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PROFESSIONAL DISCLOSURE STATEMENT

Philosophy and Approach: I believe all individuals who have been impacted by mental health, addiction, or behavioral disorders can reduce or eliminate the negative consequences of those disorders. I believe these individuals can also develop internal and external resources that will allow them to create better lives for themselves and the people close to them. I have an unshakable belief in the resiliency of individual human potential. I employ a variety of therapeutic interventions in my counseling practice, including cognitive-behavioral techniques, strengths-based solution focus, motivational interviewing, and relevant insights from developmental psychology and contemporary neuroscience.

Formal Education and Training: I hold a Masters Degree in Counseling Psychology from Lewis and Clark College. Course work included theory and philosophy of counseling individuals, families and groups; human growth and development across the lifespan; diagnosis and treatment of psychological disorders; models of addiction treatment and recovery; career counseling and development; and cultural diversity.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics as set forth in OAR Chapter 833, Division 60. To maintain my license I participate in on-going continuing education and training on subjects relevant to this profession. I also utilize professional supervision when appropriate. I will be happy to answer any questions you have about the Code of Ethics, my continuing education and/or professional supervision.

Fees: Fees for professional counseling services are \$110 per fifty minute session for individuals, and \$120 per fifty minute session for couples.

As a client of an Oregon licensee 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;
- + 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 (see attached Notice of Privacy Practices), 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 race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists:
3218 Pringle Road SE, Suite 250, Salem OR 97302-6312 (503) 378-5499