a graduate of The National Institute for the Psychotherapies' one-year program, *Psychodynamic Approaches in Clinical Practice*. She currently serves on the Boards of the Career Development Specialists Network of New York and the Middle Atlantic Career Counseling Association.

"The COVID Pandemic has had a profound impact on my life on many levels. Within a very short span of time, I had to transition my practice from 100% in-person to 100% virtual, and to convert all my exercises and handouts to a digital format. That was the easy part! The traumatic part was that I lost my primary source of income which was derived from renting offices to therapists, and to completely rethink how I would support myself. I am still sorting things out, and trying to resolve my situation."

Remember to pay your membership dues if you haven't already! You can join or renew directly through the CDSN website: <https://cdsnny.weebly.com/contact.html>