



Jill Kelly, MA, LPC, C5967

Licensed Professional Counselor  
971.407.3930 | [awakenedheartpdx.com](http://awakenedheartpdx.com)  
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## | professional disclosure statement |

**philosophy + approach** | I believe therapy is a powerful process that can promote healing and support change. I prioritize building a collaborative, therapeutic relationship that is authentic, supportive, and safe, where you feel seen, accepted, and empowered. In our work together, I intend to meet you where you are at; view you as a whole person, not a set of symptoms; and acknowledge how systems impact you in regard to your identity, family, culture, community, and history. I offer a mindful, compassionate, and curious approach, as we partner together, to help you build awareness, discover your internal strengths and resources, and identify creative solutions that will work for you. It is my goal to help you improve your wellbeing, not feel alone when confronted with life's messiness, and to support you with achieving your goals. My therapeutic approach is trauma-informed, relational, and human-centered. I integrate attachment, psychodynamic, existential, and dialectical behavioral therapy modalities, along with mindfulness interventions to deepen understanding and instigate change.

**formal education + training** | I am a Licensed Professional Counselor in Oregon (License #C5967). I have a Master's degree in Mental Health Counseling from Lewis & Clark College. My graduate coursework included: Life Span Development, Diversity and Social Justice, Counseling Interventions with Children/Adolescents and Adults, Diagnosis of Mental and Emotional Disorders, Group Counseling with Adults, Family Therapy, Couples Counseling, Human Sexuality, Career Counseling, Research Methods and Statistics, Ethical and Legal Issues, Addiction Counseling, Trauma and Crisis Counseling, and Clinical Theory. My professional work experience has involved working in an outpatient behavioral health clinic and counseling Veterans at the Portland VA. I am experienced with counseling adult individuals struggling with problem gambling, substance use issues, trauma, anxiety, depression, mood disorders, personality disorders, chronic stressors, ADHD, and grief and loss. Additionally, I have facilitated DBT skills groups and led psychoeducational group therapy to clients involved in a Mentalization-Based Treatment Program.

**license requirements** | As a Licensed Professional Counselor 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 that enhance my professional development as a therapist.

**fees** | My cash pay rate is \$150 per hour and I do offer sliding scale options upon request. I will be 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.

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

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