

Professional Disclosure Statement
Chelsey MacGregor, Licensed Professional Counselor

Dr. Sanderson and Associates
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Philosophy and Approach: I believe that it is important to build a strong and healthy relationship in order to provide a safe place where people can begin to learn more about themselves and work towards improving their lives in the areas they are struggling with. I approach therapy with the belief that not any one therapeutic method is above all others and that it is important to meet clients where they are at and work to find the best approach for them specifically. I often use a Solution-Focused, Strengths-Based, Person-Centered approach with most clients.

Formal Education: I hold a Master's degree in counseling psychology from Saybrook University (LIOS) and a Bachelor's degree in psychology from Portland State University.

Major Coursework Description: Major coursework included human growth and development with an emphasis on family systems and family of origin work. My graduate program had a strong emphasis on the self of the therapist and how that can impact the therapeutic setting and building a healthy therapeutic relationship. There was also a focus on family systems theory, human growth and development, CBT, as well as the importance of building a strong positive relationship with each client and meeting them where they are at to find the best style of interventions and/or tools that will work best for them at their current stage of life. Past work and my internship provided opportunities to work with various clients with a range of experiences from anxiety and depression to more severe and persistent illnesses such as schizophrenia. I've worked with teens and adults in the queer community, and those diagnosed with ADHD, autism, anxiety, depression, and those dealing with various life transitions, suicidal ideation, and immigrating to the US.

Fees: The agency charges \$160 per session and a \$60.00 cancellation fee if within 24 hours of the appointment time.

As a Licensed Professional Counselor of the state of Oregon, I abide by the Code of Ethics. To maintain my license, I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

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 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.

For more information about this Licensed Professional Counselor visit the Board's website at:

www.oregon.gov/obl/pct

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