

Wise Counseling
Tracy Wise, LPC
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Eugene, OR 97501

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Philosophy and Approach: I use an emphatic, client-centered, strength-based orientation to help my clients overcome difficulties they face in their lives and in their relationships. I include various approaches in counseling to best serve each client, including: Cognitive-Behavioral, Transactional, Motivational Interviewing, & Gestalt Therapies; relaxation, grounding, and mindfulness practices, and assertive, complete communications training. I also integrate neurofeedback services into my practice, especially with any client who has past brain injury, trauma, and /or cognitive processing issues. I see that you are the master of your life, the expert. I honor the incredible human courage and will to create change in one's life. Let us collaborate...

As a Licensed Professional Counselor in the state of Oregon, I will abide by the Code of Ethics of the American Counseling Association, of which I am a member.

Formal Education and Training: I have an M.A. degree in Professional Counseling from Northwest Christian University, with an emphasis on addictions counseling, Motivational Interviewing, and Cognitive-Behavioral Therapy. I am a certified LENS (Low Energy Neurofeedback System) practitioner by Ochs Labs, headed by psychologist Dr. Len Ochs.

Continuing Education Requirements: I must complete 40 hours of Board approved continuing education, and report the hours to the Board every two years, on even-numbered years, as a condition of license renewal.

Fees: \$100 per session of individual therapy; \$150 per session of family therapy. Each session is 50 minutes long, unless only LENS services are done. Sessions canceled with less than 24 hours notice will be billed at 50%. Credit cards accepted. Inquire about specific insurance panels I may be on, and please speak to me about any questions or difficulties regarding fees.

As a client of an Oregon Licensed Professional Counselor 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 the client or others; 3) Reporting information required in court proceedings, or by the client's insurance company, or other relevant agencies; and 4) 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 Oregon Board of Licensed Professional Counselors and Therapists at:
3218 Pringle Rd., SE, #250, Salem, OR, 97302. Phone: (503) 378-5499
Email: lpc.lmft@state.or.us Website: www.oregon.gov/OBLPCT