

PROFESSIONAL DISCLOSURE STATEMENT

M.K. Resk, Professional Counselor Associate

Supervisor: Tara Sanderson, PsyD, MBA

Dr. Sanderson & Associates, LLC

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Philosophy and Approach: My approach is grounded in humanistic and constructivist traditions, weaving in mindful, acceptance-based, narrative, and other creative elements, as well. I consider myself intentionally integrative. I aim to keep a social justice-oriented, culturally compassionate focused lens, taking an individualized approach to each client. My intention is always to listen with respect, patience, and curiosity to meet each client where they are and understand them as completely as possible from their perspective, helping them access the tools they need to be their most authentic versions of themselves.

Formal Education and Training: I received a Bachelor of Arts degree in Sociology/Anthropology and German Studies from Lewis & Clark College. I received a Master of Arts degree in Teaching from Simmons College. I received a Master of Arts degree in Professional Mental Health Counseling from Lewis & Clark Graduate School of Education and Counseling. I have enjoyed working with people of all ages and many diverse backgrounds in a variety of school, university, and community social service agency settings. Most recently I completed two year-long counseling internships during my counseling graduate program: one in mental health counseling at William Temple House and one in career counseling at Lewis & Clark College Career Center. Additionally, I completed a two-term direct service practicum at the Lewis & Clark College Community Mental Health Clinic and a one-semester group counseling experience with sixth graders at Ron Russell Middle School.

As a Registered Associate with the **Oregon Board of Licensed Professional Counselors and Therapists (Board)**, I abide by its **Code of Ethics**. I am supervised by Dr. Tara Sanderson, PsyD, MBA, a licensed psychologist, which means that while working towards full counseling licensure, I'm authorized by the state of Oregon to work with clients and receive regular supervision from a fully licensed therapist.

Fees: The company charges \$125.00 per session for individuals, families, and couples and \$50.00 per group counseling session. The company charges \$60.00 for late cancellation/no show appointments. The company also offers some low cost appointments that are on a request basis.

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

- To expect that a registered associate 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 registered associate;
- To obtain a copy of the Code of Ethics;
- 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 associate case consultation or supervision; and 5) Defending claims brought by you against me; and
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

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

Additional information about this registered associate is available on the Board's website:

www.oregon.gov/OBLPCT.