

Creative Mind Counseling, LLC
www.CreativeMindCounseling.net
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Professional Disclosure Statement
OBLPCT: #T1934, #C9880
ATCB: #22-230

Allison Medford, ATR, LMFT, LPC

Counseling Philosophy

With over a decade working with survivors of abuse and trauma, I will support you with trauma-informed care providing authentic compassion, humor, candid reflection, and honor for your individual experience. I work with individuals and couples/partnerships to help them gain a deeper understanding of their experience using a strengths based, eclectic approach, adapting to client needs and desires for treatment. I believe healthy attachments between oneself and others are key in creating resilience and increasing quality of life; decreasing distress and unwanted behaviors. We are all unique; the experiences we've had - whether personal, social, or communal - can lead to internalized negative messages that prevent us from becoming our authentic, fulfilled selves. In my care, we will work together through these obstacles and grow your confidence, increase insight, and create more fulfillment in your relationships with others and within yourself.

My approach to counseling is through a Humanistic model of treatment, utilizing an integrated approach consisting of Feminist, Multicultural/Intersectional, Social Justice, Humanistic, Transpersonal, Relational, and Existential Theories. Modalities I employ range from solution focused to more psychodynamic processing, depending on my clients' stated needs.

I celebrate all identities and abilities in all bodies. I am gender affirming, LGBTQIA+ affirming, Poly/non-monogamous relationship affirming, sex/kink affirming, and sex worker affirming. I respect and affirm BIPOC identities and recognize the work I must do in creating change through decolonial education, collective care, and activism.

Education and Training

I hold a Master of Arts degree in Art Therapy from The George Washington University in Washington, DC, and a Bachelor of Arts degree in Psychology/Fine Arts from the same institution. In these programs, I have completed major coursework in clinical skills, diagnosis and treatment, human growth and development, assessment, and multicultural counseling. I have international experience in my field, implementing successful programs in Chennai, India as well as in Cap Haitien, Haiti. With over 10 years of experience working with young children, adolescents, and adults I have gained an understanding of the importance of multicultural/culturally sensitive treatment that focuses on how systemic trauma impacts family systems as well as individual functioning.

I am certified trained in EMDR from the EMDR International Association (EMDRIA). I am a member of the American Association for Marriage and Family Therapy (AAMFT). I am a registered Art Therapist with the Art Therapy Credentialing Board (ATCB).

As a Licensed Therapist of the Oregon Board of Licensed Professional Counselors and Marriage & Family Therapists, I will 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

My fee range is \$175 to \$280 per session. A 24 hour notice is required for cancellations. If you miss an appointment or cancel with less than a 24 hour notice there will be a full fee charge. A sliding scale may be considered or referrals to other providers. If throughout our contracted work together your financial situation changes, please speak with me before deciding to discontinue services. I currently accept BCBS and OHP insurance. Clients using OHP, Medicaid, or HealthShare are not subject to no show/late cancellation fees.

Client Rights

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

- To expect that a licensee has met the minimal 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;
- 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 and law, including the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to client or others; 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

Note: Many changes may occur during therapy. There may be some discomfort experienced as you adjust and grow, and there may be new emotions experienced throughout the therapeutic process. I am happy to listen, help, and work with any concerns you may have, and I'm open to communicating and making any adjustments to help you process your experiences.

Crisis Intervention

I do not provide crisis intervention. Please do not email me in a time of crisis. If you are in immediate physical danger please call 911 or, if you are experiencing a mental health crisis, please call 988. If possible, you may also visit your nearest urgent care or emergency facility.

Confidentiality

To provide best practices in the counseling relationship, participating in treatment with me may involve your consent to allow me to share verbal, written, and/or electronically recorded information about your case. I will not release any information about you to any person or agency without your written consent except as required by Federal and State laws.

If you have any questions regarding the information contained in this document,, 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 consult the Board's website.