

Sabrina Barrett, Professional Counselor Associate

Professional Disclosure Statement

Supervisors: Bob Kleinjan, LCSW, and Josh Atanasio, LCSW
Awakened Heart PDX

PHILOSOPHY AND APPROACH TO THERAPY:

The therapeutic environment is one of acceptance, understanding, and unconditional empathy. The counseling process is collaborative and guided by the goals of the client. Clients will be encouraged to identify their strengths and potential solutions while receiving individualized psychoeducation. Therapy will assist individuals in addressing unresolved conflicts, identifying coping skills, and building a strong sense of self-worth. A recovery-oriented, trauma-informed, multicultural approach is taken to ensure the counseling environment is tailored to match the unique needs of all clients.

FORMAL EDUCATION:

Master of Arts in Clinical Psychology – Marriage and Family Therapy, Pepperdine University

Major coursework: Multicultural Counseling; Diagnosis and Treatment of Mental Health Disorders; Assessment of Individuals, Couples, and Families; Couples and Family Therapy; Trauma in Diverse Populations; Psychopharmacology; Human Sexuality and Intimacy; Substance Abuse Treatment

Bachelor of Science – Nutrition and Dietetics, New York University

SPECIALIZED TRAINING:

“Clinical Foundations in Gottman Method Couples Therapy” – Levels 1 & 2, The Gottman Institute

“Acceptance and Commitment Therapy: An Experiential and Practical Introduction,” Portland Psychotherapy

“Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT),” Medical University of South Carolina

“DBT in a Nutshell: Treating Multi-Diagnostic, Complex Individuals,” Portland DBT Institute

“Mindfulness-Based Stress Reduction (MBSR) Course,” Pause Meditation

As a Registered Associate #R8216 with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. I am supervised by Bob Kleinjan, LCSW, and Josh Atanasio, LCSW.

FEE SCHEDULE:

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.

As a client of an Oregon Registered Associate, you have the following rights:

- To expect that a registered associate 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 registered associate;
- To obtain a copy of the Code of Ethics;
- To report complaints to the OBLPCT;
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: 1) Reporting suspected child or elder abuse; 2) Reporting imminent danger to client or others; 3) Reporting information required in court proceedings or by client’s insurance company, or other relevant agencies; 4) Providing information concerning counselor case consultation or supervision; and 5) Defending claims brought by the client against the counselor.
- To be free from being the object of 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

Additional information about this registered associate is available on the Board’s website: www.oregon.gov/OBLPCT.