

PROFESSIONAL DISCLOSURE STATEMENT

Philosophy and Approach to Counseling:

It is my desire to provide professional and compassionate services to individuals from a cognitive-behavioral framework of counseling. My approach is that of lifestyle coaching including goal setting, with steps toward freedom and abundant life. I believe that clients ultimately set their own goals but may need further education, empowerment or encouragement to achieve a healthier level of functioning. As a public speaker and lifestyle coach, I strive to teach, nurture and demonstrate freedom to clients with consideration of the physical, emotional and spiritual components of life. One of my areas of focus is within group therapy that involves an emphasis on setting Boundaries and taking responsibility. I subscribe to the Codes of Ethics of the National Board of Certified Counselors, American Counseling Association and Michigan State Board of Licensed Professional Counselors.

Education and Training:

MA in Professional Counseling at George Fox University

- Specialty Focus: Addictions Recovery, Anxiety & Eating Disorders
- Major areas of Study: Human Growth and Development Counseling, Philosophy, Career Development, Personality Theory, Consultation, Group Therapy, Professional Ethics, Psychopathology, Research Methods, Assessment, Social and Cultural Foundations, Spirituality, Eating Disorders and Human Sexuality.

BA in Communications at Central Michigan University

Continuing Education and Supervision:

As a LPC, I participate in ongoing supervision from Lynn Stevens, LP and Connie Ratliff, PhD. My continued training has taken place in the form of workshops, lectures, professional seminars that address issues and skills related to professional counseling, assessments, liability, ethics, anxiety, depression, eating disorders & inpatient treatment.

Fee Schedule & Insurance Payment Options:

My fees begin at \$120 per session and are available on a sliding scale. All payments are due on the day of service.

My License to practice is regulated by the State of Michigan:

Licensing Division, State of Michigan
P.O. Box 30670 Lansing, MI 48909
(517) 335-0918