

PROFESSIONAL DISCLOSURE STATEMENT

Jeri Finn, Student Intern

Supervisor: Alex Benton, PsyD

Dr. Sanderson and Associates

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This information is intended to inform you of my education, training, and approach to therapy and you of your rights as a client. Please read it carefully and share any questions or concerns before or during your sessions.

PHILOSOPHY AND THEORETICAL APPROACH

I focus on building a safe relationship with clients that fosters trust and comfort. I aim to see clients as unique individuals with the wisdom to heal and the motivation to thrive. I believe that helping you make changes in the way you think and feel helps you choose healthier actions. I believe that looking at childhood and adolescent experiences often provides insight into the root causes of your presenting concerns. From a more technical perspective, my primary theoretical approach is Restoration Therapy, which emphasizes attachment theory and examines intergenerational patterns of love and trustworthiness in families. You develop skills to name and self-regulate painful emotional experiences and are empowered to choose more loving and trustworthy behaviors towards yourself and others. I use a person-centered approach and incorporate Acceptance and Commitment Therapy, Dialectical Behavior Therapy, and mindfulness.

FORMAL EDUCATION AND TRAINING

I am completing a Master of Arts in Clinical Mental Health Counseling at George Fox University and anticipate graduating in the spring of 2025. My studies at George Fox University have included courses in psychopathology, human growth and development, substance use and other addictions, gender and sexuality, clinical integration of spirituality, psychopharmacology, neurobiology of trauma, embodiment and eating disorders, cultural foundations and social justice, group therapy, child-centered play therapy, emotionally-focused therapy, and more. I have earned Level I certification in Restoration Therapy and am currently working toward Level I certification in Gottman couple's therapy.

Additionally, I have a Bachelor of Science degree in biology from Pacific University completed in 1999 and a Master of Science degree in nutrition from Oregon State University completed in 2005. I have been a Registered Dietitian Nutritionist since 2008 (Registration #947260 with the Commission on Dietetic Registration).

SUPERVISION REQUIREMENTS

As a student intern I am under the supervision of both my university and Dr. Sanderson and Associates. My on-site supervisors are Alex Benton, PsyD (Oregon License #3743) and Tara Sanderson, PsyD, MBA (Oregon License #2324).

FEES AND SCHEDULE

My fee for service is \$35.00 per session for individuals or couples. I offer scholarships for clients who request them. Sessions begin on the hour and last 45-60 minutes each. I can accept cash, check, credit card, or debit card.

The duration of therapy varies widely among clients depending on their needs and preferences. You may choose to terminate therapy at any time, but I strongly recommend that we arrange at least one closing session once you decide to terminate. This closing session(s) allows me to help you prepare for and process the conclusion of our work together.

CONTINUING EDUCATION

Professional supervision and/or consultation with other professionals is a part of my ongoing training as a student intern. Once I obtain licensure as a Licensed Professional Counselor, I will be required to participate in continuing education in subjects relevant to the profession to maintain my license.

CODE OF ETHICS

I am currently a student member of the American Counseling Association (ACA). I adhere to the ACA's code of ethics. Accordingly, I will work with any person who seeks my counsel, regardless of race, ethnicity, religion, sexual orientation, gender identity, or other protected classifications.

CLIENT RIGHTS AND CONFIDENTIALITY

Our conversations are protected by state and federal confidentiality laws as well as professional ethical guidelines. Information shared in session is confidential and can only be released with your written consent or as required by law, with the exceptions listed below. Your file may be discussed periodically with other appropriate professionals, including my supervisors, for the purposes of my professional development as a counselor. Any information shared with my supervisors is confidential, as they are bound by the same confidentiality laws.

You can be assured of privacy and confidentiality as my client, with the following exceptions:

- Reporting suspected abuse of a child, elder, developmentally disabled or mentally ill individual
- Reporting imminent danger to yourself or to others
- Reporting information required in court proceedings, or to your insurance company or other relevant agencies
- Defending claims brought by a client against me