



Professional Disclosure Statement

The information below is provided to assist you in understanding my background and your rights as a client. Please read carefully and let me know if any part of this form is unclear, or if you have any questions.

Approach to Counseling

My approach to working with individuals and families is a creative and collaborative process that is determined by the needs of my client(s). Counseling takes time, energy and commitment and it requires courage and motivation to work through the process. I work to provide a safe, non-judgmental and compassionate therapeutic space where all participants have the opportunity to learn about themselves, set realistic goals and discover potential solutions that meet their needs.

My training includes psycho-dynamic theories (the internal processes that inform how we think, feel and act) as well as systemic theories (the interactions within groups of people, their relationship patterns, and their environments). As a clinician I am aware of social justice issues such as sexism, classism, racism and homophobia that may affect my clients. My clinical work integrates a variety of models tailored to enhance opportunities for client directed growth.

Education and Certification

I earned a dual Master of Arts degree in Counseling Psychology and Marriage and Family Therapy from Lewis & Clark College. I have additional training and certification from Portland State University in Therapy with Adoptive and Foster Families. I am a Licensed Professional Counselor (#C3342) and a Licensed Marriage and Family Therapist (#T1208) in the state of Oregon.

Core Graduate Coursework included: Family Therapy, Advanced Family Therapy, Marital and Family Assessment, Treatment Planning and Intervention with Adults, Treatment Planning and Intervention with Children and Adolescents, Group Counseling with Children, Life Span Development, Cognitive, Affective and Behavior Change in Children and Adolescents, Couples Therapy, Sex Therapy, Career Counseling, Research Methods, Diagnosis of Mental and Emotional Disorders, Ethical and Legal Issues, Brief Systemic Therapies, Expressive Arts Therapies, Narrative Therapy, Racism in Therapy, and Clinical Work with Diverse Populations.

Ethical Guidelines

As a Licensee registered with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. One aspect of this code is that our relationship will be limited to the professional interactions we have as therapist and client. To maintain my licenses, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. Additionally, I continue to receive professional consultation and supervision from Steve Berman, LCSW.

Fees

Individual & Family Sessions	\$100	per 50-minutes
Phone Consultation/ Case Management	\$25	per 15-minutes after the first initial 15-minutes
Crisis Sessions	\$120	per 60-minutes

Sliding Fee Scale

Limited needs-based sliding scale fees may be possible for eligible clients.

Insurance: At this time, I accept Regence Blue Cross Blue Shield, Cigna and Aetna insurance. If you are using your insurance, you may be responsible for a co-pay at the time of service. Please contact your insurer to determine your co-pay and whether you have an annual deductible that must be met before you may use your benefits. For Out-of-Network, I provide an invoice for you to submit to your insurer for direct reimbursement. Please contact your insurer to inquire about out-of-network benefits for mental health services. Many insurers will reimburse a percentage of your out of pocket expenses.

Client and Family Rights

As a client of an Oregon licensee and an Oregon registered intern, you have the following rights:

- To expect that a licensee has met the 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;
- 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 or 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 being the object of discrimination on the basis of age, race, ethnicity, national origin, culture, disability, gender, religion, sexual orientation, marital status, socioeconomic status, or other unlawful category while receiving services.

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

3218 Pringle Rd SE, Ste. #250, Salem, OR 97302-6312

Telephone: (503) 378-5499

Email: lpct.board@state.or.us

Website: www.oregon.gov/OBLPCT

For additional information about this counselor, consult the Board’s website.

Please sign below to show that you have read, understood and received a copy of this professional disclosure statement.

(Client Signature or Guardian if under 14 years of age)

Date