

Professional Disclosure Statement
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Philosophy and Approach: I believe in the uniqueness of all people, and with that in mind, practice Person-Centered and Existential-Humanistic therapy. I believe that therapy is an opportunity for clients to come into a safe space to discuss the challenges they face in their life and process the meanings that have been made in the past and are being made now. I believe in a systemic approach to therapy, which holds to the understanding that we affect and are affected by the family and community groups we come from and are a part of. In our journey together, I will rely on evidenced-based theories to guide our sessions, in particular Solution Focused, Structured, and Strength based practices, as well as some Motivational Interviewing and behavior focused interventions.

Formal Education and Training: I completed a master's degree in Couple, Marriage, and Family Counseling from George Fox University in 2017. Major coursework included human growth and development with an emphasis in adolescent adjustment, and group dynamics, specialized Parenting Coaching, and Existential Humanistic approaches. In addition, I have focused on children, youth, and parents, including Play Therapy, Sandtray Therapy, and Child Parent Relationship Training/Therapy. I have done continued study in grief and change therapy, Chronic and terminal illness, LGBTQIA+, and Autism Spectrum Disorder. I also hold a master's degree in teaching from Pacific University and taught Middle and High School for 8 years.

As a licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I 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:

1) My regular rate is \$160 per 50-minute session.

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.

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 Website: www.oregon.gov/OBLPCT

For additional information about this counselor or therapist, consult the Board's website.