

PROFESSIONAL DISCLOSURE STATEMENT
L. Chris Cannida, MS, LPC, OKLPC #5261

This information is important in helping you make informed decisions regarding my services. Should you have questions about the forthcoming statement, please feel free to contact me.

PROFESSIONAL QUALIFICATIONS:

I hold a Master's degree in Applied Behavioral Sciences from Oklahoma State University. I received additional, post-graduate training in the area of counseling. I hold credentials given by the State of Oklahoma as a Licensed Professional Counselor. Prior to my current work in private practice, I have held various positions as a psychotherapist between the years of 1988 and the present. Outside the academic setting I have spent a number of years studying family systems, mental health issues for children, adolescents, and adults, in addition to receiving training in various models of psychotherapy and counseling.

PROFESSIONAL ORIENTATION:

My model of therapeutic practice is inclusive. I am able to provide service using a variety of techniques ranging from brief or solution-focused therapy to longer-term approaches. My practice is client-centered and every client participates in the course of therapy pursued. I believe every person has a capacity to better their quality of life. I view my role as that of professional guide and facilitator.

The therapeutic process begins with our initial contact. A thorough history, presentation of your concerns or identified issues, and negotiation of our working relationship begins with that process. I encourage each client to speak openly, as they feel comfortable to do so, about whatever has prompted their visit to me. This is a time to discuss your concerns, share with me historical information, and clarify issues appropriate for therapy. This initial process generally takes one to three sessions. This period is both evaluative and therapeutic. Effective therapy will be a direct result of mutual efforts, honesty, and a spirit of collaboration.

There are risks and benefits to psychotherapy. Benefits may include relief from distressing symptoms, improved emotional health, new approaches to problem solving and decision-making, more satisfying relationships, increased levels of creativity, maturity, and intimacy, as well as improved quality of life. However, significant personal change has the potential to be stressful and painful at first, and may include periods of intensification of those painful feelings. Other effects may include an increase in awareness of feelings, values, and beliefs that lead to new choices and behaviors in your relationships with others. Therapy is an investment of time, energy, and finances in your personal development and/or recovery from trauma and stress. While the termination of services could be prompted by either one of us, ideally we will participate together in the ending process, as it is an opportunity for constructive evaluation and integration of the work we have done.

GOVERNING PROFESSIONAL BOARD:

Following is contact information for the professional organization to which I am held accountable for practice in the state of Oklahoma.

Oklahoma State Board of Health
3815 N. Santa Fe, Suite 110
Oklahoma City, OK 73118
Phone: (405) 522-3696