

PROFESSIONAL DISCLOSURE STATEMENT

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This document is designed to provide you with information concerning your licensed professional counselor's competency, philosophy, and chosen techniques and to ensure that you understand the professional relationship of counselor and client.

Formal Education and Training

I hold a master's degree in Clinical Mental Health Counseling from Sam Houston State University (SHSU) where I graduated in 2018. SHSU is accredited through Council for Accreditation and Counseling and Related Educational Programs (CACREP). I have a Bachelor's of Science degree in Wildlife and Fisheries Science with a Psychology minor from Texas A&M University where I graduated in 2012.

My areas of study included human growth and development, cross cultural issues, effective human behavior, counseling for addictions, crisis and trauma counseling, sandtray therapy, and counseling for sexual concerns. I have received intensive workshop trainings in Eye Movement Desensitization Therapy (EMDR) and Exposure and Response Prevention Therapy (EX/RP). My experience includes working with acute mental health, substance use disorders, ecotherapy, mood disorders, OCD, and trauma.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. To maintain my license I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Philosophy and Approach

I believe that clients have the ability to choose how to resolve their own problems and can make their own decisions with my assistance as a facilitator. I believe that clients are responsible for their own behaviors, thoughts, and feelings. As a counselor, I hope to facilitate

for my client's greater self-awareness through their life experiences that lead to increased confidence, self-esteem, independence, mental health, and the capacity to effectively navigate the complex challenges of life. Some clients need only a few counseling sessions to achieve these goals, while others may require more counseling. As a client, you maintain control of yourself and you may end our counseling relationship at any point, and I will be supportive of that position. If you are dissatisfied with my work, I will help you find another counselor with whom you might be able to work effectively.

My counseling practice will be guided by Cognitive Behavior Therapy, EMDR Therapy, and/or EX/RP when appropriate based on diagnostic criteria and treatment goals. My approach will provide you with methods to solve problems utilizing your own strengths. Occasionally, and with your consent, I may use other approaches to help facilitate your progress in counseling

Fees

My out of pocket fee is \$250 per 53 minute session. At this time I can only accept the Oregon Health Plan insurance. I have a few openings for sliding scale that will be determined by income and additional considerations (number of dependents, etc.).

As a Client of an Oregon registered intern, 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 Website: www.oregon.gov/OBLPCT

For additional information about this counselor or therapist, consult the Board's website.