

Professional Disclosure Statement
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(469) 844-7106 erin@brightbeginningspdx.com

Philosophy and Approach:

I view each child, adolescent and adult as a unique individual with inherent strengths and potential for growth. My philosophy is grounded in providing a safe, nonjudgmental and culturally sensitive space where clients can explore their thoughts, feelings and experiences through various modalities that include, but not limited to, expressive arts, sand tray and play therapy techniques. By fostering a trusting therapeutic relationship, empowering clients to express themselves authentically and integrating techniques catered to their needs, I aim to support their journey towards self-discovery, emotional well-being and resilience.

Formal Education and Training:

I am a graduate of Texas Woman's University with a Master's of Science in Counseling and development. I work with a variety of populations including, but not limited to, children (2+), adolescents and adults with a variety of presenting issues. In addition to counseling, I am a former early childhood educator with a Master's in Early Childhood Education with 15 years of early childhood experience, stateside and international.

As a Licensee of the Oregon and Texas Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. To maintain my license I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Fees: My fees are \$178 for individual/children and \$200 for family sessions. For the moment, I am not in-network with insurance providers.

Attendance: It is required that if you need to reschedule a session that you provide **24 hours**, one “business day” notice. If a client misses two appointments (including no shows) without 48-hour notice of cancellation, it may result in ending therapy. Clients are responsible for re-scheduling appointments. If you cancel an appointment without rescheduling you will be charged your agreed upon rate. If you arrive late to an appointment, *the session will still end at the scheduled time*. If you are **more than 15 minutes late** for an appointment, it will be considered a “no-show” and the appointment will need to be rescheduled. If you are running late to an appointment, please call or text me at (469) 844-7106.

Emergencies: I do not offer emergency/crisis support, it is also important to note that I do not prescribe medication. If you have a mental health emergency, please call the Multnomah Behavioral Health Crisis line at 503-988-4888 or dial 911. You are welcome to contact me between sessions as necessary and I will return your call within 24 hours. ****Please be aware that I typically return phone calls at the end of the workday.****

Client Rights: 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
 5. Defending claims brought by client against licensee

- 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 Counselors and Therapists at:

3218 Pringle

Road SE #250, Salem, OR 97302-6312

Telephone: (503) 378-5499

Email: lpct.board@oregon.gov

Website: www.oregon.gov/OBLPCT

Texas Behavioral Health Executive Council

George H.W. Bush State Office Building

1801 Congress Ave., Ste. 7.300

Austin, Texas 78701

Main Line (512) 305-7700

Investigations/Complaints 24-hour, toll-free system (800) 821-3205