

# Professional Disclosure Statement

**Cynthia Aerni, M.S., LPC**  
2929 SW Multnomah Blvd. Suite 203A  
Portland, Oregon 97219  
(503) 899-2296

## Philosophy and Approach:

I believe that people are driven by a desire to discover their best selves; to be happy; to belong; to feel worthwhile; and to find meaning: striving always toward unique authenticity. I work from a strength-based systems perspective, which recognizes that this process is affected by our environment and the relationships within it. We are formed in culture and context and strive to understand ourselves and our world through these lenses. As a therapist, my role is one of collaboration with you in the process of self-exploration and the discovery of opportunities and resources for client directed growth and change.

## Formal Education and Training:

I hold a Bachelor of Science degree in Psychology and Speech Communication from Portland State University and a Master of Science degree in Education: Counseling from the School of Education, Portland State University. My program of study included specializations in Marriage and Family Therapy and Community Counseling. Coursework included: Contemporary Marriage and Family Systems, Family Development over the Life Cycle, and Advanced Couple Counseling. Continuing education and training has included: Interpersonal Neurobiology, Clinical Supervision, Couple Counseling, Trauma Treatment, and LGBTQ Therapy. Work experience includes: supervision of counseling interns; co-management of a family therapy program; therapy in a corrections setting treating trauma; and private practice serving couples, families, and individuals.

## Licensure:

I am a Licensed Professional Counselor (LPC) with the Oregon State Board of Licensed Professional Counselors and Therapists and currently hold National Counselor Certification (NCC) from the National Board of Certified Counselors. I maintain continuing education requirements (40 credits every two years) for licensure as a professional counselor. I will abide by the Code of Ethics of the Oregon State Board of Licensed Professional Counselors and Therapists as well as the Code of Ethics of the American Association of Marriage and Family Therapists.

## Fees:

The fee for therapy is \$175.00 per 50-minute session. I offer a limited number of reduced rates. Fee will be charged for appointments cancelled after 5:00 pm on the day prior to the scheduled appointment.

## Client Rights:

As a client in the State of Oregon, you have the following rights:

- To expect that a licensee has met the 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 licensee;
- To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100);
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving services;
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, with the following exceptions:
  1. Reporting suspected child abuse;
  2. Reporting imminent danger to you or others;
  3. Reporting information required in court proceedings or by your insurance company or other relevant agencies;
  4. Providing information concerning licensee case consultation or supervision;
  5. Defending claims brought by you 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.

To contact the Board of Licensed Professional Counselors and Therapists you may call or write to:

3218 Pringle Road SE #120  
Salem, Oregon 97302-6312  
(503) 378-5499

Email: [lpct.board@state.or.us](mailto:lpct.board@state.or.us)

Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)