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Gladstone Center for Children and Families
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Professional Disclosure Statement

Philosophy and Approach

I believe that all people have the ability to live healthy, fulfilling lives. My role as a counselor is to help people find their inner strength to live the life they want to live. I believe that the student/counselor relationship is rooted in trust and unconditional positive regard. I am a humanistic, person-centered counselor with an eclectic approach, drawing heavily from cognitive-behavioral therapy, mindfulness, and trauma-informed practices.

Formal Education and Training

I hold a Master's Degree in Counselor Education from Portland State University. Major coursework includes human growth and development with an emphasis on child and adolescent learning differences, group dynamics, trauma-informed counseling practices, and processing grief and loss.

As an LPC intern registered with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its code of ethics. As an LPC intern, I am supervised by Catherine Nyhan, LPC. My supervisor's contact information is catherine.nyhan@gmail.com and her phone number is 503-957-1222. If you have any questions about this supervision, please feel free to ask for clarification.

As a client of an Oregon registered intern, 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:

3218 Pringle Rd SE, #120

Salem, OR 97302-6312

Telephone: (503) 378-5499

Email: lpct.board@state.or.us

Website: www.oregon.gov/OBLPCT

For additional information about this intern, consult the Board's website.