



PODCAST FACT SHEET

Dr. Amy O'Hana

(last name pronounced "Oh-Hannah" ... or Hannah-with-an-O)

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EXTENDED BIO: Dr. Amy O'Hana is a licensed professional counselor (LPC) in Oregon and an Approved Clinical Supervisor (CCE). She has been a full-time counselor educator for 19 years, manages her own private practice and has been the director of two counseling training clinics. Her clinical expertise is in ethics; diagnosis and assessment; career and vocational counseling; grief, loss, and adjustment; and clinical training in practicum and internship. She has taught at UWS as a full-time CMHC faculty member since July 2021.

Amy's research interests are human potential and motivation, Erotic Intelligence (Er-I) (which isn't necessarily about sexuality), spirit-body-mind integration, and spirituality. She is the author of two published books, *When Your Child is Grieving* (2019) and *Beyond Burnout: What To Do When Your Work Isn't Working For You* (2020). In addition, she has authored or co-authored many other professional publications and presentations, including a website.

Amy is an expert in career and vocational issues, including burnout and secondary traumatic stress (e.g., stress and trauma due to occupation, such as military or first responders).

Early on, Amy discovered her passion for career and vocational development counseling. She worked in her college career services office during her undergraduate program, and prior to graduate school she worked as a social worker helping teens in foster care develop independent living skills. She wrote her doctoral dissertation on occupational burnout, having experienced burnout as a social worker. Throughout the next 20+ years of her career as a professor and professional counselor, Amy found ways to integrate

career and vocational development into curriculum and treatment plans. She has developed and taught a well-loved graduate-level career counseling course for years.

Amy is a feminist hermeneutical researcher, which means she studies old texts and writes about them in ways that benefit women today. Her current research is on Erotic Intelligence (Er-I), defined as *life-force energy channeled in intelligent ways*, especially in vocational and performance settings. She coaches burned-out women to fall in love with work again. She is mystical and describes her non-academic writing as philosophical and psychospiritual.

When not writing, counseling, or teaching, you can find Amy working on her fixer upper, playing with her French bulldog Sunny, kayaking, or exploring the mountains of Central Oregon.

CONVERSATION PROMPTS:

- ***What is burnout? How does it differ from other mental disorders or emotional states?***
Burnout is a disconnection between the core self and one's work. It is always related to one's work/occupation even though the symptoms overlap the diagnostic criteria for clinical depression and anxiety.
- ***Why do people burn out? Is it related to a stressful work environment, or something else?***
People burn out due to environmental factors as well as undeveloped personal coping skills. People can learn to cope with burnout.
- ***What is the solution for burnout?*** Reconnection with core self, work, and a higher sense of purpose or meaning.
- ***What is Erotic Intelligence (Er-I)? Talk about your research.*** The word erotic comes from the phenomenon Eros, which comes from the Greek verb *eírō* (εἶρω) meaning "to join, tie, or fasten together." The deepest meaning of this verb is *oneness*, implying a mystical attribute alongside observable behavior. Throughout history (time periods, diverse cultures and genres) Eros is referred to as life-force energy. (If you want me to get really nerdy, I can explain the difference between the erotic and sexuality, where this differentiation comes from, the Freudian term libido, and other fun facts – if relevant to your audience).
- ***Are you a sex researcher or relationship expert?*** No. The word erotic is misunderstood in Western culture. Erotic energy is the energy that is necessary for work (productivity, creativity).
- ***What is the relationship between burnout and Erotic Intelligence (Er-I)?*** Burnout is the opposite state of Eros. To alleviate burnout, one must reconnect (engage Eros, or erotic energy). Use of intelligence is essential in this process as Eros is a powerful force unharnessed.
- ***Talk about passion.*** The Greeks defined Eros as passionate love. To fully engage with work, one needs to be fully in touch with their passion. People lose passion when they are burned out. I teach people what passion is, how to recognize it, and how to channel it into their work.