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Philosophy/Therapeutic Orientation: The heart of my work is to support healthy relationship - with self and other - for my clients. Drawing on my training in Transpersonal and Somatic psychotherapies, I aim to help clients resolve issues in the here and now. Awareness building and practice, as well as present-centered voice will be key components of our work underlying the specific needs you may have.

As a Licensed Professional Counselor of the Oregon Board of Licensed Professional Counselors and Therapists I will abide by its Code of Ethics, and, to maintain my license, I am required to participate in continuing education and training in subjects relevant to this profession.

Formal Education/Training: I received my M.A. in Transpersonal Counseling Psychology from Naropa University in Boulder, Colorado. Additionally, I have completed training in Sensorimotor Psychotherapy from the Sensorimotor Psychotherapy Institute and in Guided Imagery and Music (GIM) The Bonny Method.

Fees: (cash, check, debit/credit (Visa, MasterCard, AmEx, Discovery; collected each session)

Individual session private pay (60 minutes): **\$95**

Individual session insurance billing rate (60 minutes): **\$120**

Group session (2 hours): **\$50**

Relationship Counseling session (60 minutes): **\$120**

In-network insurance options: I am currently paneled in-network with Aetna, Cigna, Pacific Source, Regence/BCBS, and American Behavioral. If you would like me to bill your insurance, you can state this preference on your intake paperwork, along with your member info. Please note that you will be responsible for any service fees your provider declines.

Out-of-network reimbursement: If I am out of your provider network, I can still bill your insurance, depending on your eligibility for out-of-network counseling services. Before we begin our work together, you and I will work together to clarify your eligibility and potential payment responsibility.

Green Transit Discounts: As part of my mission, I reserve a percentage of my available time for clients in need of reduced-fee service, based on completing my reduced-fee application prior to our initial meeting. I offer \$10 off (\$5 for group

participants) my individual session full fee for any and all clients utilizing public transit, bike, or pedestrian methods of transport to our sessions.

Cancellations: Cancellations and scheduling change requests made at least 24 hours prior to scheduled sessions are honored without fee requirement. Cancellations or rescheduling requests made within 24 hours a scheduled appointment will require full fee payment for the cancelled or rescheduled session. Insurance will be billed for in-network clients in such instances.

Completing Counseling: I believe that clean endings support clean beginnings, and this is of importance in how you and I end our work together. As you feel ready – either to take a break, or to end our sessions – please communicate this to me so we can collaborate on a final session that honors both our time and work together, and your next phase.

Online Counseling: Video and electronic communication using VSee is an emerging method for coaching and counseling and affords many opportunities for clients to access practitioners outside their locale, and/or from the convenience of their own venue. Even though VSee is HIPAA-compliant, it is important to understand that, due to the use and nature of the internet, I cannot guarantee confidentiality for our video and electronic communication for the following reasons:

-Video or text conferencing conducted at your place of employment may be the property of your employer and may be seen or heard by your employer.

-Video or text conferencing conducted in any location may be overheard by any person in your vicinity.

-It is unknown the length of time for which our video or text communication may be stored, and whether or not your health information is protected.

As a client of an Oregon licensee you have the following rights:

- * To expect that a licensee has met the minimal 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;
- * 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 and law, including the following exceptions: 1) Reporting suspected child 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 licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;

* To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218

Pringle Rd SE #250, Salem, OR 97302-6312. Telephone: (503) 378-5499

Email: ipc.lmft@state.or.us Website: www.oregon.gov/OBLPCT