Chell Cooke MA, LPC

they/them

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**PROFESSIONAL DISCLOSURE STATEMENT**

**Philosophy and Approach:** I am a Licensed Professional Counselor who has focused on supporting queer and trans folks for the past 5 years. My approach is guided by person-centered and trauma-informed principles. I believe that you are the expert on your life and your needs, and I am committed to supporting you without judgment. I strive to be mindful of the prevalence of trauma and how its impacts may show up in our work together. I want to prioritize your comfort and remind you that you are always in charge of the information you do and do not share with me. While providing assessments for medical care, my goal is to be useful to you. I hope to make the often tiring and invalidating process of seeking medical care easier by honoring your requests and helping you get your needs met.

**Formal Education and Training:** I hold a Master’s degree in Clinical Mental Health Counseling from The Ohio State University. I have completed all parts of my formal training in Eye Movement Desensitization and Reprocessing with the Institute for Creative Mindfulness. I am also required to complete annual continuing education requirements. Through these continuing education experiences, I have received training in a wide variety of theories and areas of focus, including, but not limited to, Acceptance and Commitment Therapy, Emotion-Focused Therapy for couples, mindfulness-based interventions, and considerations of care for LGBTQ+ individuals.

**Hours and Session Length:** Our sessions are generally a 1 time occurrence, and may last from 30-120 minutes. If you need further planning and preparation for your medical care, we may schedule 1 additional session, or we can refer you to ongoing counseling for further care. My services to you include the writing of a letter of support, referral to the medical provider of your choice, any consultation or advocacy that is needed, and updates of letters if they expire or if you seek another kind of medical procedure.

**Payment**: Most clients seen at Brave Space are using OHP insurance, which pays for most of the session fees. You may have a $3 copay. Clients are fully responsible for the payment of all copays for services at the time of service, and if insurance ends, must discuss client payment for ongoing service. Checks, credit cards, and cash are accepted forms of payment and payable at the beginning of the session. Fees are$200 for a 60 minute session.

**Client Rights and Confidentiality**

As a client of an intern supervised by a licensed professional counselor you have the following rights:

* To expect that a licensee has met the minimal qualifications of training and experience required by law
* To examine 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 Professional Counselors and Therapists at 3218 Pringle Rd SE #120, Salem, OR, 97302. Telephone: 503-378-5499. Email lpct.board@oregon.gov Website [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)