

## DISCLOSURE STATEMENT

### **Philosophy and Approach:**

I believe everyone can feel whole and fully alive by connecting to the inner guidance within each of us. I engage the mind, body, and spirit in the therapy process as a way to aliveness and wellness. I offer an eclectic approach to therapy, and use Eye Movement Desensitization and Reprocessing (EMDR) when appropriate to move past blocks. I offer insight, experience, honesty, and compassion as you reclaim your true self. I honor both the individual nature of the search for self and the universal longing that fuels it. I bring professional and life experience, integrity and kindness to the therapeutic relationship. Within that relationship, I wholeheartedly maintain a space of hopeful possibility for my clients while acknowledging the truth of lived experience. Because I believe mind, body, emotions, and spirit are inseparable I prefer to work collaboratively with expert practitioners of healing disciplines like massage, acupuncture, naturopathy, and chiropractic. I believe past trauma is literally embodied, and therapy and body-centered healing arts combine synergistically to identify, explore, and resolve past experiences that block wellness.

As a licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics.

### **Formal Education and Training:**

I hold a Bachelor of Science Degree in History from Lewis and Clark College in Portland, Oregon. My undergraduate work focused on minority history and cultures, including Women in the United States. I received a Master of Arts Degree in Counseling Psychology, also from Lewis and Clark College. Major Coursework included: Counseling Children, Adolescents and Adults, Diagnosing and Treating Children, Adolescents and Adults, and Working with Sexual Minorities. In my post graduate training I have focused on early childhood attachment, trauma recovery, depression, psychoanalytic theory, and women's empowerment. I have completed Levels 1 and 2 Training in Eye Movement Desensitization and Reprocessing (EMDR.)

To maintain my license, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I may substitute professional supervision for part of this requirement. I consult with other mental health professionals as needed including psychiatrists, psychiatric nurse practitioners, psychologists, and other therapists, which I will be happy to explain.

### **Fees:**

My fees are \$150 for the initial intake session, \$95 per hour for individual and couples; \$145 for 90 minute sessions for individual and couples, and \$40-\$50 per session for groups. When there is a financial hardship, the client may arrange for a lower fee that is acceptable to both of us.

As a client of an Oregon licensee you have the following rights:

- To expect that a licensee has met the minimal 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;
- 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 and law, including the following exceptions: a) Reporting suspected child abuse; b) Reporting imminent danger to client or others; c) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; d) Providing information concerning licensee case consultation or supervision; and e) Defending claims brought by client against licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists, 3218 Pringle Rd. SE, #250, Salem, OR 97302-6312. Telephone: (503) 378-5499.