

Stuart Forrister

East Cascade Counseling Services LLC
731 NW Franklin, Suite #107
Bend, OR 97701
541-306-1128

Disclosure Statement

Credentials and Approach to Counseling

Stuart Forrister is a mental health counselor at East Cascade Counseling Services. He graduated with a Master's degree in counseling from Western Seminary, Portland, Oregon, in August 2017. As a Licensed Professional Counselor under the Oregon Board of Licensed Professional Counselors and Therapists, he will abide by its Code of Ethics as set forth in OAR chapter 833, division 100; the laws of the State of Oregon; and the American Counseling Association Code of Ethics. As a CADC in the state of Oregon, this counselor will abide by the requirements and ethics set forth in OAR chapter 415, division 12, and chapter 309, division 19, as well as the NAADAC Code of Ethics. To maintain licensure, Stuart is required to complete 40 hours of continuing education every two years.

Stuart has experience in working with individuals and groups on a variety of issues, including: substance use disorders, PTSD, depression, anxiety, marital concerns, adjustment to life transitions, spiritual concerns. His approach to therapy incorporates a cognitive behavioral framework as well as a solutions focused approach to help clients identify, challenge, and replace the self-defeating beliefs and behaviors that are causing emotional pain in regards to substance use issues. Stuart views counseling as a collaborative effort in helping clients to recognize strengths, identify needs, understand conflicts, discover new options, set personal goals, and make informed choices.

Confidentiality & Client Rights

Everything said in counseling, even the fact that you are in counseling, is confidential and will not be disclosed except when, based upon information gained from the client or a third party, the counselor is required or permitted by the HIPAA Privacy Standard or Oregon state law. As a client of a counseling intern practicing within the guidelines of the Oregon Board of Licensed Professional Counselors and Therapists, you have the following rights:

1. To expect that a counseling intern 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 the services;
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
 - a) Reporting suspected child abuse;
 - b) Reporting imminent danger to client or others;
 - c) Reporting information required in court proceedings 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 the intern or licensee;
7. To be free from being the object of discrimination on the basis of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

Voluntary Participation

Participation in counseling is understood to be an informed choice made by the client. Some clients need only a few sessions to achieve their goals, while others may require sessions over several months or years of counseling. Communication between client and counselor is considered to be part of the clinical record, which is accessible to the client upon written request to view or to obtain copies. Records are maintained for a period of seven years from date of termination.

Clients are encouraged to talk with the counselor directly if dissatisfied with services received, desirous of a second opinion or referral, or if intending to discontinue appointments. You may also contact the Oregon Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE, #120, Salem, OR 97302-6312, Telephone: (503)378-5499, web address: <http://www.oregon.gov/OBLPCT/> or by email at lpct.board@oregon.gov. You can also obtain information about your counselor and view licensee disciplinary action on the Board's website.

ACKNOWLEDGMENT

I/We have received a copy of the *Notice of Privacy Practices*, and this disclosure statement about the counselor. I/We have read the information, were given the opportunity to ask questions, and understand the contents.

Date

Client/Guardian Signature

Counselor Signature

Client/Guardian Signature