**Professional Disclosure Statement**

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Philosophy and Approach: My approach to therapy is growth and strength oriented, and I have high regard for the depth of change each individual is capable of making in their lives. I believe in working collaboratively with clients in order to help each unique person, dyad or group find new strategies to live the life they envision, uncovering obstacles along the way. Relationships are paramount to our optimal functioning, and I like to walk along in the development and maintenance of the deeper connections we are able to foster in this lifetime.

Formal Education and Training: I hold a master’s degree in Clinical Rehabilitation Counseling from Portland State University earned in 2016. Major course work included human development with an emphasis on group dynamics, lifespan growth/issues, and mental health through the scope of a trauma informed, recovery lens.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I

abide by its Code of Ethics. To maintain my license, I am required to participate in

continuing education, attending training in subjects relevant to this profession.

Fees: My fee is $50-80 per hour for individual counseling and $80-100 for couples, for sessions in increments of 50 minutes.

As a client of an 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 the services;

∗ 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 you 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 this counselor or therapist, consult the Board’s

website.