



Ker Cleary, M.A.  
Clearheart Counseling

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## Professional Disclosure Statement

**Philosophy and Approach:** In the contemplative view, we all have the wisdom we need to live satisfying lives. Painful experiences and habitual ways of relating to ourselves and others can obscure this innate wisdom. I help people develop self-awareness coupled with a compassionate self- and world-view. Knowing and befriending ourselves allows us to utilize our inner wisdom to overcome obstacles such as stress, anxiety and depression and move towards happiness.

I employ mindfulness practices and a present-moment body awareness approach, with cognitive, humanistic and psychodynamic elements, to help my clients meet their counseling goals.

**Formal Education and Training:** I hold a Masters Degree in Psychology: Contemplative Psychotherapy from Naropa University. Major coursework included: Buddhist psychology, human growth and development and group dynamics, with an emphasis on mindfulness practices and meditation.

**As a Registered Intern** of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am under the ongoing supervision of Nancy Fletcher, LPC, which I will be happy to explain.

**Fees:** My fee is \$90/hour for individuals. Group and workshop rates vary. Payment is expected at each session. Full fee will be charged for missed appointments and cancellations of less than 24 hours' notice. Exceptions may be made in case of emergency or sudden illness.

**As a client of an Oregon Registered Intern 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 Oregon Board of Licensed Professional Counselors and Therapists at:  
**3218 Pringle Rd SE #250, Salem, OR 97302-6312. Telephone: (503) 378-5499**