

Professional Disclosure Statement
Angela Martin, LPCC

North Star Therapy Collective

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Philosophy and Approach: I believe healing from life's struggles happens through connection with self and connection with community. We are all resilient and have the capability to feel peace and acceptance within, and in our relationships. I believe the therapeutic relationship is a strong indicator of therapy outcomes. I utilize a number of techniques from a variety of modalities including Acceptance and Commitment Therapy, Psychodynamic and depth work, Dialectical Behavior Therapy, Cognitive Behavior Therapy, Trauma Resilience Model, Attachment-based and Seeking Safety. I work with individuals, families and groups with a trauma-informed lens.

Formal Education and Training: I completed and hold a master's degree in Counseling Psychology from Northwestern University in Evanston, IL. The major coursework included Individuals and Systems, Adult Psychopathology, Group and Organizational Dynamics, Theories of Counseling, Trauma Disorders, Research Methods, Human Growth and Development, Cultural Diversity in Counseling, and Career Psychology. I have completed numerous educational trainings including trauma-focused care, suicide assessment and prevention, and working with severely anxious individuals. Post graduation, I worked five years in eating disorder/mental health residential care.

Continuing Education for Licensees: 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 continuing education, taking classes dealing with subjects relevant to this profession.

Fees: Initial 75-minute intake session \$270; Individual session 50 minute hour \$180; Couples session 50 minute hour \$180; Family session 50 minute hour \$180. Additional time/longer sessions are prorated at the rate of \$3.30/minute. Up to 20% sliding scale fee for qualifying individuals, couples, and families.

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, #120, Salem, OR 97302-6312 Tele: 503.378.5499 Email: lpct.board@mhra.oregon.gov Website: www.oregon.gov/OBLPCT

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