# Professional Counselor Associate

Denise Olson

Serein Counseling

15440 Museum Road, Brookings, Oregon 97415

Office/Cell: (541) 200-5671

Email: Sereincounselingservices@gmail.com

Website: Sereincounselingservices.com

**Philosophy and Approach**: I believe that everyone possesses the skills and strengths they need to succeed. As a therapist, I consider it part of my job to tap into those strengths so individuals who work with me can make the positive life changes they seek. I work with adults, adolescents, couples, and families who initiate mental health services to address various concerns such as: developmental, emotional, existential, and motivational to promote personal growth toward more profound meaning and well-being. We decide upon goals as a team. You know yourself best and will navigate these uncharted therapeutic shores. I draw primarily from cognitive-behavioral therapy, acceptance and commitment therapy, mindfulness based therapy, narrative theory, and existential, family/marital, and humanistic approaches.

**Formal Education and Training:** I graduated with a master’s degree (June 2023) in Clinical Mental Health Counseling from Southern Oregon University, Ashland Oregon. Major coursework involves advanced crisis intervention strategies, advanced human growth and development, and various counseling theories. While attending Southern Oregon University I worked as an associate counselor (June 2022-June 2023) at Phoenix Counseling Center, Phoenix Oregon. There I gained experience working with clients who sought care for substance use disorder, parenting group counseling, youth counseling (individual and group settings), and various mental health concerns.

Prior to this education, I worked as an academic advisor for seven years at the College of the Redwoods, representing first-generation college students who were dual enrolled and still attending high school. I also directed orchestra music programs for Curry and Del Norte County and taught music for twenty years. As a Professional Counseling Associate, I will use techniques with cognitive behavioral music therapy which is significant in improving depression, aggression, and anxiety among clients.

**Supervision Requirements**

As a professional counseling associate, I abide by the American Counseling Association
(ACA) and the Oregon Board of Licensed Professional Counselors and Therapists’ (OBLPCT) Code of Ethics. I am under the ongoing supervision of James E. Brown LMFT*#T0864*, LPC*#C3204*, who can be reached at: lotuspsych@yahoo.com through James E. Brown’s Counseling. I will be happy to explain further if requested. If any complaints and/or concerns arise, I will be happy to provide a way to reach my supervisor if requested.

**Fees:**

Fees are $120 for an individual session. There is a sliding scale available upon request. Sliding scale may apply if you are eligible. Pay by Cash, Check, Venmo, Credit Card (Mastercard, Visa, American Express) or Wire. An invoice can be provided for services rendered and paid to be reimbursed by the client’s medical insurance. These invoices do have a diagnosis and will be recorded under the client’s medical record. A copy of the agency's Financial Agreement will be provided during an intake appointment which will help determine your financial responsibility. I will be happy to provide a copy of this document if requested.

**As a client of an Oregon Registered Associate, you have the following rights:**

* To expect that a registered associate 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 registered associate;
* 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 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; abuse of a child, elder, or disabled individual
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; and
* To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

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@mhra.oregon.gov Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)

Additional information about this registered associate is available on the Board’s website:

[www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT).

These 2 need to be added to exceptions to confidentiality:

 CEO and state representatives conducting business.

 Emergency situations involving events beyond Serein Counseling’s control (i.e. natural disasters, crime or medical emergencies on the premises, etc.) 45 cfr parts 160, 162, and 164