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## **PROFESSIONAL DISCLOSURE STATEMENT**

**Philosophy and Approach:** I believe people have incredible inner wisdom and the potential for transformation and healing. Sometimes we are unable to access these resources or do not trust ourselves, and we look to others for answers. Clients come to counseling because they want to change something in their lives. They may need support, encouragement, and education in this process. They also need to learn how to access and trust their own deepest wisdom. My job as a counselor is to join in a collaborative journey to find movement and healing in whatever situations are problematic. Lasting change means accessing the roots of the difficulties and making fundamental shifts that allow clients to honor who they truly are and to find joy and inner peace. One of the valuable resources for continued well-being is a spiritual approach to life, so assisting clients in their abilities to access their own spiritual paths can be an important part of the journey.

I offer a variety of approaches that honors that the healing process for each person is unique. Cognitive Behavioral Therapy, Solution Oriented Hypnosis, Nonviolent Communication, Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Technique (EFT), Bodytalk, Qigong, Art, Music and Sandtray therapies can all be useful tools. Clients also bring their understanding of themselves, their lives and their relationships. We focus on healing and possibility rather than pathology, working together to achieve optimal well-being.

My professional interests include individual, couples, and family counseling; trauma, sexual, domestic and childhood abuse; PTSD; anxiety; depression; grief and loss; chronic pain and illness; life transitions; LGBTQBT; sexuality; and spiritual growth. In addition to face-to-face counseling, I offer skype sessions, classes and workshops.

**Formal Education and Training:** I hold a Master's (M.S.) degree in Mental Health Counseling from Walden University. The graduate program is accredited by the Council on Accreditation of Counseling and Related Educational Programs (CACREP). I am certified as a National Certified Counselor by the National Board of Certified Counselors, a private certifying agency that recognizes counselors who have distinguished themselves through meeting the board's standards for education, knowledge, and experience. Post graduate studies include completion of Solution Focused Hypnotherapy: an Erickson Approach, certification in Sexual Wellness by the University of Indiana Kinsey Institute; completion of Applied Suicide Intervention Skills Training (ASSIST) through Living Works, and Dialectical Behavior Therapy (DBT) for suicide prevention, assessment and intervention through the Lineham Institute. Along with my clinical counseling experience and skills, I am an EFT Practitioner and a BodyTalk Practitioner.

In addition to my private practice, I have been a counselor at Saving Grace since 2011 where I offer counseling and facilitate groups for survivors of domestic and sexual abuse. I also facilitated a court mandated group for women convicted of assault for 3.5 years. I was a life coach for 20 years before completing my graduate studies. I belong to the American Mental Health Association and the Clinician's Network of Bend.

**Fees:** Our collaborative relationship is essential to facilitate the healing process. You are invited to schedule a free 30 minute consultation to help you decide if you wish to embark on this journey together. In this appointment, we will discuss your counseling needs, my background and philosophy and fees, so that you can

make an informed decision. My fee for counseling sessions is \$150.00 for the first session; \$100.00 per 50 minute session thereafter; 60 minutes are 125.00; 90 minutes are \$150. Couple and Family sessions are \$150. Sliding scales are offered on an individual basis. Full session payment is due at the beginning of each session. Charges for workshops and classes are dependent on the event. Payment may be made per cash, check, paypal, or credit card. There is a \$25.00 returned check fee. I can bill insurance as an out of network provider. You may want to check with your insurance to ascertain whether they will provide coverage for your sessions.

**Appointments:** Sessions are 50 minutes long, unless otherwise agreed upon in advance.

**As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists,** I abide by its Code of Ethics. To maintain my license, I am required to participate in frequent continuing education, taking courses relevant to this profession. I also participate in professional consultation groups with other licensed therapist and counselors in order to support my work with clients. I am happy to explain this process to you.

**As a client of an Oregon licensee, you have the following rights:**

- To expect that a licensee has met the qualifications of training and experience required by state law.
- To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
- To obtain a copy of the code of Ethics (Oregon Administrative Rules 833-100);
- 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 or law, with the following exceptions: (1) Reporting suspected child abuse; (2) Reporting imminent danger to you or others; (3) Reporting information required in court proceedings or by your insurance company or other relevant agencies; (4) Providing information concerning licensee case consultation or supervision; and (5) Defending claims brought by you against me;
- 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 Licensed Professional Counselors and Therapists at:

**3218 Pringle Rd SE, #230, Salem OR, 97302-6312. Telephone (503) 378-5499**

**Email: [lpct.board@state.or.us](mailto:lpct.board@state.or.us) Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT).**