

## **Professional Disclosure Statement**

Melanie Treuhaft  
Head & Heart Therapy  
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### **Philosophy and Approach:**

I have a human centered and trauma focused approach to therapy and aim to meet each client where they are at, honoring their unique needs and collaborating to create individualized treatment plans. I know that each client navigates a variety of oppressive systems and needs space to bring their specific perspectives and identities into the therapeutic relationship. I am curious and eager to fine tune the skills I have learned in my graduate studies. I am excited to begin applying theoretical frameworks such as CBT and ACT while continuing to explore other modalities. I work with individuals facing anxiety, depression, grief and loss, questions around identity, and relationship issues.

### **Formal Education and Training:**

I am a masters student at Antioch University in the Clinical Mental Health Counseling program. Coursework includes professional orientation and ethics, human growth and development, social and cultural diversity, counseling theories, group work, assessment and diagnosis, human sexuality, grief and trauma, and research. Prior to my work in the field, I received my masters in painting from the University of Wisconsin-Madison in 2015 and my Bachelors in Philosophy from the University of Chicago in 2010.

I am an intern and I am supervised by Sarah Dobey, LPC (LPC, ACS, MAC C4237). 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 \$45 per session. 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](mailto:lpct.board@mhra.oregon.gov) Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)