



BRIAN ALLRED'S THERAPIST DISCLOSURE STATEMENT

Education and Experience: I have a master's degree in clinical mental health counseling from Portland State University. Portland State's Counseling Master's program is accredited by the Council for Accreditation of Counseling & Related Programs (CACREP). My undergraduate degree is in International Relations.

For two years, I worked as a group leader for two addiction groups where I helped over 100 people through a twelve-step program. This work led me to the Masters program in order to be more effective in helping those who are struggling with life's difficulties. I was the House Manager at Lifeline Connections' drug and alcohol inpatient services unit. I am presently a Psychotherapist with Refresh Therapy and a Mental Health Specialist at Peace Health Hospital.

Philosophy: Each client is unique and each client has unique relationships. In counseling, I will work collaboratively with you to honor and understand you and your interrelationships. I will focus on Acceptance Commitment Therapy, Acceptance Commitment Therapy and Cognitive Behavioral Therapy. During counseling, we will develop a working relationship, which will help you understand the purpose of your behaviors, thoughts and feelings, and learn how to fulfill your needs in relation to others. I will include in therapy some mindfulness work with the attempt to focus on acceptance, present moment, responsibility, and your success identity and thought/behavioral processes.