

Dear Members of the Oregon Legislature,

I am writing to express my strong support for House Bill 4028 and to share my experiences as a mental health therapist in private practice over the past six years. My name is Karen Harris. I'm a Licensed Professional Counselor in private practice and its sole practitioner located in Oregon City.

Throughout my career, I have dedicated myself to serving clients who have faced extreme childhood trauma, the majority of whom have been diagnosed with Post-Traumatic Stress Disorder (PTSD). The impact of this work extends beyond individual lives, as I believe professionals in my field are providing an essential service to our community.

Many of my clients come to therapy feeling overwhelmed, barely able to function due to their past traumas. As a therapist, I bear witness to their struggles, assisting them in navigating their emotional pain in a safe and supportive environment. This crucial work requires not only professional expertise but also significant emotional care and resilience on my part. To effectively support my clients, I must manage my own emotional

well-being and maintain a healthy balance in my personal life. This commitment enables me to offer the highest quality of care and support to those who need it most.

Additionally, the current practices of insurance companies regarding auditing and clawbacks create an undue burden on mental health practitioners like myself. The prospect of having to justify income earned for services provided over a lengthy three-year period adds tremendous stress to our work, causing anxiety about the sustainability of our practices and creating uncertainty in our financial futures. A change to a one-year period, as proposed in HB 4028, would alleviate much of this unnecessary pressure.

Supporting this bill would not only empower mental health practitioners but also enhance our ability to serve our clients effectively. It would reduce the fear associated with maintaining adequate proof of our work and would allow us to focus more on providing care rather than navigating complex insurance policies. As a result, we could dedicate ourselves fully to assisting those who have experienced trauma, ultimately benefiting our communities as a

whole.

I urge you to vote in favor of House Bill 4028. By doing so, you will be reinforcing the importance of mental health care in our communities and recognizing the critical role that therapists play in healing individuals affected by trauma.

Thank you for your attention to this matter and for your support of mental health professionals in Oregon.

Sincerely,

Karen R Harris, LPC