

This is my graphic design portfolio! For context, the first example is a patient release form I created for my mom, who is a licensed therapist in Utah County. She also commissioned me to use my graphic design skills to create pages for a workbook she's writing and using in therapy. Using a handwritten draft, I created several pages that she uses in therapy, daily. I also included a school presentation cover I did, as well as a business card I made for my personal craft bead business.

I created these using Canva, however, I have used many other photo editing programs and can adapt and learn any new software that is needed.

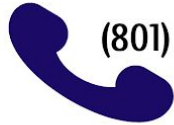
Please scroll to next page to see examples of my work ↓↓↓↓↓

mtnebomentalhealth.com

# MT NEBO MENTAL HEALTH

## Release of information

1172 E State 100 N,  
Suite 8, Payson, Utah  
84651



(801) 403-4959



Name:

\_\_\_\_\_

DOB:

\_\_\_\_\_

Address:

\_\_\_\_\_

City, state, zip:

\_\_\_\_\_

I authorize Mt Nebo Mental Health  
to release information to:

\_\_\_\_\_  
Name/provider/facility

\_\_\_\_\_  
Address:

\_\_\_\_\_  
City, state, zip:

\_\_\_\_\_  
Phone #

I authorize Mt Nebo Mental Health  
to obtain information from:

\_\_\_\_\_  
Name/provider/facility

\_\_\_\_\_  
Address:

\_\_\_\_\_  
City, state, zip:

\_\_\_\_\_  
Phone #

I understand that authorization shall remain valid from the date of my signature below and until I am no longer receiving services from Mt Nebo Mental Health.

I have been informed that I may revoke this authorization by written or oral communication to Mt Nebo Mental Health. I certify that this form has been fully explained to me and that I understand its contents.

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date of Authorization

\_\_\_\_\_  
Signature of Parent or guardian (if client is under 18)

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date



Self esteem requires  
acceptance

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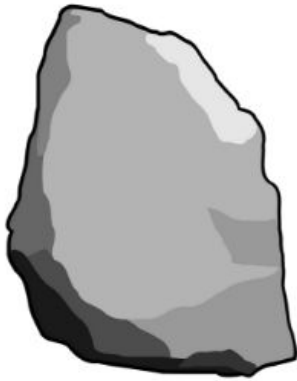
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Self confidence requires  
action

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# Boundaries

Personal

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Family

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Work

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Church

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Others

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- 1 Consider carefully before making a boundary.
- 2 Have confidence in your boundary.
- 3 Blame the boundary.
- 4 Confide in someone you trust to give advice before you change a boundary





Your gift

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Words of affirmation

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Desired direction

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Desired destination

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Mission Statement

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