

Edgewood Mental Health and Wellness

280 Liberty St. SE Suite 206

Salem, Oregon 97301-3490

Ph: (503)308-1301 | Fax: (503)217-6526

Email: contact@edgewoodmhw.com



Crystal Dumas, Professional Counselor Associate Professional Disclosure Statement

Professional Status

I am a Professional Counselor Associate registered with the Oregon Board of Licensed Professional Counselors and Therapists, working my way toward licensed as a Professional Counselor. As a Professional Counselor Associate, I am under direct supervision of a Licensed Professional Counselor and Clinical Supervisor: Dr. Scott K. Elmore, PsyD, LPC (#C5235.)

Philosophy and Approach

My philosophy in counseling involves understanding the root of your problem, focusing on your abilities, and taking the best steps to create a new direction toward greater success in life.

In doing this, I use an *integrative approach* to counseling, which typically involves... *Cognitive Behavioral Therapy* to address unhealthy thoughts; *Person-Centered Therapy* to create a safe space for the client to receive emotional support and to be heard; *Psychodynamic Therapy* to build self-awareness by understanding how your past affects your present; *Attachment Theory* to address healthy versus unhealthy bonds within various types of relationships (family, intimate partnerships, and friends); *Gestalt Therapy* to address unresolved issues and emotions from the past that manifest in the present; *Solution Focused Brief Therapy* to empower individuals to focus on finding solutions to their problems, recognizing current abilities from past experiences of similar successful outcome; *Gottman Method* to address unhealthy communication within marriages and repairing relationships post infidelity; *Structural Family Therapy* to understand family connection among each other and boundaries; *Bowens Theory* to address unhealthy family dynamics and lack of self-awareness.

Education and Training

I hold a Master of Science Degree in *Counseling*. I offer experience on how to deal with trauma, anxiety, mood disorders, adjustment disorders, depression, stress,

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emotional regulation, and planning goals for the future. Additionally, I am trained in working with individuals and families facing marriage and family concerns.

Supervision and Continued Training

As a Professional Counselor Associate, I am practicing under a supervision plan approved by the Oregon Board of Licensed Professional Counselors and Therapists. This plan includes regular meetings with my supervisor for case review and conceptualization, and continued professional development, as required by Oregon Administrative Rules.

I am currently pursuing certification in *Solution Focused Brief Therapy*. I am also earning my Doctorate (PhD) in *Marriage and Family Therapy*.

I am also an Associate Licensed Counselor in Alabama, under supervision of Dr. Tina Marie Glover, LPC.

Fee Schedule for Services

As a provider at Edgewood Mental Health and Wellness, I adhere to the practice's standardized fee schedule which includes, but is not limited to, the following fees per service:

- Psychiatric Diagnostic Evaluation (26+ minutes): \$250.00
- Individual Psychotherapy (53+ minutes): \$200.00
- Family or Couples Therapy (26+ minutes): \$225.00
- Treatment Summary Documentation*: \$35.00-\$50.00

*service not billable to insurance

Reduced, sliding-scale, rates are available for those who qualify. Please inquire with Edgewood Mental Health and Wellness regarding any financial hardship.

Fees may apply for appointments cancelled outside of practice policy requirements.

Client Rights and Responsibilities

As a client of an Oregon licensee, you have the following rights with respect to the care and services you receive:

- a. To expect that the licensee has met the minimal qualifications of training and experience required by state law;

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- b. To examine public records maintained by the Board and to have the Board confirm credentials of the licensee;
- c. To obtain a copy of the Board's *Code of Ethics* (Oregon Administrative Rules 833-100);
- d. To report complaints to the Board;
- e. To be informed of the cost of professional services before receiving said services;
- f. To be assured of privacy and confidentiality while receiving services as defined by rules 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 required by client's insurance company, or other relevant agencies;
 - 4. Providing information concerning licensee case consultation or supervision;
 - 5. Defending claims brought against licensee by client
- g. 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 Oregon Board of Licensed Professional Counselors and Therapists at:

Oregon Board of Licensed Professional Counselors and Therapists

3218 Pringle Rd. SE Suite 210

Salem, Oregon 97302-6312

Phone: (503)378-5499

Email: lpct.board@mhra.oregon.gov

Website: www.oregon.gov/OBLPCT