Deirdre Harris-Rundle, MS, NCC,

Professional Counselor Associate

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**PROFESSIONAL DISCLOSURE STATEMENT**

**Philosophy and Approach:** I believe that the most important element of the counseling experience is the relationship between my client and me. The purpose of a strong therapeutic relationship is to develop trust and create an environment where you feel safe and supported, so we can work together towards addressing whatever issues bring you to therapy. My goal as a therapist is to foster growth, independence, and resilience. My theoretical approach to counseling incorporates the proven, practical interventions of cognitive behavioral therapy (CBT); the aspiration toward self-discovery of humanistic therapy; and the commitment to transparency and equity of feminist therapy. As a white, queer trans woman, I come to this work with lived experience of both discrimination and privilege, and I strive to embody principles of anti-oppression and social justice in my role as a counselor.

**Formal Education and Training:** I received my Master’s in Counseling from Portland State University. I am a Nationally Certified Counselor (NCC 884701) and am currently working towards my Oregon professional counseling license (LPC R5149). For my graduate internship I worked as a mental health counselor at a high school, providing talk therapy to students. My post-graduate training and experience has been focused on providing case management and counseling to individuals with severe, persistent mental health challenges and helping clients navigate the intersections of mental health, identity, and systems (including family, social, medical, and education systems.) Classes I have taken that inform my current practice include group facilitation, multicultural perspectives in counseling, and psychosocial aspects of chronic illness and disability. Prior to receiving my counseling degree I was also trained as a Peer Support Specialist, and I bring an understanding of the value of shared lived experiences to my work.

**As a supervisee of a licensee** of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am under the ongoing supervision of Ryan Loiselle, LPC, and Kate Kauffman, LPC, who review my cases with me. You may contact Ryan at 503-389-0095 and Kate at 503-389-5801.

**Hours and Session Length:**  I see clients Tuesday through Friday via teletherapy 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. 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 $145 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 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)