

Professional Disclosure Statement

Emily Wainscoat, MS, LPC

East Cascades Counseling Services, LLC
731 NW Franklin Ave. #105
Bend, Oregon 97703
(541) 408-6367

Philosophy and Approach: I take a holistic, collaborative approach to counseling to guide clients toward a deeper experience of integration and wellbeing. I work with individuals, families, youth and adults experiencing depression, anxiety, life transitions, bereavement and personal and/or spiritual growth. Treatment is tailored to clients' unique goals and needs. In practice we will work together in a process of discovery to gain deeper understanding, access your strengths and resilience, improve and repair relationships, and change patterns that are no longer working for you. In therapy I offer my respect and deep interest in your unique life experience. What you tell me is held in confidence and non-judgment. I use a variety of experiential methods to explore, heal and deeply transform what's happening. That said, I begin by getting your goals and I honor the direction and scope of work that we set together. It is a safe and respectful path that enables us to go far.

Formal Education and Training: I hold a Bachelor of Science Degree in Psychology from the University of Oregon and a Masters Degree in Counseling from Oregon State University. Major coursework included: human growth and development with an emphasis on diversity, social justice and advocacy. I am a trained EMDR therapist.

As a Licensee 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 \$165-\$200 per hour. Sliding scale is offered and discussed by appointment.

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

- ◆ To expect that a LPC 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,

with 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**