

Shoshana Kerewsky

I was teaching until recently at University of Oregon in the Counseling Psychology and Human Services Department and Clark Honors College. I also have a private practice working exclusively with people with breast cancer concerns. I recently published *Finding Your Career in Human Services* and my chapter in *The Psychology of Harry Potter*, "Have you got what it takes to train security trolls?", remains reasonably popular.

During my own experience with breast cancer, I was grateful for my training as a psychologist, which was an important source of skillfulness and resilience at a difficult time. Since then, I've sought out opportunities for peaceful contemplation, including a week-long silent retreat at Vajrapani Institute and a trip to Antarctica. Last summer I walked the Camino Francés route of the Way of St. James on my own. This was a great time to meditate, be intentional, accept whatever happened, and notice my self-talk. This practice has been very useful while sheltering in place during COVID-19, and for extending my integration of existential and spiritual considerations in my clinical work.

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