

heather asaadi, lpc

both-and-counseling.com

heather@both-and-counseling.com

503.957.2544

counseling

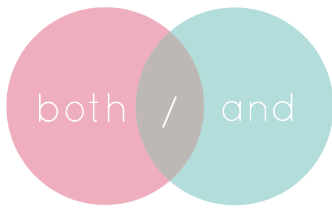
Professional Disclosure Statement

Philosophy and Approach: I am passionate about building a meaningful therapeutic relationship - it is within relationships that healing and growth occur. Sharing your story with someone while experiencing acceptance creates genuine connection and drives the therapeutic process. Within the safety of therapy, you can more fully explore your patterns, come to understand factors that contributed to your development, and find a balance between accepting yourself and changing patterns that are not serving you anymore. I work to be attuned to the systems that impact us, such as, the social and cultural effects on our lives, as well as, exploring how your identities intersect and interact with your environment. My approach is eclectic and trauma-informed. I gravitate towards relational/interpersonal therapies which emphasize exploring patterns of relational disconnection and enhancing connection. My practice is focused on collaborating using a dialectical framework, which is about looking through a both/and lens to appreciate complexity, find more balance, and increase compassion towards ourselves and others.

Education and Training: I am a Licensed Professional Counselor in Oregon (Lic # C4454). I hold a Master's degree in Mental Health Counseling from Lewis & Clark College in Portland, Oregon. Major course work included: Life Span Development, Diversity and Social Justice, Counseling Interventions with Adults, Diagnosis of Mental and Emotional Disorders, Group Counseling with Children/Adolescents and Adults, Family Therapy, Ethical and Legal Issues, Addiction Counseling, Trauma and Crisis Counseling, and Clinical Reasoning. My professional practice has provided me the opportunity to work with diverse populations experiencing a range of symptoms in outpatient community mental health and inpatient drug and alcohol settings. I am experienced working with people who struggle with trauma, depression, anxiety, relationship issues, personality disorders, psychotic symptoms, shame, and gender dysphoria. I have received specialized trainings in trauma processing using Narrative Exposure Therapy (NET), Jungian Psychology, Dialectical Behavioral Therapy (DBT), CBT for Psychosis, and providing gender-affirming therapy and assessments for transgender and non-binary folks.

Fees: I accept private pay and am an in-network provider with multiple insurance carriers. If I am tasked with billing your insurance in or out-of-network, I bill my full fee of \$175 for a 55 minute session (unless dictated by insurance to be less than 55 minutes) and \$185 for a psychiatric diagnostic evaluation (first session). My fees with a self-pay discount applied are \$160 for a 55 minute individual session. Payment is due at time of service in the form of cash, check, or electronically (using the secure card reader system, Stripe). I offer a limited number of sliding scale services for individuals; please let me know if you need to explore this option and we can further discuss the possibility of sliding scale.

Continued Supervision and Education: As an LPC in Oregon, I am required to participate in 40 hours of continuing education every two years to support my ongoing professional development. Additionally, although not required as a licensed professional, I often seek confidential consultation with K Hixson, PHD, LPC, and with a network of professional colleagues. I maintain your confidentiality and anonymity throughout this process. I would be happy to answer any questions you may have about this.



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As a Licensed Professional Counselor registered with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics set forth in OAR chapter 833, division 100.

As a client of an Oregon Licensed Professional Counselor, you have the following rights (Client Bill of Rights [OAR 833-060-0004(h)]):

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, elder abuse, or vulnerable adult 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 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.

Concerns: Please contact me with concerns you have about your services. You also have the right to report your concerns to the Board of Licensed Professional Counselors and Therapists.

For additional information about this counselor, consult the Board's website.

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

3218 Pringle Road SE, #120, Salem, OR 97302-6312

Phone: 503.378.5499

Email: lpct.board@mhra.oregon.gov

Website: www.oregon.gov/OBLPCT

I acknowledge that I have read through Heather Asaadi's Professional Disclosure Statement (PDS) and understand the contents. I also understand that I can ask questions for clarification now and in the future. Based on the information contained in the PDS, I give my consent to treatment.