



Glynis Watkins

Professional Counselor Associate

Supervisor: Roxanne Davis, LPC

971.407.3930 | awakenedheartpdx.com

1306 NW Hoyt St. #306 | Portland, OR 97209

| professional disclosure statement |

philosophy + approach | Existentialism and the concepts of meaning and purpose define the foundation of my personal and professional philosophy. I practice in a way that is client-centered and trauma-informed while utilizing elements of ACT, DBT, REBT, and solution-focused therapies. I believe that individuals are capable of change while acknowledging that the process is difficult and requires awareness, discomfort, and vulnerability. My hope is that the therapeutic environment can be one that allows for the cultivation of rapport and trust so that we can work together to identify and challenge unhealthy, unhelpful patterns that may be present in your life. I aim to empower you as an individual who is capable, resilient, and unique. My goal is to create a safe space and to provide support for those I work with even in the hardest, heaviest moments.

formal education + training | I have completed all necessary coursework and hold a Master of Arts in Clinical Mental Health Counseling from Southern New Hampshire University. Major coursework focused on evidence-based practices, multicultural competencies, and professional ethics with classes that included: Counseling Theories, Human Development, Research Methods and Program Evaluation, Assessment and Evaluation, Career Counseling, Substance Use Disorders, Diagnosis of Emotional and Mental Disorders, Group Counseling, Prevention and Intervention of Crisis and Trauma, Treatment Planning, and Advanced Psychopathology. I have completed two terms of Residency, Practicum, as well as two Internship terms.

license requirements | As a Registered Associate with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. I am supervised by Roxanne Davis, a licensed professional counselor in the state of Oregon.

fees | My cash pay rate is \$175 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 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 (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 associate 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.com) | 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 [w](http://www.oregon.gov/OBLPCT) | www.oregon.gov/OBLPCT

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