

Carolyn Knutson LPC, LMT
Mind-Body Therapist
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Philosophy and Approach: As both a licensed professional counselor (#C3164) and a licensed massage therapist (#17024), I value the strength of addressing both the mind and the body in healing. I have worked in the mental health field since 2001 in a variety of settings, including psychiatric, drug treatment, and youth corrections. In 2008 I went to massage therapy school to pursue a career in the healing arts, and I came away with how powerful an awareness of the body can be in counseling. I offer individual counseling sessions to address childhood trauma, PTSD, stress, anxiety, depression, substance abuse, and food/weight issues. I use body awareness and mindfulness as a way to enhance traditional talk therapy and include breathing exercises, guided meditation, and acupressure in my sessions. The formalized approaches I use primarily in my practice are Mindfulness-Based Cognitive-Behavioral Therapy, Hakomi Body-Centered Psychotherapy, and Eye-Movement Desensitization and Reprocessing (EMDR). I also have extensive yoga training which aids in teaching my clients how to breathe and hold their bodies in a way that is grounding and promotes well-being.

Formal Education and Training: I graduated in 2007 with a Master of Arts degree in Counseling Psychology from Lewis and Clark College. I focused on studying addictions, specifically chemical dependency and eating disorders. I am a certified drug and alcohol counselor and have worked in psychiatric, drug treatment, and youth correctional settings. I graduated in 2009 from East West College of the Healing Arts where I studied Eastern bodywork modalities. I am a licensed massage therapist and take ongoing training in Craniosacral Therapy. I have also had additional training in trauma and Eye-Movement Desensitization and Reprocessing (EMDR) and take ongoing training in Hakomi Body-Centered Psychotherapy from Mindful Experiential Therapy Approaches (META) in Portland, Oregon.

As a Licensed Professional Counselor of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its **Code of Ethics**. These are found in the Oregon Administrative Rules (OAR) Division 100 at the following link:

http://arcweb.sos.state.or.us/pages/rules/oars_800/oar_833/833_100.html

As a client of a Licensed Professional Counselor you have the following rights:

*To expect that a licensed professional counselor 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 licensed professional counselor.

*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 free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving 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 consultation or supervision;
- 4) Defending claims brought by client against licensed professional counselor.

What to Expect: Individual therapy sessions will include talk therapy while also inviting the client into states of mindfulness where he/she can witness internal experience. This will be guided by the therapist and take place in a sitting position in a chair or lying down fully clothed on a mat. The client will be informed of any uses of touch. This may include acupressure on hands, feet, head, and/or abdomen. The purpose of touch is to help the client gain body awareness, facilitate emotional release while maintaining safety, and also to teach techniques that the client can use at home to self-soothe and as self-study. The use of breathing exercises and teaching of useful yoga postures will also be woven into talk therapy.

Fees and Insurance: The rate is \$120-\$160 for one hour of counseling/psychotherapy. If paying out of pocket, our agreed upon rate is _____. I am an out-of-network provider for most private insurance plans and am also on some insurance panels. If billing out of network, I will provide the client a bill for services that they will submit to their insurance if they decide to do so. For the insurance panels of which I am a provider, I will bill the insurance company directly. I have a no-show policy where the client is responsible for a fee of \$60.00 if not canceled 24 hours prior to the scheduled appointment. Unless billing insurance directly, all payment is due at the time of service, including co-pays/co-insurance.

Informed Consent: As a client of Carolyn Knutson, Mind-Body Therapist, I understand:

_____ the confidentiality policy and limits to privacy.

_____ what to expect in an individual therapy session in regards to the use of touch in counseling.

_____ the policy around insurance billing, as well as the no-show policy.

Client Name _____

Client Signature _____ Date _____

Guardian Signature _____ Date _____

Therapist Signature _____ Date _____

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 lpct.board@state.or.us
www.oregon.gov/oblpcct

