

# *Professional Disclosure Statement*

*Tracy Wikander, M.F.T*

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**Philosophy and Approach:** I believe our path as humans in this life is to learn how to embrace all that is happening within and outside of our selves. The more we resist our situations and the parts of our selves or others we don't like, the more entrenched we become within those parts. The more we come to acceptance of and are compassionate toward that which we want to change, the easier we are able to shift our reactions to what occurs around us and inside us. My general approach can best be described as Client-centered strength-based positive psychology. Client-centered strength-based counseling assumes that all clients are whole and have the internal resources to work through life issues but may not have learned how to access them. I will help you locate and strengthen your inner resources.

In addition to teaching many tools, including the use of EMDR, I can assist in helping you remove mental and emotional blocks as related to past trauma, as well as build mental and emotional strengths and resources.

I don't subscribe to the "disease" model, which assumes that people have something wrong that needs to be fixed. Life holds challenges for all of us, and sometimes-bad things do happen to good people. Positive psychology is about, not what happens to us, but how we react to what happens to us. I strongly believe in the human spirit's ability to have a happy, satisfying life and in using counseling to assist in this process.

I truly believe that if you don't practice what we work with in session, change will take a long time in coming. To assist in your process, I generally give a "practice" for you to work on in-between sessions. Sometimes it might be just an awareness that I am asking you to work with. Sometimes it might be an actual task to complete. We co-create and agree on the "practice" in session.

**Formal Education and Training:** I hold a master's degree in Counseling Psychology from John F. Kennedy University. Major course work included clinical skills, group therapy, human development, addiction, psychopathology, human sexuality, child abuse assessment, psychopharmacology, psychological testing, and couples therapy with an emphasis on the humanistic theory and model of change. I am also trained in EMDR and Dissociation.

**As a Licensee** of 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 classes dealing with subjects relevant to this profession.

**Fees:** My fee is \$100.00 per 50 minute session. I offer a sliding scale to \$90 per 50 minute session with financial need. If you need more of a slide in fee due to financial reasons, please speak to me to explore that possibility.

**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: 1) Reporting suspected child abuse; 2) Reporting imminent danger to you or others; 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) 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, #250, Salem, OR 97302-6312 Telephone: (503) 378-5499 Email:  
lpct.board@state.or.us Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)

**For additional information about this counselor or therapist, consult the Board's website.**

*Embracing Self, Embracing Others, Embracing Life*

