**Philosophy and Approach**: As a clinical mental health counselor, I operate from a wellness perspective, emphasizing moving toward optimal human functioning in mind, body, and spirit—and away from distress and dysfunction. I embrace holistic counseling and strive to instill hope as I assist you to achieve your goals, emphasizing what you believe is good for you. My therapeutic approach includes cognitive behavioral therapy and person-centered counseling.

**Formal Education and Training**: I graduated from Bushnell University with a master’s in clinical mental health counseling. Major course work included human growth and development; family systems; grief, crisis, and trauma counseling; ethics; group dynamics; diagnosis, pathology, and psychopharmacology; as well as personality and counseling theory.

I am an active member of the Oregon Counseling Association. As a Registered Associate, I abide by the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists.I am supervised by a Licensed Professional Counselor, which I will be happy to explain. My supervisor at CAFA:is Corey Jackson, License Professional Counselor #C4737

**Fees**: Fees are based on insurance, fee-for-service, or a sliding scale. Fees will be agreed upon before the client’s initial session. The cost is $180 per session.

**Sessions**: Sessions are 50-60 minutes in length. It can be most beneficial to begin counseling every week, with the goal of meeting less frequently as progress is made. When we start treatment, I will reserve a weekly or every other week time slot for your session as long as attendance is consistent. With less regular scheduling, I will offer appointments as they are available.

**As a client of a counselor-in-training, you have the following rights**:

∗ To expect that a counselor-in-training has or will meet 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 trainee/licensee, or trainee’s supervisor.

∗ 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@oregon.gov Website: www.oregon.gov/OBLPCT

For additional information about this associate’s supervisor, consult the Board’s website.