

Professional Disclosure Statement

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Philosophy and Approach: I am a Licensed Professional Counselor working with adult individuals. I enjoy working with a wide diversity of clients- race, gender, age, sexual orientation/identification and spiritual background are all welcome. A genuinely non-judgmental and compassionate person, I typically use a client-centered approach and believe in creating individualized treatment focusing on client needs and preferences. Because I've lived and grown through many difficult experiences in my own life, I am able to look at those experiences as gifts that allow me to better understand the people I treat. I have worked in a variety of setting, giving me the opportunity to practice therapy with those who are struggling with many different issues including mood disorders, grief, trauma and abuse, anxiety and panic disorders, sexual dysfunction, troubled relationships, drug and alcohol problems, LGBTQ issues or those who may just be trying to cope with the pressures of everyday life. Talking to a stranger about intimate problems can be a difficult decision. Every person seeking a therapist needs to feel that the "fit" is right and I encourage anyone curious about counseling to call and ask questions to let YOU decide if I feel right for your needs.

Formal Education and Training: I hold a master's degree in Counseling from Clemson University and have been a Licensed Professional Counselor since 2002. Major coursework included Human Growth and Development, Addictions Counseling, Multicultural Counseling, Analysis of Individual and Cognitive Psychology. I keep up with best practices by attending conferences, workshops and trainings every year to help me maintain competence and learn more about different issues. Outside of my private practice, I have also worked in the fields of domestic violence and sexual assault, drug and alcohol abuse, dual diagnosis (drug/alcohol and co-existing mental health disorders), with HIV positive individuals, and as an in-school therapist working with youth and their families.

As a current licensee of the Oregon Board of Licensed Professional Counselors and Therapists and of the South Carolina Board of Licensed Professional Counselors and Therapists, I abide by a Code of Ethics. To maintain my license, I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Fees: I work with various EAPs and Insurance Companies and abide by their payment schedules. I also offer a sliding scale fees for clients who have no insurance or who may prefer not to utilize their insurance. Fees are based on income, starting at \$60 an hour to \$120 hour.

As a client of a Oregon licensee, you have the following rights:

To expect that a licensee has met the qualifications of training and experience required by state law

To examine public records maintained by the Board and to have the Board confirm credentials of a licensee

To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100)

To report complaints to the Board

To be informed of the cost of professional services before receiving services as defined by rule or law

To be assured of privacy and confidentiality while receiving services as defined by rule or law, with the following exceptions: 1)Reporting suspected child abuse; 2)Reporting imminent danger to yourself or others; 3)Reporting information required in court proceedings or by your insurance company or other relevant agencies; 4)Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by you against me

To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd, SE, #120, Salem, OR 97302-6312 . Telephone: (503)378-5499

Email: lpct.board@oregon.gov

Website: www.oregon.gov/OBLPCT

For additional information about me, consult the Board's website.

Client Signature: _____ Date: _____