

Professional Disclosure Statement

Kayla Beharrie
Head & Heart Therapy
917 SW Oak St., Suite 303
Portland, OR 97205
(971) 200-0482

Philosophy and Approach

My approach is inclusive, collaborative, and grounded in empathetic understanding. My focus is on creating a safe and supportive environment where clients are free to explore their thoughts, feelings, and experiences without judgment. I view therapy from a holistic perspective that considers the interconnectedness of an individual's physical, emotional, mental, social, and spiritual well-being.

I am dedicated to helping clients discover their strengths, develop effective coping strategies, and facilitate personal growth. I believe in the numerous benefits of therapy including enhanced self-awareness, increased resilience, strengthened connections, and overall improved mental health.

With compassion and collaboration, I work with my clients to explore the root causes of their struggles and develop personalized treatment plans. I tailor my therapeutic approach to meet each client's unique needs and goals, drawing from a variety of evidence-based modalities, including cognitive-behavioral therapy (CBT), mindfulness-based techniques, and acceptance and commitment therapy (ACT). I am committed to providing personalized and effective therapy that supports clients on their journey towards healing and growth.

Formal Education and Training

I am a graduate student at Bellevue University pursuing my Master of Science in Clinical Mental Health Counseling. My coursework includes professionalism and ethics, assessment and diagnosis, counseling theories for case conceptualization, social and multiculturally competent care, group facilitation, and treatment of issues such as addiction, trauma, depression, and anxiety.

Prior to my work in the field, I received my Bachelors in Communications and Philosophy from the Florida State University in 2018. I am an intern and I am supervised by Bre Herock, LPC (LPC, ACS C7383). I abide by the Code of Ethics set forth by the Oregon Board of Licensed Professional Counselors and Therapists.

Fees

Fees may vary based on the client's insurance. Out of pocket fees are \$185 for an initial appointment and \$95 for a 53-minute appointment. For those who can't afford the out-of-pocket rates, an income-based sliding scale fee schedule is available upon request.

Rights

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

- To expect that a licensee 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 licensee;
- To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100);
- 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:
 - a. Reporting suspected child abuse;
 - b. Reporting imminent danger to you or others;
 - c. Reporting information required in court proceedings or by your insurance company, or other relevant agencies;
 - d. Providing information concerning licensee case consultation or supervision;
 - and
 - e. Defending claims brought by you against me;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

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