

Marriage & Family Therapist Associate 503.433.6296 | awakenedheartpdx.com 1306 NW Hoyt St, #407 | Portland, OR 97209

professional disclosure statement

philosophy + approach | Life can feel overwhelming, and that burden does not need to be carried alone. I use a gentle, compassionate approach to come alongside you in life's painful moments. I use a holistic perspective by taking into account the many forces acting on an individual and the systems they live within.

I use an eclectic, humanistic, and strengths-based approach to counseling with every client. This means that I will collaborate with you and acknowledge all the powerful, beautiful strengths you bring with you into each session. With a spirit of respect, curiosity, and hope, I look forward to walking with you.

education + training | I have completed all of the coursework and hold a master's degree (M.A.) in Marriage, Couple, & Family Counseling from George Fox University. Major coursework included couples therapy, family therapy, human development, human sexuality, personality and counseling theory, social and cultural foundations, group theory and therapy, principles and techniques of counseling, psychopathology, and professional orientation.

licensee requirements | 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. I participate in supervision with Bob Kleinjan (L7484), licensed clinical social worker, and Ann Marie McHenry (T1051), licensed marriage and family therapist. They abide by the Oregon Board's code of ethics, the state of Oregon laws, statutes, regulations, rules, and attend continuing education to maintain their licenses and be in good standing with the Oregon licensure board.

fees | My fee is \$150 per hour. I offer a sliding scale and am credentialed with some insurance companies. Please inquire.

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

- To expect that the 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;
- 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; and
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.



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board contact | You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE #120, Salem OR 97302 / phone 503.378.5499 / email lpct.board@mhra.oregon.gov. For additional information about this therapist, visit the Board's website.