

**Meredith Mirsepassi**  
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**Philosophy and Approach:**

I believe that every human has a right to the opportunity of self-discovery and holistic health (emotional, physical, and spiritual). I believe that every person regardless of age, ethnicity, social status, sexual orientation and religion has the right to be treated with value and respect. Therefore, each person is worthy of being heard, feeling safe, being understood, being treated with dignity, and offered support. I believe that individuals are capable of accomplishing the level of change and growth that they personally desire.

I believe that the relationship between therapist and client should be one marked with honesty, safety, and empowerment. I understand that my role as a therapist is to offer support to my clients as they undergo their chosen process of healing and strengthening themselves. I will work with my clients to identify their desired goals and will allow space for them to discover how they would like to pursue their desires for change. I do practice from a framework that has been colored by the theories of Narrative Therapy, Motivational Interviewing, Bowen Therapy, DBT, and Attachment Theory.

**Formal Education and Training:**

I earned my Master's degree in Clinical Mental Health Counseling from George Fox University in May of 2013. Major coursework that I have completed has been in Human Growth and Development, Group Therapy, Addictions, Personality and Counseling Theory, Psychopathology, Cultural Foundations and Social Justice, Human Sexuality, and several other significant courses. I also hold a CADCI certification which I have earned through completion of classes, supervised clinical practice and passing a certification exam.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics according to the Oregon Licensing Board's Code of Ethics set forth in OAR chapter 833, division 100. To maintain my license, I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession

**Fees:**

My fee for service is \$65 for per 50-minute session.

**Client 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.

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@state.or.us](mailto:lpct.board@state.or.us)**

**Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)**

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

By signing below, the client acknowledges that they have read and understood this statement and any questions regarding the above information have been answered satisfactorily. The client will receive a copy of this statement. My signature indicates that I verify the accuracy of this statement and that I commit to upholding its specifications.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Therapist Signature \_\_\_\_\_ Date \_\_\_\_\_