

# *Lupine Counseling*

*Mychelle Moritz, LPC, ATR-BC*  
*Trauma Processing, Counseling, and Art Therapy*

*www.lupinecounseling.com*

## **Professional Disclosure Statement**

### **Philosophy and Approach:**

My approach is based on my belief that personal challenges can inspire growth and deeper healing when the experiences are processed in meaningful ways. I approach counseling in a supportive environment, based on a warm and dynamic relationship, to facilitate awareness, insight, and compassion. I use an eclectic approach drawing from trauma-informed, narrative, and strengths-based theories to empower each person to make positive choices, find balance, resolution, and new and preferred ways to experience life.

### **Education and Training:**

I am a Board Certified, Art Therapist Registered (ATR-BC) through the Art Therapy Credentials Board, Inc. and a Licensed Professional Counselor (LPC) through the Oregon Board of Licensed Professional Counselors and Therapists.

I hold a Master of Arts degree in Art Therapy from Marylhurst University and a post-graduate certificate in Counseling from Marylhurst University.

Major coursework includes: Art Therapy Technique, Child Development, Adolescent and Young Adult Development, Adult Development, Psychopathology, Clinical Assessment, Counseling Skills, Ethics, Family Therapy, Group Counseling, Cultural Issues in Counseling, Professional and Clinical Practices in Art Therapy, Crisis and Trauma, Play Therapy, Sandtray Techniques, Career Counseling, Research, Theory of Counseling and Psychotherapy, Appraisal of Individuals, and one year of practicum.

I have experience and training in trauma, grief and loss, and 7 years working with domestic violence survivors. I have completed an EMDR training parts I and II. To maintain my license, I am required to participate in annual continuing education (40 hours every 2 years) by taking classes or trainings relevant to counseling or participate in professional supervision.

### **Code of Ethics:**

As a Licensed Professional Counselor (LPC) of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I consult regularly with professionals in the community, which I will be happy to explain. As a Board Certified, Art Therapist Registered (ATR-BC), I also abide by the Art Therapy Credentials Board, Inc. Code of Ethics.

### **Fees:**

All payments are expected at the time of service. Fees are based upon services rendered: \$150 for EMDR and Art Therapy sessions and \$110 for a counseling session, with sliding scale as per fee

agreement determined during the initial intake session. A full charge will be applied for no-shows or cancellations without 24 hour notice. Please refer to your Informed Consent, Rights & Responsibilities, and Notice of Privacy Practices packet for more information about fees.

**Clients Rights and Confidentiality:**

As a client of a licensee, you are entitled to the following rights:

- To expect that the licensee has met minimum qualifications and training experience by law;
- To examine public records maintained by the Board and to have the Board confirm credentials of the licensee;
- To obtain a copy of the Code of Ethics;
- To report complaints to the Board;
- To be informed of the cost of services before receiving 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 proceedings or by the client's insurance company, or relevant agencies; 4. Providing information concerning case consultation or supervision; and 5. Defending claims brought by client against the licensee.
- To be free from being the object of discrimination on the basis of race, gender, religion, national origin, age, sexual orientation, disability, or other lawful category while receiving services;
- To terminate services at any time.

To ensure that services provided are the best possible practices for you, I consult regularly with professionals in the community. Information regarding art therapy/counseling and case dynamics are exchanged for consultation purposes; all of your identifying information will be protected except when required by law as listed above.

You may contact the Oregon Board of Licensed Professional Counselors and Therapists at:

3218 Pringle Rd. #250, Salem, OR 97302-6312 Telephone: (503) 378-5499

or

The Art Therapy Credentials Board, Inc. attn: Management Director at:

3 Terrace Way, Suite B, Greensboro, NC 27403-3660 Telephone: (887) 213-2822

Client (or guardian) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client (or guardian) Printed Name: \_\_\_\_\_

Counselor Signature: \_\_\_\_\_ Date: \_\_\_\_\_