

Natasha Lopez, LPC therapist intern

Independent Practitioner

10151 SW Barbur Blvd #10149C

Portland, Oregon 97219

503-754-4939

Philosophy and Approach: I believe that everybody, at some point in their life, will experience challenges or setbacks. At these points, people seek a person who will go alongside them through the dark places they are in, and help them see, more broadly, the trends that have occurred throughout their life. I believe that people have an innate desire for growth. Sometimes, such growth requires help through the process of examining difficult aspects of oneself: from altering self-perception to learning new habits and tendencies. Life is a journey which teaches many lessons along the way. The more we become aware of them, the more we learn to grow and change.

My goal is to be offer supportive care that will help you grow into your full potential. Although I use various therapies, my main approach is client centered and compassion focused therapy. I am also capable of utilizing psychodynamic, cognitive behavioral, and mindfulness therapies. Upon your request, I am able to incorporate healing prayer within the session. Finally, I can provide you with psycho-education, understanding, and coping strategies that will be effective tools for your growth.

Formal Education and Training: I am currently a graduate of George Fox University. Courses that I have taken include: Substance Abuse, Human Growth and Development, Psychopharmacology and Neurobiology, Shame and Grace, and Lifestyle and Career Development and Consultation. I also have completed continuing education credits in trauma and substance abuse. I am a certified trauma therapist. I have worked over the past seven years with adults who are dually diagnosed with chronic persistent mental illness and have assisted them in living more productive lives.

As a Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am under the ongoing supervision of John Sickler. He will give me feedback on my work that will assist me in providing quality service to you. I will discuss your situation but will not mention your name in order to maintain confidentiality. I will also not go to court to testify on your behalf as in cases for child custody or divorce.

Fees: Sixty dollars per 50 minute session. Fees will be collected at the time of the appointment. Cash, check, or credit card is accepted. If for some reason you have to cancel your appointment please call me within 24 hours otherwise I will have to charge you for the session you missed.

Confidentiality: All information you disclose in treatment is confidential unless you specifically request a release of this in writing. It is important that you are aware that the law provides certain exclusions from confidentiality that include, but are not limited to reported child, elder, and dependent adult abuse; when a client makes a serious threat of violence towards a reasonably identifiable victim; when a client is dangerous to him/herself or the person or property of another;

or when there is a court order; providing information concerning licensee case supervision and defending claims brought by client against therapist.

As a client of an Oregon Registered Intern you have the following rights:

1. To expect that the intern has the minimal qualifications of training and experience required by state law
2. To examine public records maintained by the Board and to have the Board confirm my credentials
3. To obtain a copy of the Code of Ethics
4. To report complaints to the Board
5. To be informed of the cost of professional services before receiving the services.
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law
7. To be free from discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.
8. You have the right to contact the Board of Counselors and Therapists at 3218 Pringle Rd. SE #250, Salem, OR 97302, 503-378-5499 www.oregon.gov/OBLPCT

If you agree to this please sign below:
