



Nicole Fellenz, LPC, ATR

Licensed Professional Counselor

Registered Art Therapist

971.407.3930 | [awakenedheartpdx.com](http://awakenedheartpdx.com)

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## | professional disclosure statement |

**philosophy + approach** | It is my personal belief that all people can identify strengths and opportunities within their own lives to facilitate action, create change, and strive towards joyfulness and fulfillment while embracing their best self. As a Licensed Professional Counselor, I employ an integrated approach with clients, tailoring treatment to meet a client's specific needs. I have a strong reliance on person-centered and trauma-informed care, along with art therapy, mindfulness, and cognitive-behavioral theoretical viewpoints, utilizing a variety of directives and approaches in guiding clients towards progression of individual goals and working through presenting issues.

**formal education + training** | I have completed all necessary coursework and hold a Master of Art Therapy in Counseling from Marylhurst University. Major course work has included the history and practice of art psychotherapy and art as therapy approaches, human lifespan growth and development, facilitating group work, treatment planning and documentation, psychopathology, studio seminars, and ethics. My internship experience was at a therapeutic school, working with students that were middle and high school age. My internship allowed me the opportunity to provide therapy, including eco-art therapy, with individuals and well as groups, and effectively collaborate with behavioral team members and school staff. I also worked at a non-profit Outpatient school-based position from 2018-2023, working as a Child and Family Therapist with children, high school and young adult age clients and their families, providing individual and family sessions, as well as prevention and group work.

**license requirements** | As a Licensed Professional Counselor (LPC) 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 \$100-\$150 per hour, and I will be in network with several insurance providers.

**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.

You may contact the Board of Licensed Professional Counselors and Therapists at

[a](http://3218PringleRoadSE#120) | 3218 Pringle Road SE, #120, Salem, OR 97302-6312 [p](tel:5033785499) | 503.378.5499

[e](mailto:lpct.board@mhra.oregon.gov) | [lpct.board@mhra.oregon.gov](mailto:lpct.board@mhra.oregon.gov) [w](http://www.oregon.gov/OBLPCT) | [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)

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