

**Peter Allen, MS, LPC**  
**East Cascade Counseling Services LLC**  
731 NW Franklin Ave., Suite 107  
Bend, OR 97703  
541-913-3446

### **Professional Disclosure Statement**

**Philosophy and Approach:** I believe that health and wellness can be achieved through understanding and examining feelings, thoughts and beliefs. By examining past experiences and the associated thoughts and feelings, I believe people can overcome obstacles to their happiness and fulfillment. I also believe well-being comes from bringing the many aspects of life such as family obligations, work and leisure into balance with each other. I employ an eclectic approach that is rooted in Adlerian and cognitive behavioral therapy. I favor an approach that looks into the past for clues about present problems, and examines patterns of thinking and feeling that may be problematic. Adlerian therapy focuses on family issues and social relations to a large degree. Often in our work we will be discussing the past, with interest and emphasis on how it relates to the present problem or concern. The most important aspect of this type of therapy is that we are engaged in a trusting, professional, and mutually respectful relationship.

**Formal Education and Training:** I have a Master's Degree in Clinical Mental Health Counseling from Oregon State University. I have completed extensive coursework in addiction, crisis management and de-escalation, family systems, individual and group therapy, and diagnosis. I have worked for much of my professional career with adolescents, both male and female clients. I also have several years of experience working with clients who have severe and persistent mental illnesses. Currently, I am a Licensed Professional Counselor, registered with the State of Oregon.

**As a professional counselor,** I will abide by the American Counseling Association's Code of Ethics.

#### **Regular Therapy Services and Fees:**

Individual Therapy	\$150 - \$165 (45 - 60 minute session)
Family/Couples Therapy	\$165 - \$225 (45 - 90 minute session)
Group Therapy	Varies (90 - 120 minute session)
Mental Health Assessment	Starting at \$200
Alcohol and Drug Assessment	Starting at \$200
Consultation	Varies with service provided

**Confidentiality:** What we talk about in our sessions will be kept confidential, except in the cases I have outlined in the *Informed Consent* document. Please let me know if you have any questions about this.

As a client of an Licensed Professional Counselor in Oregon, 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, 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](mailto:lpct.board@state.or.us) Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)*

I have read and understand the Professional Disclosure Statement:

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Client Signature

Date

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Client Printed Name