

Felnagle Informed Consent

About Dr. Felnagle:

Dr. Felnagle is a psychologist resident with experience working with adolescents and adults ages fourteen and older, providing both individual and group therapy. He provides services for mood disorders, anxiety, trauma, change of life concerns, and interpersonal relationship distress. Dr. Felnagle also specializes in working with athletes and high performers in helping them maximize their potential.

Theoretical Orientation:

Dr. Felnagle's theoretical orientation is acceptance and commitment therapy, which focuses on helping a person spend less time trying to change unwanted private experiences (i.e., thoughts and emotions) and more time living a life that is based on values. During therapy, sessions are focused on helping the clients build awareness around how they have been living their life, what influences these decisions and then helping the client to course correct to a life that is meaningful to them. His clinical style is collaborative and is built upon a belief that all individuals have innate strengths that only need nourishment in order to be expressed. He focuses on tangible tools for the client to practice and master, that will aid them in handling all the unique challenges of being human.

Education:

Awarded 2024: Doctorate in Psychology from the School of Graduate Psychology, APA accredited, Pacific University, Hillsboro, OR

Awarded 2018: Masters of Arts: Sport and Performance Psychology from the Graduate School or Professional Psychology, Denver University, Denver, CO

Awarded 2014: Bachelor of Arts in Psychology from Gonzaga University, Spokane, WA

Clinical Experience:

Dr. Sanderson & Associates, Portland, OR

September 2024- Present

Psychologist Resident

Supervisor: Tara Sanderson PsyD, MBA

- Practice long term and brief therapy individual therapy with clients
- Proficient in behavioral interventions, such as ACT and DBT

- Work with presenting concerns such as mood disorders, anxiety, trauma and phase of life challenges
- Provide crisis intervention as needed
- Provide consultation with other providers at the clinic
- Maintain accurate and timely records in electronic health records system

Oregon State University student counseling and athletics, Corvallis, OR

August 2023- August 2024

Pre-doctoral Intern

Supervisor: Fernando Frias, PsyD

- Provided individual services from an ACT lens to students and student athletes including short term/ long term counseling, triage, assessment, crisis evaluations, stabilization, and follow-up
- Independently built, maintained and managed a caseload of over 25+ concurrent clients throughout the academic year
- Co-led a DBT skills group meant for higher level acuity needs
- Provided supervision to a master's level clinician and supported their professional development in relation to job searching

Washington State University student counseling center, Vancouver, WA

August 2022- May 2023

Advanced Practicum Staff Counselor

Supervisor: Patience McGinnis, PsyD

- Provided individual services from and ACT lens and interpersonal process to students and student athletes including short term/ long term counseling, triage, assessment, crisis evaluations, stabilization, and follow-up
- Co-led and received supervision on a year long process based group for general mental health concerns
- Developed and led workshops on topics including ADHD and effective study habits
- Engaged in multiple mental health promotion initiatives that included planning and engaging with student leaders to better connect with the student body

University of Portland Athletic Department, Portland, OR

Aug 2021- June 2023

Advanced Practicum Sport Psychology Fellow

Supervisor: Luke Patrick, PhD

- Individual consulting with student athletes surrounding issues such as motivation, performance anxiety, confidence, focus and team dynamics
- Skill building and process-oriented approaches
- Delivered unique workshops to both players, coaches, and sports medicine staff on both mental health and performance topics

Pacific University Student Counseling Center, Forest Grove, OR

Aug 2021- June 2022

Practicum II Student Counselor

Supervisor: Laura Stallings, PsyD

- Using both an ACT, person centered and interpersonal approach with young adults
- Presenting concerns include, stress, trauma, identity concerns, anxiety, depression
- Outreach initiatives such as Mindful Coping Series
- Program development of workshops surrounding mental health and performance delivered to over 250 student athletes

Pacific Psychology & Comprehensive Health Clinic, Hillsboro, OR

Aug 2020- Aug 2021

Practicum I Student Clinician

Supervisor: Chris Reigeluth, PsyD

- Using an ACT perspective with both adults and emerging adults, conducted phone screens, intake assessments, integrated behavioral therapy and treatment planning with clients
- All sessions were delivered using telehealth due to the COVID19 Pandemic
- Presenting concerns included trauma, depression and anxiety