

For consideration prior to establishing a registry for alternative well-being.

To whom it may concern:

I moved to Oregon in 2019. I have not yet established my life coaching practice, yet I know the distinctions between coaching and therapy. I hold liability insurance, even prior to having done any coaching with people. I have been trained and certified in coaching, and while in Colorado (where I moved from) I also held a certification in hypnotherapy, as well as was board certified in reflexology.

In Colorado, if we intended to practice either hypnotherapy or life coaching, we held what was called an "unlicensed psychotherapist" status with the State of Colorado. We had to undergo online testing to delineate the differences between therapy and hypnotherapy and coaching. I did hold those requirements as it necessitated my work. I enjoyed seeing people flourish after I coached with them.

I also have received and benefited from these practices of energy work, hypnotherapy, life coaching, somatic dance and movement work, Reiki, reflexology, and aromatherapy, in many states, including Colorado and Oregon. I also believe that people flourish with education, continuing education, as well as inner wisdom, and that every practitioner I have worked with holds a very high standard.

I hope you will reconsider the wording of the proposed bill, and the restrictions it may hold to people who don't want "traditional" therapy. It's crucial for people to receive care with what may be a health or spiritual concern without the restrictions that might hinder this, through the proposed bill.

Very Truly Yours,  
Lori Shin