Creative Mind Counseling, LLC
www.CreativeMindCounseling.net
5441 S Macadam Ave, Ste #8144
Portland, OR 97239
Phone: (503) 479-5494
Email: Allison@CreativeMindCounseling.net

Professional Disclosure Statement
OBLPCT License: LMFT #T1934, LPC #C9880
ATCB Registration: ATR #22-230
Telehealth only

Allison Medford, ATR, LMFT, LPC

Licensed Marriage and Family Therapist · Licensed Professional Counselor · Registered Art Therapist

Counseling Philosophy

I work with adults in individual therapy to help them gain a deeper understanding of their experience using a strengths-based, eclectic approach that adapts to each client's needs and goals. I offer trauma-informed care with authentic compassion, humor, candid reflection, and honor for your individual experience. I believe healthy attachments with ourselves and others are key to building resilience, improving quality of life, and decreasing distress and unwanted patterns. The experiences we've had, whether personal, social, or communal, can leave internalized messages that keep us from our authentic, fulfilled selves. Together we will work through these obstacles to grow your confidence, deepen insight, and create more fulfillment in your relationships with others and within yourself.

My approach is grounded in a Humanistic model, integrating Feminist, Multicultural/Intersectional, Social Justice, Transpersonal, Relational, and Existential theories. Modalities range from solution-focused work to deeper psychodynamic processing, and may include art therapy and EMDR, depending on your stated needs.

I celebrate all identities and abilities in all bodies. I am gender affirming, LGBTQIA+ affirming, polyamory/non-monogamy affirming, sex/kink affirming, and sex worker affirming. I respect and affirm BIPOC identities and recognize the work I must do in creating change through decolonial education, collective care, and activism.

Services & Format

I provide individual therapy for adults. I do not currently offer couples, relationship, or family therapy. All sessions are provided via secure telehealth; I do not provide in-person services.

Where I can see you: I can provide therapy only when you are physically located, at the time of each session, in a state where I hold an active license or where that state's law otherwise permits me to practice. I am currently licensed in Oregon. My current licenses can be verified with each state's licensing board, and I will tell you before our first session whether I can serve you from your location. If you travel or relocate, please let me know in advance.

Education and Training

I hold a Master of Arts in Art Therapy from The George Washington University (Washington, DC), and a Bachelor of Arts in Psychology/Fine Arts from the same institution, with coursework in clinical skills, diagnosis and treatment, human growth and development, assessment, and multicultural counseling. I have more than ten years of clinical experience, including extensive work with trauma, and international program experience in Chennai, India and Cap-Haïtien, Haiti.

I have completed EMDR basic training through an EMDRIA-approved program designed specifically for telehealth delivery. I am a member of the American Association for Marriage and Family Therapy (AAMFT) and a Registered Art Therapist (ATR) with the Art Therapy Credentialing Board (ATCB).

Ethics, Continuing Education & Supervision

As a licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I adhere to the Board's Code of Ethics (OAR Chapter 833, Division 100). Oregon requires licensees to complete continuing education each renewal period, including required hours in ethics and cultural competency. Oregon does not require clinical supervision for

fully licensed LPCs and LMFTs; supervision is required of registered associates working toward licensure. I may consult with other licensed professionals about my clinical work without sharing identifying information.

Fees

My current fees for each service are listed on my Fee Schedule, which is provided to you with this statement, before services begin, and is available anytime on request and at www.CreativeMindCounseling.net. I will give you at least 30 days' written notice before any fee change takes effect. Free 15-minute consultations are available for new clients.

EMDR intensives and dedicated art therapy sessions are private pay only and are not billed to insurance; EMDR or art therapy used within a regular session is not billed separately.

Insurance: I accept private pay and BCBS Regence (excluding the Legacy Health Network). For other plans, I can provide a superbill you can submit to your insurer for possible out-of-network reimbursement. Reimbursement is not guaranteed; it depends on your plan's out-of-network benefits, and you are responsible for the full fee at the time of service.

Choosing private pay: If you have insurance I accept but prefer not to use it (for example, for privacy), you may choose to pay privately. You'll be asked to sign an Insurance Opt-Out / Private Pay Agreement confirming that I will not bill your insurance for those services, that you are responsible for the full fee, and that you understand you may not be able to submit those sessions to your insurer later. You may change this choice for future sessions at any time by letting me know in writing.

Cancellations: A 24-hour notice is required. Missed appointments or cancellations with less than 24 hours' notice are charged the full session fee.

Reduced fees: I may offer a limited number of reduced-fee spots for members of marginalized communities, depending on availability. Please ask me about current availability. If your financial situation changes during our work together, please talk with me before deciding to discontinue services.

Good Faith Estimate: Under the federal No Surprises Act, if you are uninsured or not using insurance, you have the right to receive a Good Faith Estimate of the expected cost of services. Ask me for one, or visit www.cms.gov/nosurprises.

Client Rights

As a client of an Oregon licensee, you have the right:

- 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, with the following exceptions: 1) reporting suspected abuse of a child, elder, or other vulnerable person as required by law; 2) reporting imminent danger to client or others; 3) reporting information required in court proceedings or by the client's insurance company or other relevant agencies; 4) providing information concerning licensee case consultation or supervision; and 5) defending claims brought by the client against the licensee;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, gender identity, gender expression, race, religion, sexual orientation, marital status, or socioeconomic status.

Crisis Intervention

I do not provide crisis intervention. Please do not email me in a time of crisis. If you are in immediate physical danger, call 911. If you are experiencing a mental health crisis, call or text 988. If possible, you may also go to your nearest urgent care or emergency facility.

Confidentiality

Providing best-practice care may involve your consent to share verbal, written, and/or electronically recorded information about your care. I will not release any information about you to any person or agency without your written consent, except as required by federal and state law.

Therapy can bring change, and with it some discomfort and new emotions as you adjust and grow. I'm glad to listen to any concerns and to make adjustments that help you process your experience.

Questions or Verification

You can verify my license and find more information about me on the Board's website. If you have questions about this document, you may contact:

Oregon Board of Licensed Professional Counselors and Therapists
3218 Pringle Rd SE, Ste 120, Salem, OR 97302-6312
Phone: (503) 378-5499 · Email: lpct.board@oregon.gov · www.oregon.gov/OBLPCT

_____
Client signature / date

_____
Allison Medford, ATR, LMFT, LPC / date

Fee Schedule

Creative Mind Counseling, LLC · Allison Medford, ATR, LMFT, LPC · Effective January 1, 2027

Free consultation (15 min)	$0
Individual therapy session (55 min)	$220
EMDR intensive intake (55 min) Private pay only	$275
EMDR intensive or dedicated art therapy session* 85-minute minimum; private pay only	$235/hour, prorated
Late cancellation / missed appointment (less than 24 hours' notice)	Full session fee

*Intensive and dedicated art therapy sessions are prorated based on the hourly rate and the length of time we agree on in advance.

This Fee Schedule is part of my Professional Disclosure Statement. It may be updated with at least 30 days' written notice; the version in effect on the date of service applies. Clients not using insurance may request a Good Faith Estimate at any time.