

Lisa Popelka, MS, LPC  
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Licensed Professional Counselor - Oregon License No. C3014

## Professional Disclosure Statement

**Philosophy and Approach:** I view therapy as an active process of honest self-discovery. I support you in this work with genuine compassion and acceptance. Collaboratively, we explore life patterns, strengthen self-trust and develop flexibility in making new choices. I have utmost faith that as you stay present to yourself, you create your own pathways to change. My approach stems from Existential-Humanistic and Attachment theory, Emotionally Focused Therapy, Affective Neuroscience, and Mindfulness Informed Therapy.

**Formal Education and Training:** I hold a Masters Degree in Counseling Psychology from the University of Oregon, 1994. Major coursework included: Conceptual Foundations of Counseling, Ethical & Legal Issues, Group Counseling, Counseling Diverse Populations, Transactional Analysis & Gestalt, Intake Interview & Assessment. I have training in IPNB with Dan Siegel, and completed multiple trainings in Emotionally Focused Therapy and am in an on-going EFT Couples consultation group, led by Jamie Levin-Edwards, Psy.D.

**Licensure:** As a licensee of the Oregon State Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license I am required by the state to participate in annual continuing education. I participate in classes dealing with subjects relevant to this profession. I may substitute professional/peer supervision for part of this requirement. I will be happy to explain what that entails and how it relates to you as my client.

**Fees:** \$140 for 50 minute session, \$200 for 75 minute session

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

- To expect that a licensee has met the minimal 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;
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving these services;
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to client or others; 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE #250, Salem, OR 97302-6312. Telephone: 503.378.5499