

Professional Disclosure Statement

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Philosophy and Approach: I believe that everyone can benefit from an accepting, unconditional counseling relationship. I use cognitive behavioral and humanistic approaches to help my clients uncover their genuine “truth” and to help them live a more fulfilling and authentic life. In my practice I abide by the Code of Ethics for Counselors and Therapists adopted by the Oregon Board of Licensed Professional Counselors.

Formal Education and Training: I hold a Master’s Degree in Counseling Psychology from Pacific University and a doctorate in psychology (PsyD) from California Southern University. Major coursework included: Human Growth & Development, Ethics, Group Dynamics, Social & Cultural Foundations, Individual Assessment, Interviewing & Counseling Skills, Research Methods, Psychoactive Substances, Career Development, and Adult Roles & Context.

As a Licensee (LPC) of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its *Code of Ethics*. To maintain my license, I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Fees: My fee is \$130 per 50-minute hour and \$150 per 50-minute intake session, payable by cash, check, or credit card at the end of your session. I am contracted as an in-network provider with several insurance providers, and am happy to provide you with a receipt to submit for reimbursable expense plans or for “out of network” insurance reimbursement. Sliding scale may be available based on financial need.

As a client of an Oregon Licensee (LPC), you have the following rights:

- To expect that a licensee has met the minimal qualifications of training and experience required by state 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 (Oregon Administrative Rules 833-100);
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving the 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 in court proceedings or by client’s insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

You may contact the Board of Licensed Professional Counselors and Therapists at:

3218 Pringle Rd. SE #250 Salem, OR 97302-6312. Telephone: 503-378-5499.

Email: lpct.board@state.or.us Website: www.oregon.gov/OBLPCT

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General Information:

1. If you are unable to make your appointment, please call within 24 hours of your scheduled appointment time to reschedule or cancel, or counseling fees will apply (except in cases of emergency or unforeseen circumstances).
2. In case of a mental health emergency outside of your scheduled session, please call 911, or contact the Multnomah County Crisis Line at (503) 988-4888 or 1-800-716-9769 (available 24/7).
3. Most people benefit from counseling, but there are some risks. As painful material is discussed, you may find counseling to be uncomfortable. I hope to make this a positive experience for you by moving along at your own pace. If you feel uncomfortable with the pace of therapy, please let me know and we can readjust our pace.

Signature

Date