

Lori Elderkin, LPC, CADCI

Philosophy and Approach

You may have already identified goals associated with changes you want to occur in your life. My belief is that most change that occurs in connection with therapy comes about through forming and experiencing a trusting, emotionally safe relationship, and in the context of that relationship increasing one's awareness of self, challenging one's old beliefs, learning new skills, establishing appropriate boundaries in relationships with others, and experiencing and letting go of old pain. My task will be to assist or attempt to assist you in that process.

The Procedure I rely on involves talking about emotional experiences, past and present, that are sources of concern or anxiety. This is not a linear process and therefore can be a bit unpredictable. There will be times when you feel angry, frustrated, or depressed and not hopeful. These reactions will probably be temporary and you should expect that experiencing mixed feelings will be a part of the therapy process. Though there will be difficult periods, we will be working together to achieve the goals you have identified. If you ever become concerned that what we are doing is not in keeping with your goals, please talk to me about it. While the primary therapeutic technique we will be using is talking, you may also find that it is helpful to supplement that with additional creative processes (i.e., writing, drawing, meditation, yoga, etc.), and other activities that may assist you to experience levels of your Self that are not as accessible through talk.

I tend to be fairly active in therapy. I ask questions, offer observations, and look for patterns in the aspects of your life that you share with me. I will, however, greatly rely on you to set the direction for therapy as I believe You are the final expert on you, and I place considerable trust in your unique healing process. My style of working has been shaped by psychodynamic, developmental, systems, and behavioral theory.

Formal Training and Education

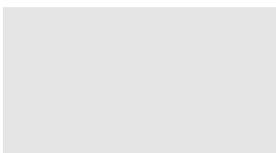
I hold a Masters Degree in Counseling Psychology from Lewis and Clark College. My major coursework included individual counseling, group counseling and addiction treatment.

Important Information as a Client

As a Licensed Professional Counselor of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics.

Fees

- Evaluation and Intake: \$200.00
- Individual Therapy: \$120.00 per session
- Couples/Family Therapy: \$150.00 per session
- Drug and Alcohol Evaluations: \$200.00
- Group Sessions: \$50.00 per session



Client Rights

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

- To expect that a licensee has met the minimal 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;
- 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 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 by client's insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;
- 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 Board of Licensed Professional Counselors and Therapists at **3218 Pringle Rd SE #250, Salem, OR 97302-6312. Telephone: (503) 378-5499**
Email: lpc.lmft@state.or.us Website: www.oregon.gov/OBLPCT