Aaron J. Pischke, QMHA, Graduate Intern

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**PROFESSIONAL DISCLOSURE STATEMENT**

**Philosophy and Approach:** I believe that counseling can benefit anyone, at any stage of life. Counseling can help people develop tools to reach their goals, develop and maintain positive relationships, and feel more equipped to handle life’s many challenges. Helping clients achieve and maintain an optimal state of wellbeing is my ultimate goal.

My theoretical approach to counseling is grounded in humanistic and existential frameworks. This means that I practice and value therapeutic work with clients that prioritizes self-determination and meaning-making. I also strive to practice within a feminist and multicultural framework that prizes identity exploration and development, while staying acutely aware of the historical impact of systems of power and oppression on marginalized communities. One of my greatest passions is advocacy, and in particular, advocating for individuals and families who find themselves struggling to gain access and support from healthcare and social service systems. My philosophy is that systems built to uplift and support community members should exist to serve *every member* of the community, regardless of gender identity, sexual orientation, age, immigration status, ability, size, and cognitive function. I have close to a decade of experience working as a patient advocate and navigating social service systems with clients. As a loved one of multiple individuals living with disabilities, a significant part of my personal and professional work focuses on dismantling ableist policies, procedures, and systems. As a Clinical Rehabilitative Counselor, my primary focus is working with individuals living with disability and/or chronic illness, as well as their loved ones. I also focus on exploring strategies for clients to have better access and experiences with relevant resources and services. In our time together, you can expect to be heard, affirmed, and respected.

**Formal Education and Training:** I am currently a master’s student in Clinical Rehabilitation Counseling and Mental Health Counseling at Portland State University. Major course work has included human development, diagnosis and treatment planning, legal and ethical issues in counseling, occupational analysis, career and lifestyle planning, group counseling, and understanding medical, psychological, and social aspects of disability. I have received additional training in grief and loss counseling. I am also a participant in ongoing trainings which focus on gender-affirming counseling.

**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, who reviews my cases with me. You may contact my supervisor at 503-389-0095.

**Hours and Session Length:**  I see clients Tuesdays, Wednesdays, and Thursdays 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: $100 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 #250, Salem, OR, 97302. Telephone: 503-378-5499. Email lpct.board@state.or.us Website [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)