

PROFESSIONAL DISCLOSURE STATEMENT

Emily Small Michon, Professional Counselor Associate

Supervisor: Kate Stidd, LPC

Dr. Sanderson & Associates, LLC

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Philosophy and Approach: I primarily practice using Relational Cultural Theory (RCT). Relational Cultural Theory is a feminist-informed approach to psychotherapy that emphasizes the significance of interpersonal relationships and connections in human development and emotional well-being. RCT posits that personal growth and healing occur through mutually empathic and mutually empowering relationships. It acknowledges cultural, societal, and systemic factors that influence one's sense of self and connection with others. In my practice, I utilize the principles of Relational Cultural Theory to create a safe non-judgmental environment for clients. My approach focuses on building a collaborative and authentic relationship, where we can explore ways in which your relationships and connections with others impact your well-being. Together we will work to identify and address patterns of disconnection, isolation and power imbalances that may be contributing to your concerns.

Formal Education and Training: I completed a master's degree in Professional Mental Health and Counseling from Lewis & Clark College.

Major Coursework Description: Major coursework included human growth and development, career counseling, adult interventions, child and adolescent interventions, group therapy for adults, family therapy, ethics, assessment, treatment planning, trauma and diversity, power and privilege. My program had a strong emphasis on addictions, and I learned how to work with clients by assessing stages of change and utilizing aspects of motivational interviewing, CBT, attachment theory and mindfulness. I also completed coursework focusing on disability and Dialectical Behavioral Therapy.

Through my work during my practicum and internship I worked with various clients with a range of experiences from anxiety to depression to more severe conditions related to addictions, intimate partner violence, homelessness, and recidivism. I've worked with a diverse range of adults of varying age, racial, cultural, and economic backgrounds. I am comfortable working with clients of any sexual orientation and gender identity as well as ADHD, anxiety, depression, trauma, and those dealing with various life transitions.

As a Registered Associate with the Oregon Board of Licensed Professional Counselors and Therapists (Board), I abide by its Code of Ethics. I am supervised by Kate Stidd, LPC, which means that while working towards full counseling licensure, I'm authorized by the state of Oregon to work with clients and receive regular supervision from a fully licensed therapist.

Fees: The company charges \$200.00 per session for individuals, families, and couples and \$50.00 per group counseling session. The company charges \$60.00 for late cancellation/no show appointments. The company also offers some low-cost appointments that are on a request basis.

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

To expect that a registered associate 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;
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.