

Professional Disclosure Statement
Chelsey MacGregor, Professional Counselor Associate

Supervisor: Tara Sanderson, PsyD, MBA
Dr. Sanderson and Associates
11845 SW Greenburg Road, Suite 210, Tigard OR 97223
971-264-0879

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.

Formal Education: I hold a master's degree in counseling psychology from Saybrook University (LIOS) and a BA 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, bi-polar disorder, and those dealing with various life transitions, suicidal ideation, and immigrating to the US.

Fees: The agency charges \$125.00 per session and a \$60.00 cancellation fee if within 24 hours of the appointment time.

As a Registered Associate of the state of Oregon, I abide by the Code of Ethics. To maintain my registration, I am supervised by Tara Sanderson, PsyD, MBA, Licensed Psychologist.

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

- (A) To expect that a registered associate has met the minimum qualifications of training and experience required by state law;
- (B) To examine public records maintained by the Board and to have the Board confirm credentials of a registered associate;
- (C) To obtain a copy of the Code of Ethics;
- (D) To report complaints to the Board;
- (E) To be informed of the cost of professional services before receiving the services;
- (F) To be assured of privacy and confidentiality while receiving services as defined by rule or law.
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; and
- (G) To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

For more information about this Registered Associate visit the Board's website at:

www.oregon.gov/obl/pct

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