



Monica Metzler, LMFT, #T2155

Licensed Marriage, Child, and Family Therapist
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1306 NW Hoyt St. #306 | Portland, OR 97209

| professional disclosure statement |

philosophy + approach | I believe that living in optimal health is possible for everyone, regardless of the trauma or pain you may be experiencing. I'm a humanistic, trauma informed strengths-based therapist. I respect each person's autonomy and strength, while recognizing the dynamic ways that relationships and systems shape us. I will assist you in finding your own solutions to shift unsupportive behaviors that affect your relationship to self and others. My role is to support your healing by providing a non-judgemental space, where you can confront pain and suffering, and learn new ways to cope and thrive. I enhance therapy with a variety of techniques and frameworks which may include, but are not limited to: CBT, ACT, MI, Systems Theory, Bowenism, Expressive Arts, Trauma-informed care, Solution-Focused, Gottman & Gottman, and Narrative Therapy.

My areas of special interest include working with families and couples of all configurations, LGBTQI+, Poly/Kink & Non-traditional relationships, Sex Therapy, Chronic illness, Grief & Loss, Power Dynamics & Systems of Oppression, Mindfulness, Psychedelic Integration, and the therapeutic power of music and art.

formal education + training | I received a BA from The University of Oregon and completed a Master's Degree in Marriage and Family Therapy at Lewis and Clark College. This program is accredited by the AAMFT: The American Association of Marriage and Family Therapy. Major training and coursework included family systems, human growth and development, mental health, addictions, sex therapy, group therapy, couples therapy, multicultural counseling, diagnosis and treatment planning, social justice, and ethics.

license requirements | As a Licensed Marriage and Family Therapist (LMFT) registered with 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 pertaining to subjects relevant to this profession.

fees | My cash pay rate is \$200 per hour and I offer sliding scale options upon request. I am in network with several insurance carriers and OHP.

your rights | As a client of an Oregon license, 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.

While in therapy, your respect and dignity will never be intentionally compromised. It is important to note that I may question or challenge behaviors, which may be contributing to emotional pain and suffering. If you feel, at any time, that you have a concern or complaint in therapy, I invite you to share

this concern or complaint with me. In the majority of cases, this brings about resolution. If the complaint cannot be resolved, you have the right to contact the Oregon State Board.

You may contact the Board of Licensed Professional Counselors and Therapists at:
a | 3218 Pringle Road SE, #120, Salem, OR 97302-6312 **p** | 503.378.5499
e | lpct.board@mhra.oregon.gov **w** | www.oregon.gov/OBLPCT

For additional information, consult the Board's website.