

Professional Disclosure Statement
Mihretu Dessalegne, Registered Associate
His Mercy Our Hope Counseling LLC
974 NE 90th Avenue, Portland, OR, 97220
(971) 267-2345
mihretu@hismercyoursehope.org

PHILOSOPHY AND APPROACH TO COUNSELING:

I believe in the importance of fostering a warm, accepting, and encouraging therapeutic environment to empower clients to know who they are and know of their inherent value and worth. I believe that people are both unique and relational beings with physical, emotional, social, and spiritual needs, and the integration of these aspects can lead to a richer, more meaningful life. I collaborate with my clients to utilize an integrative theory approach consisting of Person-Centered Therapy and Cognitive Behavioral Therapy. I also offer Christian Counseling for those who want to bring their faith in Jesus into treatment, and I offer Eye Movement Desensitization Reprocessing (EMDR) as an isolated treatment approach for those holding trauma. I believe that recognizing thoughts and understanding one's thoughts can greatly improve the quality of one's emotional and behavioral functioning, I seek to assist clients in exploring early key relationships to develop insight into one's current functioning, and I help clients who hold trauma better understand and release that trauma in a healthy way.

FORMAL EDUCATION AND TRAINING:

- M.A., Clinical Mental Health Counseling, *George Fox University*; 2019
 - Major coursework included human growth and development, abnormal psychology, play therapy, advanced clinical skills, group therapy, and tests and assessments.
 - Student Associate under supervision of a Licensed Professional Counselor, June 2018 to May 2019
 - In conjunction with courses as a part of the final year of the M.A. program

As a Registered Associate **with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics.** As a Registered Associate, I am supervised by Sharon Eileen Watters, a licensed professional counselor, which I will be happy to explain.

FEE SCHEDULE:

- His Mercy Our Hope Counseling LLC, depending on services provided, charges \$60 – \$150 per service per session. A sliding scale is available.
- Insurance: Currently not accepting insurance

As a client of an Oregon Registered Associate, you have the following rights:

- To expect that a registered associate has met 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 registered associate;
- 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 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 associate case consultation or supervision; and 5) Defending claims brought by you against me; and
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

You may contact **the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE #120, Salem, OR 97302-6312. Phone 503-378-5499.**

Email: lpct.board@mhra.oregon.gov

Additional information can be found at www.oregon.gov/OBLPCT/

Client Signature: _____

Date: _____