



T. Aisha Edwards, MS, LPC

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2800 E Evergreen Blvd Suite A

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Philosophy and Approach -

I approach clinical work from integrating several somatic and attachment-oriented approaches, including Trauma Informed Stabilization, Somatic Regulation and Resilience (from Somatic Experiencing), Neuro Emotional Technique and Somatic Groundwork. These approaches hold in common that trauma, both developmental and shock, can cause the sense of self to fragment, the functioning of body to dysregulate and our behavior to become out of control or overly rigid.

With these approaches together, I work to support the creation of a somatic sense of safety, understanding and integrating the fragmentation of the psyche, building skillfulness to manage current systemic dysregulation, addressing the current factors that feed the problem, and ultimately desensitizing the trauma response to current and past triggers.

I specialize in working with trauma from an anti-oppressive lens, exploring the intersections between marginalized identity and socialized oppressions. I work similarly with unwinding the trauma of socialized oppressions as I do with working through individual trauma.

Formal Education and Training -

I hold a Master's Degree in Clinical Psychology from Pacific University (2006). Major coursework included multicultural psychology and gestalt therapy with a major emphasis on cross-cultural clinical work, trauma and attachment.

I have obtained a from Gestalt Therapy Training Center Northwest, Eye Movement Desensitization and Reprocessing (EMDR) Institute, Nurturing Resilience, Musgatova Neuro Reflex Integration, Somatic Groundwork and the NeuroEmotional Technique

I specialize in complex and early developmental trauma, eating disorders, dissociative disorders and personality disorders. I also specialize in working with people who identify as BIPOC or LGBTQIA+.

As a Licensee -

Of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics.



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Fees-

Currently, I charge

Intake -- 180

Individuals/Couples ongoing (60 mins) - 160

Group -- 50

Phone Crisis - 160 per hour (charged in 15 min increments)

Sliding scale for clients not using insurance. Please request additional information about these rates.

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

- *To expect that a licensee has met the minimal qualifications of training and experience required by 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 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 by a court proceeding or by client's insurance company or other relevant agencies; 4) providing information concerning licensee case consultation or supervision; 5) defending claims brought by client against licensee*
- *To be free from being the object of discrimination on the basis of race, religion, gender, sexual orientation, or other unlawful category while receiving services.*

You may contact the Board of Licensed Professional Counselors and Therapists at 3128 Pringle Rd Se #250, Salem, OR 97302-6312 or by phone 503 378 5499.