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(541) 326-1454

Information and Consent

This document is designed to give you information about my professional orientation and educational background, as well as to help you understand the nature of our professional relationship.

I am licensed by Oregon as a Professional Counselor. In addition, I am certified by the National Board for Certified Counselors, a private national counselor certifying agency. To maintain my license I am required to participate in annual continuing education by taking classes dealing with subjects relevant to this profession and/or seek professional supervision from a Certified Licensed Professional Counselor. I am also required to abide by the Code of Ethics for Counselors and Therapists adopted by this Board. I hold a Bachelors Degree from Vassar College (1975) in psychology and a Master of Science Degree from Southern Oregon University (1995) where I completed the graduate program in counseling.

In my practice I work with adults, couples, and adolescents. I have an eclectic approach to counseling, drawing upon various techniques and philosophies from a variety of therapeutic orientations. I believe in the essential wholeness of each and every human being and believe that through a committed process of exploring one's self a person may gain increased awareness of self and others. Through awareness may come the motivation for change, as well as a deepening sense of self acceptance. In the course of our work together, we will explore both the past and the present, and how experiences and beliefs affect your perception of reality and subsequent response to it. As a client, you will be in complete control and will be encouraged to be as candid as possible in our relationship, contributing to the direction that our work together takes. If at any time you are dissatisfied with my services, please let me know. I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. Please note that it is impossible to guarantee any specific results regarding your counseling goals. However, together we will work to achieve the best possible results for you.

Appointments are scheduled to last approximately 60 minutes. This time is reserved for you, so if you need to cancel your appointment, a 24-hour notice is required. **Without this, you will be charged a \$50 cancellation fee;** insurance does not cover missed appointments. As a courtesy, I do bill most insurance companies, but you are responsible for paying your co-pay and deductible, if there is any.

Payment is always expected at the time of service. You are responsible for knowing your insurance benefits and limitations. In the event that there is a problem with payment from your insurance company, you will be required to pay your bill with me. In the event you fail to pay the balance of your bill after two requests to do so, this office reserves the right to turn your account over to a collection agency. You will be notified if this is being considered and given an opportunity to clarify your bill and/or establish a payment schedule.

As a client of an Oregon licensee you have the following rights:

1. To expect that a licensee has met the minimal qualifications of training and experience required by state law
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee
3. To obtain a copy of the Code of Ethics
4. To report complaints to the Board
5. To be informed of the cost of professional services before receiving them.
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: **a) reporting past or present suspected child abuse, b) reporting imminent danger to client or others, c) reporting information required in court proceeding or by client's insurance company, or other relevant agencies, d) providing information concerning licensee case consultation or supervision, and e) defending claims brought by client against licensee.**
7. To be free from being the object of discrimination based on race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE, Suite 250, Salem, Oregon 97302, Phone # (503)378-5499. Please sign below to show that you have read and understood the above information regarding your counseling service and that you authorize the release of your clinical information to your insurance company for the purpose of healthcare credentialing and payment on your account.

Signature of Client

Date

Signature of Legal Guardian (if client is a minor)

Date