

East Cascade Counseling Services, LLC

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Professional Disclosure Statement

Information for Clients

Welcome to my practice. I appreciate your giving me the opportunity to be of help to you. This information answers questions most frequently asked about therapy. It is important to me that you know how we will be working together. Because you will be putting a good deal of time, money, and energy into therapy, you should choose a therapist carefully. I strongly believe you should feel comfortable with the therapist you choose, and hopeful about the therapy. When you feel this way, therapy is more likely to be very helpful to you. After you read through this information we can discuss any areas that are unclear to you or any questions that you have. When you have read and fully understood this information, I ask you to sign the Consent to Treatment form.

About Therapy

I see my role as that of a trained guide whose job is to help you notice, interpret and work with whatever you encounter along your own unique path of change. My intention is to create a safe, open and supportive space for you to explore and to help empower you in the process of reflection, growth and healing. I view therapy as a partnership between us. You define the problem areas to be worked on; I use my training and knowledge to help you make the changes you want to make. Therapy requires your very active involvement. Some change can be quick and easy, but more likely it will be slow and at times frustrating, and you will have to keep trying.

Benefits and Risks of Therapy

As with any powerful treatment, there are risks as well as benefits with therapy. You should think about both the benefits and risks when making any treatment decisions. For example, in therapy, there is a risk that clients will bring up uncomfortable levels of sadness, anger, guilt, anxiety or other negative feelings. Clients may recall unpleasant memories. It may feel that problems are getting worse for a period after the beginning of therapy as the issues are brought up and discussed.

While you consider these risks, you should also know that the benefits of therapy have been well documented in hundreds of well-designed research studies. People who are depressed may find their mood lifting. Others may no longer feel afraid, anxious or angry. Having support may help a person continue down a path of sobriety and recovery from substances. In therapy, people have a chance to talk things out fully until their feelings are relieved or the problems are resolved. Client's relationships and coping skills may improve greatly. They may grow in many directions- -as persons, in their close relationships, in their work or schooling, and in the ability to fully enjoy their lives.

My background and Therapeutic Approach

I received a Masters Degree in Counseling Psychology with a specialization in Addiction Treatment from Lewis and Clark College in Portland, Oregon. As a mental health therapist I am licensed by the State of

Oregon Board of Licensed Professional Counselors and Therapists (LPC). As a drug and alcohol counselor I am certified by the Addiction Counselor Certification Board (CADC III) as well as the National Association of Alcohol and Drug Abuse Counselors (MAC). To maintain my licensure and certification I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. In order to provide the highest level of care I participate in ongoing consultation/supervision with other therapists. If you have questions about this I will be happy to explain.

My philosophy and approach to counseling are built on a foundation that is humanistic, and client centered. In practice I take an eclectic or integrative approach, utilizing different theory, philosophy, style and technique from a diverse background. I utilize a Strengths-Based and Solution-Focused style with a strong reliance on Cognitive-Behavioral aspects to help clients achieve their goals in counseling. I further integrate Dialectical Behavioral Therapy and motivational approaches into both individual and group therapy. I feel it is important to assess each client's needs and wants and tailor treatment to meet the specific needs and goals of each individual client, couple, family, or group.

Regular Therapy Services, Fees:

Individual Therapy	\$175 - \$200	(45-60 minute session)
Family/Couples Therapy	\$175 - \$225	(45-90 minute session)
Group Therapy	Varies with group	(90-120 minute session)
Mental Health Assessment	Starting at \$200	
Alcohol & Drug Assessment	Starting at \$200	
Consultation	Varies with service provided	

Please pay for each session at the start of the session. It is helpful to make out your check before each session begins, so that our time will be used best. I have found that this arrangement helps us stay focused on our goals, and so it works best. It also allows me to keep my fees as low as possible, because it cuts down on book keeping costs. Other payments or fee arrangements must be worked out in advance.

I realize that my fees involve a substantial amount of money, although they are well in line with similar professionals' charges. Therapy is an investment in yourself in gaining skills, making changes and achieving goals. For you to get the best value for your money, we must work hard and be committed. If there is any problem with my charges, my billing, your insurance, or any other money-related point, please bring it to my attention. I will do the same with you. Such problems could interfere with our work and should be worked out openly and quickly.

Please try not to miss sessions if you can possibly help it. A canceled appointment delays our work. If you must cancel, it would be helpful to provide as much advanced notice as possible. If sessions are canceled with less than 24 hours notice, it is my policy to charge for the lost time. Insurance will not cover this charge. Late cancellation (or no show) fee is \$75.00 for the first time and full fee for any subsequent.

What to Expect from Our Relationship

As a professional, I will use my best knowledge and skills to help you. This includes following the standard Code of Ethics established by The Oregon Board of Licensed Professional Counselors and Therapists and the standard Code of Ethics for all mental health practitioners provided by the American Counseling Association. I also abide by the ethical standards provided by The Addiction Counselor Certification Board of Oregon. In your best interest these standards put limits on the relationship between therapists and clients. I will explain some of these limits so you will not think they are personal responses to you.

First, I am licensed and trained to practice only as a mental health therapist and drug and alcohol counselor. I am not able to give advice from other professional viewpoints, such as medical, legal or financial. I will only practice within my scope of expertise, but would be happy to provide referrals to other professionals. Secondly, state laws and ethical standards require me to keep what you tell me confidential, that is private. Further information will be provided about confidentiality. Confidentiality also requires me to not reveal who my clients are. If we meet on the street or socially I will not make an effort to say hi or talk to you very much. This is not a personal reaction to you, but rather is part of my effort to maintain your privacy and the confidentiality of our counseling relationship. Third, according to ethical standards, I can only be your therapist. I cannot have any other role in your life. I cannot, now or ever, be a close friend or socialize with any of my clients. I cannot have a business relationship other than the therapy relationship with any client.

Client Rights

I feel it is very important for you also to know your rights as a client. The Client Bill of Rights states as a client of an Oregon licensed therapist, a person receiving clinical services has 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 being the subject of discrimination on the basis of race, religion, gender, or other unlawful categories while receiving services.*

This Professional Disclosure Statement is an informed consent form that is given to all clients to provide information about the counseling relationship and procedures. Any vague or unclear areas should be discussed with the counselor. Any questions should be addressed and answered until the client understands and is satisfied.

You may contact the Oregon Board of Licensed Professional Counselors and Therapists at: 3218 Pringle Rd. SE #250, Salem, Oregon 97302-6312, Telephone 503-378-5499.