Alison Nightingale LPC

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**Professional Disclosure Statement**

**Philosophy and Approach**: The heart of my approach is that I don’t believe that your distress is a sickness, nor maladaptive, but has been, at some point in your history, the most rational, intelligent, and creative form of self-preservation you could employ at that moment in your development. I am here to help you understand and hear those old strategies, get your best efforts connected with a bigger and more updated story that includes more of who you truly are, and deeply heal very old and well covered over vulnerabilities that truly hold the keys to your wholeness. I use a variety of methods for this, but I mostly use a Jungian/Imaginal approach, mindfulness-body based exercises, EMDR and Internal Family Systems Therapy.

**Formal Education and Training**: I received a master’s degree in Counseling Psychology with an emphasis is Depth Psychology from Pacifica Graduate Institute in 2008. Beyond my degree, I have done extensive training in the Jungian psychotherapy including dream therapy and active imagination in addition to a great many workshops in trauma and attachment work. I have been trained in Hakomi Therapy and RCS (Re-Creating the Self) with the META Institute in Portland, OR in 2012. I have been training in Internal Family Systems Therapy for the since the beginning of 2016. I have also been trained to do SAFE EMDR, a more somatic and attachment focused EMDR approach.

As a Licensee of the Oregon Board of Professional Counselors and Therapists, I abide by its Code of Ethics. To maintain my license, I am required to participate in continuing education of subjects relevant to my profession.

**Fees**: My fee is $165 - $285 per hour.

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

• To expect that the licensee has met the requirements of training and experience required by the state law

• To examine the public records maintained by the Board and to have the Board confirm the credentials of a licensee.

• To obtain a copy of the Code of Ethics (Oregon Administrative Rule 833-100)

• To report complaints to the Board • To be informed of the cost of professional services before receiving services.

• To be assured of privacy and confidentiality when receiving therapy as defined by rule or law, with the following exceptions:

1) Reporting suspected Child, Elder, or Dependent Abuse.

2) Reporting imminent danger to yourself or others.

3) Reporting information required in court proceedings or your insurance company, or other relevant agencies.

4) Providing information during case consultation or supervision.

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 Telephone: (503) 378-5499 email: [lpct.board@oregon.gov](mailto:lpct.board@oregon.gov) website: www.oregon.gov/OBLPC

**This document is yours to keep for future reference.**