



Professional Disclosure Statement

Philosophy and Approach: Relationships of all kinds propel us on the course of our lives, and can sometimes cause us to question our actions, values, and worth, thus weakening trust and connection with our inner voice. My goal is to help you wade through the layers of the onion that is you to re-discover your true self, the one that you feel you were meant to be so that you may live a happy and fulfilling life. To do so, I employ an eclectic approach drawing from Cognitive Behavioral Therapy, Mindfulness-based Stress Reduction, Dialectical Behavioral Therapy, Collaborative Problem Solving, Acceptance and Commitment Therapy, brief solution-focused models, humanistic, and existential techniques.

Formal Education and Training: I completed a Bachelor of Arts in Psychology with a minor in Spanish, and a Master of Arts in Counseling, both from Pacific University. Major coursework included professional ethics, human development, research methods, assessment of individuals, psychoactive substances and addictions, group dynamics, social and cultural foundations (diversity), interviewing and counseling skills, interprofessional competence, career development, theory of counseling, application of counseling, and a year-long internship at an alternative high school for at risk teens. I also have work experience in multiple community mental health settings with kids and teenagers. I have participated in a Mindfulness-based Stress Reduction 8-week training course, Ecotherapy training course, Acceptance and Commitment Therapy training courses, Gottman's Couples Counseling training course, DSM 5 training course, and multiple LGBTQ trainings.

As a Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am obtaining ongoing supervision from Samuel Chi Baker, MS, LPC, at 971-344-3040.

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, elder, or animal 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.

Fees: I offer a monthly retainer option and a pay per session option – please see fee policy for more details. Pay per sessions are 50 minutes at a standard rate of \$90, indiscriminate to the type of therapy (individual, couples, poly, families, etc.). I do offer a sliding scale of \$40-\$85 for those currently experiencing financial difficulty. I also reserve one slot for an adolescent (ages 13-19) financing their own therapy at \$20. I do not accept insurance at this time. If an appointment is cancelled less than 24 hours in advance, the session fee will be charged. If a credit card payment does not go through, a \$25 fee will be applied.

You may contact the Board of Licensed Professional Counselors and Therapists at
3218 Pringle Rd SE, #250, Salem, OR 97302-6312 Telephone: (503) 378-5499

Email: lpct.board@state.or.us

Website: www.oregon.gov/OBLPCT

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

Signature _____

Date _____

Witness _____

Date _____