

Professional Disclosure Statement

Christina Dunning, LPC
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1110 SE Alder St #301, Portland, OR 97214
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Philosophy and approach: I believe that people naturally move towards health, connection and wholeness, but that sometimes we get stuck in patterns that get in the way of this natural growth. I view counseling as an opportunity to gain insight and awareness of these patterns and how they once served us, but not longer do, and as a place to practice new ways of being and connecting in the present moment. I also see counseling as a place to grow understanding and acceptance of our authentic selves. Using our counseling relationship as a foundation from which to grow and heal, together we can explore patterns of interaction and ways of being, deepen understanding and acceptance of underlying emotions and needs, and help you gain freedom in choosing how to be in the world and with those you love.

Formal Education and Training: I am a licensed professional counselor in the state of Oregon. I hold a Masters Degree (M.S.) in Counselor Education from Portland State University, where I focused on Couples and Family therapy. Major coursework has included: Contemporary Couples, Marriage & Family Systems, Family Life Cycle and Transitions, Family Therapy, Couples Therapy, Advanced Systemic Interventions: Couples and Families, and Group Therapy.

As a Licensee of the Oregon 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 \$130 for 50-minute individual sessions and \$150 for 50-minute couples and family sessions. I offer a limited number of discounted fee slots for clients who are experiencing significant financial hardship. I may raise my fee during the course of your counseling, and if so I will discuss this with you in advance. Fees are due at the time of each session. If you need to cancel or reschedule an appointment please provide at least 24 hours' notice. You may be charged the full appointment fee if you cancel less than 24 hours in advance.

As a client of an Oregon Licensee or Registered Associate 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 discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

In the event that you have questions or believe your rights have been violated, and feel you cannot speak directly to me, 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: lpct.board@mhra.oregon.gov Website: www.oregon.gov/OBLPCT

Additional information about this intern is available on the Board's website.