

Taryn Hiroshima
Counseling Services

(971) 410-8010
hello@tarynhiroshima.com

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Supervised by
Tony Lai, LPC RPT-S



tarynhiroshima

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Professional Counselor Associate, R7874
Pronouns: she/her

PHILOSOPHY & THEORETICAL APPROACH

I believe coming back home to ourselves can be one of the most complex and scariest journeys we can embark on... and also one of the most healing.

I hold both minoritized and privileged identities, as a queer, neurodivergent, fourth-generation Japanese American, which informs my therapy approach. I am collaborative in nature and hold a relational-cultural theoretical lens, emphasizing the integration of the body. I believe systemic harm disconnects us from our body, mind, heart, and spirit, and healing comes through meaningful connection, and finding ways to metabolize our pain through the body. I am also passionate about working with people impacted by the prison and criminal legal system, largely because of my family's Japanese American history.

My style as a therapist is warm and conversational, engaging and present. You can expect me to show up authentically with my 'real' self, so you may catch me laughing or crying with you in our time together. I aim to create a safe and inclusive space, hoping you can so you can feel seen, known, and understood—fully accepted and empowered in who you are.

FORMAL EDUCATION

Masters of Arts in Clinical Mental Health Counseling with Completed Training in Marriage, Couples & Family Therapy *May 2022
Portland, OR*
George Fox University / CACREP Accreditation / 4.0

Bachelors of Fine Arts, Communication Arts + Design *Jun 2009
Los Angeles, CA*
Otis College of Art + Design / Dean's List

WORK EXPERIENCE

Graduate Clinical Qualified Mental Health Professional Intern *May 2021 - Apr 2022
McMinnville, OR*
Yamhill County Human Health Services - Family & Youth
Supervisor: Kara King, LCSW

- Initiated a space to work with youth in the detention facilities to advocate, learn and empower vulnerable populations
- Conducted play therapy sessions in-person and via telehealth, while attuning and adapting the therapeutic approach based on client needs and goals
- Experienced scheduling, screening and conducting client assessments and service plans/treatment plans in a warm, non-judgmental and open atmosphere
- Comfortable addressing crisis situations, made mandatory reports and collaboratively created and adjusted safety plans with clients

CONTINUING EDUCATION REQUIREMENTS

According to the State of Oregon, Board of Licensed Professional Counselors and Therapists, Continuing Education ensures clinicians stay up-to-date on developments in their field so they can continue providing the best services possible. Below are the CE's I have completed:

Decolonizing Counseling OAMCD Webinar Series

Feb 2021

Led by: Oregon Association Multicultural
Counseling and Development

Integrating Multicultural Awareness and Social Justice into Play Therapy

Nov 2020

Led by: Peggy Ceballos., Ph.D., NCC,
Certified CCPT/CPRT-Supervisor

Playing While Black: Addressing Needs of African American Children in Play Therapy

Oct 2020

Led by: LaKaavia Taylor, Ph.D., LPC, NCC, RPT,
Certified CCPT/CPRT Supervisor

CODE OF ETHICS & SUPERVISION

As a Registered Associate with the Oregon Board of Licensed Professional Counselors and Therapists (Board), I abide by its Code of Ethics. I am supervised by Tony Lai, a Licensed Professional Counselor, a Registered Play Therapist Supervisor, and an Oregon Board Approved LPC and LMFT Supervisor.

FEE SCHEDULE

Initial consultations are free for 20 minutes, initial assessments are one-time sessions at \$150 for 90 minutes, individual sessions are \$125 for 60 minutes, and maintenance check-in sessions are \$65 for 30-minutes. Sliding scale rates are available upon request with limited spots for a duration of 12 sessions at \$65/session.

BILL OF RIGHTS

As a client, you have the following rights as established by the Oregon State Board of Licensed Professional Counselors and Therapists (OAR833-60-001):

- 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 the 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 services as defined by rule and law, with 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 discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

BOARD CONTACT

You may contact the Board at the following address, phone number, and email:

Oregon Board of Professional Counselors and Therapists
3218 Pringle Road SE, Suite #120
Salem, OR 97302

Phone: 503.378.5499

Email: lpct.board@mhra.oregon.gov.

Website: www.oregon.gov/oblpc

SIGNATURE

By signing below, you are consenting to treatment under the conditions listed above. You are also acknowledging that you understand the counselor's qualifications, the possible risks and benefits to counseling, and the nature of confidentiality and its limits.

Client Signature

Date

Parent or Legal Guardian Signature

Date

Therapist Signature

Date