

# PROFESSIONAL DISCLOSURE STATEMENT

**Heather Barnes, Student Counselor Intern**

Supervisor: Kate Stidd, LPC, license #C6419

[Dr. Sanderson and Associates](#)

11845 SW Greenburg Road, Ste 210, Tigard OR 97223

[heather@drsandersonandassociates.com](mailto:heather@drsandersonandassociates.com) | 971-264-0272

## **Philosophy and Approach:**

I believe we, as humans, are innately whole and that in spite of the fractures that may occur as we navigate the challenges of life, we instinctively strive for well-being. In my work as a counselor, I am committed to deep, compassionate listening and I endeavor to create a safe, affirming environment where clients feel supported in their self-discovery and healing. I believe in a person-centered, holistic approach to health and well-being that addresses the integration of mind, body, emotion, spirit, and culture. All aspects of human experience are welcome in the counseling room. My approach focuses on building a truly collaborative therapeutic relationship, utilizing principles from Existential Therapy and Acceptance and Commitment Therapy. Together we can work toward growth, healing, and the empowerment of your most authentic self.

## **Current and formal education/training/experience:**

I am a graduate student in the Professional Mental Health Counseling Program at Lewis & Clark Graduate School of Education and Counseling, currently completing my internship at Dr. Sanderson and Associates. I received my Bachelor of Arts degree in Sociology and Gender Studies from Lewis & Clark College.

## **Ethical Adherence and Supervision:**

As a counseling intern, I abide by the ethical guidelines of the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT) as well as the American Counseling Association (ACA) to ensure best practices in counseling. I am currently working directly under the supervision of Kate Stidd who is a licensed counselor in the state of Oregon.

**Fees:** Fees for Student Counseling Interns at Dr. Sanderson and Associates are up to \$45 for each session. Please let me know at any time if you have questions or concerns regarding your set fee.

## **As a client of an Oregon counseling trainee, 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](mailto:lpct.board@mhra.oregon.gov)**