

# SocialHipper

Influencer Profile Report · Generated July 18, 2026

## ?The Portland Therapist?

INSTAGRAM @sprouttherapypdx United States, Portland

? Emelie A. Douglas, MA, LPC (she/her) ???? therapist, author, speaker ? follow for psychoed, self care, & more

|           |           |       |                 |                    |
|-----------|-----------|-------|-----------------|--------------------|
| 10,141    | 0         | 827   | 0.31%           | 0/100              |
| FOLLOWERS | FOLLOWING | POSTS | ENGAGEMENT RATE | SOCIALHIPPER SCORE |

### Category

Health

### Growth History (Last 30 Days)

| Date         | Followers | Engagement Rate | Avg Likes | Avg Comments |
|--------------|-----------|-----------------|-----------|--------------|
| May 31, 2026 | 10,141    | 0.31%           | 30        | 1            |

### Recent Content Performance

| Type  | Posted       | Likes | Comments | Shares |
|-------|--------------|-------|----------|--------|
| Image | Sep 02, 2022 | 49    | 6        | 0      |
| Video | Sep 01, 2022 | 30    | 1        | 0      |
| Image | Aug 29, 2022 | 22    | 1        | 0      |
| Image | Aug 25, 2022 | 23    | 1        | 0      |
| Video | Aug 23, 2022 | 19    | 2        | 0      |
| Image | Aug 18, 2022 | 28    | 1        | 0      |

| Type  | Posted       | Likes | Comments | Shares |
|-------|--------------|-------|----------|--------|
| Video | Aug 16, 2022 | 16    | 1        | 0      |
| Image | Aug 11, 2022 | 80    | 4        | 0      |
| Video | Aug 10, 2022 | 21    | 4        | 0      |
| Video | Aug 05, 2022 | 25    | 1        | 0      |
| Image | Jul 29, 2022 | 31    | 1        | 0      |
| Image | Jul 28, 2022 | 12    | 1        | 0      |

This report was generated by SocialHipper — <https://www.socialhipper.com>

Data is based on publicly available information and may not reflect real-time metrics.