



Cal Reynolds, Professional Counselor

Associate

they/them

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PROFESSIONAL DISCLOSURE STATEMENT

Philosophy and Approach: A statement I find myself making in therapy a lot is, “if this tool doesn’t work, I have more where that came from.” As someone who has worked in mental health settings since 2011 (and received mental health care longer than that) I have gathered a range of tools. At the heart of my work is the relationship, so what I am also saying with that statement is:

I want to hear what is working for you.

I want to create a space safe enough that you can push back on what isn’t working.

I won’t give up or get mad if things take a while.

The power structures inherent to the therapist/client relationship can make that hard, but I am committed to doing what I can to create safety even within that dynamic. What I am also saying with that statement is that I am not a “soft soothing noises therapist”. So while I almost always listen more than I talk and I believe in the power of validation, I also ask questions, provide resources, and bring in evidenced-based tools/activities. I am always learning more and I look forward to what we can learn together.

My approach to therapy is strengths-based and client-centered with feminist/multicultural and existential lenses. I am deeply interested in understanding how systems large and small affect an individual or family. I tailor the level of structure to the client. Depending on the client I incorporate expressive arts or talk therapy with evidenced based exercises from Dialectical Behavior Therapy, Motivational Interviewing, or Solutions Focused Therapy to develop insight, self-compassion, and problem-solving skills. Additionally, I have training in Eye Movement Desensitization and Reprocessing (EMDR) which is an evidence based, structured trauma processing therapy.

Formal Education and Training: I hold a master's degree in counseling from the University of Alaska: Fairbanks and graduated in 2020. Major coursework included adult development with an emphasis on how crisis influences an individual, group dynamics, and a capstone project on integrating expressive arts into therapeutic practice. I have also received EMDR and Expressive Arts training from the Institute for Creative Mindfulness.

Prior to graduating I worked in homeless/addiction/mental health settings for 9 years. This included things like running groups, case management, and working with these systems on creating environments that were safer for people who have experienced trauma and LGBTQIA+ people. During graduate school I had the opportunity to receive advanced training in providing affirming care for indigenous transgender/two-spirit clients through Indian Health Services, connecting with trans-affirming physical and mental health providers across the United States. Additionally, during and for a period after graduate school, I worked on an addictions study with the Centers for American Indian and Alaska Native Health funded through the National Institute of Health.

As a registered associate with the Oregon Board of Licensed Professional Counselors and Therapists

(OBLPCT), I will abide by its Code of Ethics. I am under the ongoing supervision of Ryan Loiselle, LPC, who reviews my cases with me. You may contact my supervisor at 503-389-0095.

Hours and Session Length: I see clients Monday, Tuesday, Thursday, and Friday at the address listed above and clients may call or email to schedule appointments. Individual sessions are 50-55 minutes in duration, usually once a week. In order for counseling to be effective, it is important to attend all regularly scheduled appointments. If you are unable to attend a scheduled appointment please notify us 24 hours in advance if possible. Missing two consecutive appointments without notification could result in loss of your regular slot or ending services. You are free to terminate services at will; however, it is usually most therapeutic to schedule a closing session.

Payment: Most clients seen at Brave Space are using OHP insurance, which pays for most of the session fees. You may have a copay. Clients are fully responsible for the payment of all copays for services at the time of service, and if insurance ends, must discuss client payment for ongoing service. Checks, credit cards, and cash are accepted forms of payment and payable at the beginning of the session. Fees are \$167 for a 55-minute session.

Client Rights and Confidentiality

As a client of an Oregon Registered Associate, you have the following rights:

To expect that a registered associate 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 registered associate;
- 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 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; and
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at:
3218 Pringle Rd SE, #120, Salem, OR 97302-6312 | Telephone: (503) 378-5499 Email:
lpct.board@mhra.oregon.gov

Additional information about this registered associate is available on the Board's website:
www.oregon.gov/OBLPCT.