

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



Megan Schmidt, 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

It is my belief that each person has the capacity to become the most authentic and fulfilled version of themselves. My approach to therapy is *Person-Centered* at its core; I view you as the expert on your life and experiences, while drawing from a variety of *evidence-based* styles to best support your unique journey.

Together, we'll work on *practical, skill-building strategies* to help you feel more in control, emotionally balanced, and hopeful about the future. Using approaches such as *Cognitive Behavioral Therapy, Solution-Focused techniques, Narrative Therapy, and Dialectical Behavioral Therapy*, we'll uncover your inherent strengths, reframe unhelpful thought patterns, develop mindfulness and emotional regulation skills, build distress tolerance, enhance interpersonal effectiveness in relationships, and foster lasting resilience. Therapy with me isn't about being told what to do; It's about co-creating a safe, supportive, nonjudgemental space where healing, self-discovery, and genuine growth can unfold.

With over a decade of experience both in schools and in private-practice, I specialize in guiding teens, adults, and families through life's challenges, including trauma, anxiety, depression, emotional dysregulation, and relational difficulties. Change is possible, and I'm honored to walk alongside you as you step into your fullest potential.

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Education and Training

I hold a Master of Arts Degree in *School Counseling*, through a CACREP-Accredited university, with additional coursework completed in pursuit of Professional Counselor licensure. I hold a Bachelor Degree in *Early Childhood Education*, which began my path into working with high school students as a counselor. My major coursework included *Theories of Personality and Behavior; Human and Cognitive Development; Family, Children, and Adolescents*.

As a Professional Counselor Associate with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its *Code of Ethics*. To maintain my license, I am required to participate in continuing education, taking courses and trainings covering subjects relevant to my profession.

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.

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.

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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;
- 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