



Ryan Loiseau, LPC #C5073, NCC

In private practice at In Context, LLC located at Brave Space, LLC

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## Professional Disclosure Statement

**Philosophy of Care:** My primary purpose as a clinician is to create and hold a safer space for my clients to explore those issues and challenges that most affect their quality of life and their relationship to themselves and others. My work is focused on marginalized and vulnerable populations that fall within the LGBTQIQA+ communities and I specialize in gender affirming psychotherapy for transgender, non-binary, gender expansive clients (as well as support and guidance for their loved-ones). As a queer-identified male clinician, I also welcome and embrace LGB clients in my practice. I lean into my own intersections and my experience as an activist to support my work, while honoring my client's social location and the ways in which they uniquely inhabit their life and experience. I strive to help all my clients build resiliency and healthy coping in the face of systemic oppression, particularly as they respond to the impact of minority stress and the limiting beliefs and conditions that arise from pervasive external and internal invalidation.

**Clinical Style:** I practice an existential-integrative approach that utilizes gestalt and emotionally-focused techniques to help clients raise critical awareness of themselves, make meaning of being in the world, experiment with new ways of being, and to promote emotional regulation and process difficult experience. I'm highly relational, emotionally attuned, and continuously endeavors towards culturally competency in order to provide my clients an opportunity to be more fully seen and hopefully counter the ways in which they are missed in the world. I work collaboratively with my clients to identify goals for change and growth, evaluate and honor past struggle, explore their intersecting identities, and acquire the skills necessary to effectively meet the ongoing uncertainties and complexities of life. The resultant increased wellness and satisfaction of my clients is evidenced by their lived experience of freedom out of restriction, new desire and capacity for authenticity, and sustained willingness to explore new and affirming experiences.

**Clinical Services:** I provide individual, relationship (Emotionally-focused couples counseling), family therapy, and provide EMDR as a trauma-processing modality. I am a gender therapist and specialist and see many individuals whom are looking for clinical support in exploring their gender identity and achieving gender congruence/alignment. Additionally, I support clients who are looking to explore their sexuality and other social and cultural identities with an affirming clinician, especially as that intersects with their experience of gender. In all cases, I assist those struggling with depression and anxiety, grief and loss, relationship and intimacy, neurodiversity, existential concerns, chronic pain, early and current trauma, and substance abuse. As an existential therapist, I support clients to lean into and explore distress and concerns related to freedom, death and impermanence, isolation, and meaninglessness. I see spirituality and particularly the meaning making capacity of individuals as a natural resource and intrinsic to locating oneself in the world and achieving optimal health and wellbeing.

**Formal Education and Training:** I am a Licensed Professional Counselor with the State of Oregon (#C5073). I hold a Master's degree in Professional Mental Health Counseling from Lewis & Clark College and I'm trained to work with individuals across the lifespan (children, adolescents and adults) as well as provide individual, group, relationship and family therapy. My graduate program focus was counseling LGBT individuals and my graduate internships were at TransActive Gender Center and Brave Space, LLC in support of my competencies in affirming therapies for counseling transgender, non-binary and other gender expansive individuals and their families. I have been in private practice at In Context, located at Brave Space, LLC since Aug. 2016, solely working with

transgender, non-binary, queer and questioning individuals and their families. I provide trainings and consultation to other providers seeking to provide affirming, trauma-informed care to these communities. I meet all qualifications for a WPATH provider and regularly provide medical assessments and referrals for hormone therapy (HT) and other medical congruency measures including gender affirming surgery (GAS).

**Clinical Supervision / Continuing Education Requirements:** As a licensee I seek regular supervision in areas in which it is required and when it would increase my clinical competencies. I also regularly consult with other clinicians, organizations, and community stake-holders to ensure that I can advocate and best care for my clients in this ever-changing social, cultural and political climate. I am required by the Oregon Board to fulfill at least 40-hours of continuing education in each 24-month reporting period.

**Hours and Session Length:** I operate in private practice at In Context, LLC located at Brave Space, LLC, Mon., Tue., Thurs. & Fri. from 11-7pm and I have limited every-other Saturday availability. Clients may call or email me to schedule appointments or reach out to my website. Individual sessions are 50-55 minutes in duration, usually once a week or every-other-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 me 24 hours in advance if possible or you will be assessed a late cancellation fee of 50% of your session rate with a \$50 maximum charge. Missing two consecutive appointments without notification could result in reevaluation or loss of services. You are free to terminate services at will; however, it is usually most therapeutic to schedule a closing session.

**Payment, Fees & Insurance:** Clients are fully responsible for the payment of all fees for services at the time of service. No fees will be charged and no additional fee will be added to another set fee without prior notification. Checks, credit cards, cash, and PayPal are accepted forms of payment and my email for fees is ryan@incontextcounseling.com. Fees begin at \$80/session for individual work and \$90/session for counseling, unless we have determined that you meet criteria for a sliding scale fee. I have a few sliding scale slots available for my clients showing financial hardship or need and please inquire with me directly for more information or to see if those slots are available. As a fully-licensed provider, I can provide you a billing summary for reimbursement as an out-of-network provider for most major insurances and hope to be paneled with many insurances in the 2<sup>st</sup> quarter of 2019. I can provide medical assessments for clients on OHP and hope to be paneled with OHP in 2019.

**Client Rights & Confidentiality** - As a client 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 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 and law, including 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 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.

You may contact the Board of Licensed Professional Counselors and Therapists at: 3218 Pringle Rd SE #250, Salem, OR, 97302. Telephone: 503-378-5499. Email: [lpct.board@state.or.us](mailto:lpct.board@state.or.us).

Additional information about myself and professional conduct is available on the Board's website: [www.oregon.gov/obl/pct](http://www.oregon.gov/obl/pct)



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