

Fellow Travelers Counseling

Liz Ortland, LMFT intern

www.fellowtravelerscounseling.com

+81 070(2262)5243

Professional Disclosure Statement

Philosophy and Approach:

As an Existential Humanistic therapist, I operate from the belief that all humans are capable of growth and healing. I strive to uncover this potential through fostering development of self-awareness, connection, agency, meaning, and a sense of awe. I aim to help clients listen deeply to themselves to discover stuck patterns, unowned parts of the self, unrecognized or unexpressed needs, struggles with worthiness, and barriers to living authentically. This is achieved through creating a unique and genuine relationship between myself and each client so that they can feel safe delving into the unknown together.

I believe that all people are unique, therefore therapy looks different with everyone. I enjoy bringing in whatever it is that helps a client to embrace change and explore their inner world. That may include expressive arts, music, philosophy, poetry, mindfulness, movement- you name it! In addition to Existential Humanism, I draw from therapeutic techniques in Internal Family Systems, Emotion Focused, Narrative, Solution Focused, Acceptance and Commitment (ACT), and Experiential Therapies.

Formal Education and Training:

I graduated from Lewis and Clark College's MCFT program in 2017 with a specialization in Sex Therapy. After graduating, I worked at Lutheran Community Services Northwest providing therapy for individuals, couples, and families from a diverse population of international refugees and low-income clients struggling with a wide variety of mental health concerns. I have expertise working with clients of differing cultural and language backgrounds as well as working alongside interpreters and peer support specialists to deliver culture and language specific care. I have a strong interest in trauma recovery.

I completed my undergraduate studies at Lewis and Clark College with a BA in Sociology/Anthropology, which fostered a deep understanding and appreciation for cultural diversity and for the ways in which various social systems influence people's lives. This background informs my therapeutic approach, as I will investigate each client from a perspective of cultural equity and interest in how each client fits into their larger social and cultural context. Between undergraduate and graduate studies, I spent several years working closely with children and families in a mental health context. I worked both with at-risk and underprivileged youth in public school mental-health programs in Alameda County, CA with Seneca Family of Agencies, and with children and young adults struggling with eating disorders at Kartini Clinic in Portland, OR. I enjoy assisting families in times of crisis and seeing them emerge with new strengths in the face of life's many challenges.

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As an LMFT intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am under the ongoing supervision of Bob Edelstein, LMFT which I will be happy to explain.

Fees:

I offer medium-to-long term therapy for individuals, relationships/couples, and families.

Fees are as follows:

30 minute initial consultation: FREE

50-Minute Individual Session: ¥7,500

50-Minute Relationship or Family Session: ¥8,500

90-Minute Couple or Family Session: ¥11,000

I do not bill insurance. Making therapy accessible to all is important to me. If you are experiencing financial hardship we can discuss adjusted rates on a case-by-case basis during your free initial consultation. Cancellations and no shows can expect to be billed the usual session fee.

As a client of an Oregon Intern 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 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 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