

LARA L. ANDERS MFT
Registered Licensed Marriage & Family Therapist Intern
ADAPT Counseling Center
1904 Sky Park Drive
Medford, OR 97504
(541) 292-9452

Philosophy and Approach: I believe that everyone possesses the skills and strengths that they need to be successful. I consider part of my job as a therapist to tap into those strengths so that my clients can make the positive life changes they seek. I draw mostly from Solution-Focused, Cognitive-Behavioral and Narrative Theory approaches.

Formal Education and Training: I hold a Master's degree in Marriage & Family Therapy from NovaSoutheastern University in Fort Lauderdale, Florida. Major course work involved Systems Theory training with an emphasis in ethnic diversity, gender identity issues, family dynamics and child development.

As an Intern registered with the **Board of Licensed Professional Counselors and Therapists**, I abide by its **Code of Ethics**. As an intern, I am supervised by Doctor Audrey Lehmann, a licensed Marriage and Family Therapist.

Fees: My fee is \$75 per 50 minute session (cash, cheque, debit/credit card, HSA accepted). For **LDS clients**, I do accept Bishop's Assistance. I ask that the **Bishop's Assistance Form** be filled out by you and your bishop **prior to our first session**.

As a client of an Oregon registered intern, 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 a 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 the services
- * To be assured of privacy and confidentiality while receiving services as defined by rule or 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, and 5) Defending claims brought by you against me
- * To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status or socioeconomic status.

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

Email: lpct.board@state.or.us Website: www.oregon.gov/OBLPCT

Sign: _____