

*Jennifer R. Fedorov, LMFT
Fifth Street Public Market
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Professional Disclosure Statement

Philosophy and Approach:

As a licensed therapist, I practice a form of Person-Centered, Humanistic Therapy. This means that I believe every person has the capacity for healing and has the “answers” to the questions and difficulties they are experiencing in life. My work is to assist a client in accessing those answers for him or herself.

My philosophy is based on the existentialist idea that much of human suffering stems from the very nature of human existence and what it means to be a human being. A lot of my work, therefore, is in the “here and now” work of being present in relationship in this life.

I also utilize the techniques and modalities of Gestalt Therapy (empty chair work and role-playing), Cognitive-Behavioral Therapy, Mindfulness, Psychodynamic Therapy (Object Relations), Yoga Philosophy and Spiritual Psychology skills.

I work with individuals, couples, families and groups and I have much experience in treating people who suffer from a variety of issues that include depression, anxiety, OCD, trauma and relationship impasse.

I specialize in the treatment of people with Eating Disorders. As a person who recovered from Anorexia Nervosa over 20 years ago, I have a special empathy for those struggling with any form of an Eating Disorder. Prior to becoming solely a private practitioner, I spent many years working in inpatient, residential, partial hospitalization and intensive outpatient settings. I also act as a consultant to the professional staff of a number of Eating Disorder treatment programs.

Formal Education and Training:

I hold a Master’s Degree in Counseling/ Marriage and Family Therapy from California State University, Northridge. Major coursework included, but was not limited to, Counseling Theories and Practice, Process Group Work, Human Growth and Development, Advanced Behavior Disorders, Substance Abuse, Couples Therapy Techniques, Child and Adolescent Therapy and Humanistic Approaches to Therapy. I have also completed coursework in Spiritual Psychology from the

University of Santa Monica, having been enrolled in their Spiritual Psychology (graduate degree) program prior to my relocation to Oregon.

I have attended many workshops and conferences in the counseling field, especially those focused on Eating Disorder Research, Prevention and Treatment. I am also skilled in Mindfulness Meditation work and I'm educated in psychopharmacology, spiritual psychology, anxiety reduction skills and in the various treatment modalities of trauma. Additionally, I am a certified yoga teacher.

As a Licensee of the Oregon board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession.

Fees:

My fee is \$120.00 per 45- 50-minute session and \$150.00 per 51- 60-minute session. I may provide a financial discount if financial need is indicated and if the client's only method of payment is cash.

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 3281 Pringle Road SE #120, Salem, OR 97302-6312. Telephone: (503) 378-5499