

Blue Mountain Healing
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<https://www.trueyouththerapyandwellness.com/>

Professional Disclosure Statement

Philosophy and Approach

Therapy is a powerful tool that can help clients in various aspects of their life. From exploring habitual relationship patterns, historical ways of coping, and gaining perspective and understanding of their emotions - a lot can be discovered about oneself. Like most good things, healing does not happen overnight. I believe that healing begins when the client finds safety within the therapeutic relationship and can turn to the counselor to seek warmth, validation, and speak their truth without judgment. In my practice, I focus on connection as a tool for supporting you in making attainable changes, at your pace, that feel good to you. I am a person-centered therapist with an eclectic approach because everyone has their own unique needs and experiences. Some therapeutic modalities that I use are Internal Family Systems (IFS), Somatic Therapy, Cognitive Behavioral Therapy (CBT), and Emotion Focused Therapy (EFT). As we focus on the present moment, we will explore attachment styles, family dynamics, generational cycles, habitual patterns, and relational roles.

Formal Education and Training

I hold a Bachelor of Science Degree in Psychology and a minor in Sociology from the University of Oregon and a Masters of Science in Marriage, Couple, and Family Therapy from the College of Education at Portland State University, which is accredited with CACREP (Council for Accreditation of Counseling and Related Educational Programs). Prior to becoming a Registered Associate, I was a Counseling Intern at William Temple House and worked primarily with adult individuals and couples/relationships. Other experience includes working as a Lead Recovery Coach at a residential eating disorder treatment program where I helped model healthy food behaviors and intuitive eating. Major coursework included Family Life Cycle & Transitions, Couples Therapy, Grief & Loss, Family Therapy, and Career & Lifestyle Planning, Practicum, Group Supervision, and a year long clinical internship.

I provide therapy services to adult individuals and couples/relationships in a private practice setting and through The True You Therapy and Wellness.

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, taking classes dealing with subjects relevant to this profession.

Fees:

- **Rates for therapy services are as follows:**
 - Individual Therapy - \$135/hour
 - Couples Therapy - \$150/hour
 - Family Therapy - \$150/hour

The session fee is due at the time of service via cash or credit card. A 24-hour notice is required for cancellations. If you miss a session or cancel under a 24-hour notice, you will be charged for the full session. Client credit card numbers will be kept on file for billing.

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 registered associate;
- 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 associate case consultation or supervision; and 5) Defending claims brought by you against me; and
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

**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@mhra.oregon.gov**

Additional information about this registered associate is available on the Board's website:
www.oregon.gov/OBLPCT