Chris Doud, MSW, CSWA

they/them

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**PROFESSIONAL DISCLOSURE STATEMENT**

**Philosophy and Approach:** I have a commitment to treating the whole person, because I know that all areas of a person’s life can impact their wellness. My theoretical approach to therapy embodies the person-centered emphasis of humanistic therapy, with a focus on exploring personal strength and meaning. I use a range of modalities, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), parts work, and Eye Movement and Desensitization Reprocessing (EMDR). I honor people as experts in their lives and my approach is to be a trustworthy steward on their journey. I am dedicated to antiracism/ social justice and unpacking biases and internalized oppression, and so I regularly acknowledge and examine my positionality and reflect on how the identities I hold impact my practice. My goal as a therapist is to co-create with people a safe container for healing and transformation to occur.

**Formal Education and Training:** In 2016, I graduated with a Bachelor of Science in Social Work, *Summa Cum Laude*, from Portland State University (PSU). From there I began working directly with people, providing case management and other services. In 2018, I completed a Master’s of Social Work and that same year entered the field of mental health. I have taken a wide range of classes on topics, including individual and group practice, social justice, health/wellness, anti-oppressive practice, and DSM-5. Since graduating, I have continued my education in the field. In 2019, I became a trained and registered provider of Cognitive Behavioral Therapy for Psychosis with NW Provider Network. In March 2021, I completed EMDR Levels 1 and 2 with Dr. Philip Manfield, and I have been practicing EMDR with clients since. I have also completed multiple Continued Education Units (CEUs) on subjects such as therapeutic modalities (DBT, CBT, etc), mood disorders, mindfulness, psychosis intervention, trauma treatment, equity, and antiracism.

**As a supervisee of a licensee** of the Oregon Board of Licensed Social Workers, I will abide by its Code of Ethics. I am under the ongoing supervision of Ryan Loiselle, LPC, Natalie Ehrman, LCSW (individual supervisor), and Linnea Stenhouse (group supervisor) who reviews my cases with me. You may contact my supervisor, Ryan, at 503-389-0095.

**Hours and Session Length:**  I see clients Tuesday-Friday at the address listed above and clients may call or email to schedule appointments. Individual sessions are 50 minutes in duration, usually once a week. In order for counseling to be effective, it is important to attend all regularly scheduled appointments. If you are unable to attend a scheduled appointment please notify us 24 hours in advance if possible. Missing two consecutive appointments without notification could result in loss of your regular slot or ending services. You are free to terminate services at will; however, it is usually most therapeutic to schedule a closing session.

**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 $152.25 for a 50-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 Social Workers at 3218 Pringle Rd SE #240, Salem, OR, 97302. Telephone: 503-378-5735. Email: oregon.blsw@oregon.gov Website: www.oregon.gov/blsw