

ALISON SORENSON, MS, LPC
390 SW Columbia Street, Suite 210 | Bend, OR 97702 | 541-610-9500
alison@alisonsorensoncounseling.com | alisonsorensoncounseling.com

Professional Disclosure Statement

In my work with couples and individual adults, I have found a Cognitive Behavioral approach grounded in an Adlerian theoretical foundation is a powerful opportunity for emotional growth. I believe people have the ability to make changes and can gain a greater understanding of self through a therapeutic process of discovery. This begins by engaging in a nonjudgmental way and establishing a caring, collaborative relationship focused on one's strengths. Together we can explore opportunities for emotional growth by looking at past experiences that lead to current emotional difficulties, and examine thoughts and actions by talking about and trying new behaviors.

I hold a master's degree from Oregon State University–Cascades in counseling with an emphasis in clinical mental health counseling. Major course work included multicultural awareness, ethics, theory, addictions, Dialectical Behavioral Therapy, Motivational Interviewing, and family systems. I am also a Nationally Certified Counselor through the National Board of Certified Counselors (NBCC, nbcc.org). As a Licensee of the Oregon Board of Professional Counselors and Therapists I am required to participate in 40 hours of continuing education every two years and abide by the it's Code of Ethics.

As a client of an Oregon licensed counselor, you have the following rights:

1. To expect that a licensee has met the minimal qualifications of training and experience required by state law;
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
3. To obtain a copy of the Code of Ethics;
4. To report complaints to the Board;
5. To be informed of the cost of professional services before receiving the services;
6. To be assured of the privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: a) Reporting suspected child abuse; b) Reporting imminent danger to the client or others; c) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; d) Providing information concerning licensee case consultation or supervision; and e) Defending claims brought by the client against the licensee;
7. To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

My fee is \$130 for an individual 50-minute session, \$160 for an individual 1-hour and 30-minute session, \$160 for a couples or family 50-minute session. My fee is \$180 for a diagnostic intake 50-minute session.

For additional information about this therapist, you may contact the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT):

3218 Pringle Road SE, #250, Salem, Oregon 97302-6312
Tel: (503) 378-5499 | lpct.board@state.or.us | Oregon.gov/OBLPCT