



## **Professional Disclosure Statement**

1301 East 1<sup>st</sup> Street  
Newberg, OR 97132  
971.217.7341

### **Therapeutic Approach:**

My approach, drawing from several theoretical orientations, is client-centered, based on the belief that every individual brings a unique and formative personal, family and cultural experience. In our sessions, we will explore the places you feel stuck, unresolved issues and unhealed emotional wounds that may be keeping you from moving forward or are causing you distress. We will look at the way your family/cultural history has impacted your current values, relationships, and behaviors. We will examine thoughts, feelings and beliefs that influence your choices and your reactions to situations in which you find yourself today. During the therapeutic process, it is important you let me know if anything makes you feel uncomfortable or uneasy. You may, and are encouraged to, ask questions about anything that happens in therapy or request a change in direction.

I work with children and adults on social and behavioral issues as well as extensive trauma, PTSD, anxiety, depression and eating disorders. I also work extensively with couples and families towards creating a healthy relational dynamic within the home and couple. I use client centered play therapy techniques when working with children - adolescents, as well as structured intervention on a case by case basis. With teenagers, adults and couples I engage in client centered attachment based therapy.

### **Education and Training:**

I hold a Master's degree in Marriage, Couple and Family Counseling from George Fox University. I also pursue 40 hours of continuing education credits, every two years, to upkeep and maintain my license. This also ensures I have the most recent knowledge and expertise to help my clients.

My training has included Family and Couples therapy, Non-directive, child centered Play Therapy, Group work (including art therapy), Emotionally Focused Therapy, Intersubjectivity with an attachment focus, Human Growth and Development, Cultural Foundations and Social Justice, Lifestyle and Career Development, Addictions, Spiritual Identity, Shame and Grace, and Collaborative Problem Solving.

As a licensed Marriage and Family Therapist of the state of Oregon, I abide by the code of ethics. For a detailed description of the code of ethics please visit

<http://www.counseling.org/knowledge-center/ethics>.

**Payment for services:**

50 minute Individual session: \$110

90 minute Couple/Family session: \$140

I also offer a sliding scale payment option which is dependent on financial need. Please ask me about this option so we can discuss what that might mean for you and/or your family. Please note that all payment is due at the beginning of each session. If you need to cancel an appointment, please do so 24 hours in advance to avoid being charged. My cancellation charge will be up to 50% the value of the missed appointment. If you miss an appointment due to unusual circumstances, feel free to discuss this with me. For any requests by a lawyer for chart notes I charge a flat \$250 fee and for court appearances, a flat \$500 fee.

**Reporting and Confidentiality:**

I am bound ethically and by law to maintain your privacy as the client and keep the information discussed and exchanged during our session confidential. The exception to this is if there is a concern for your safety or for the safety of those around you. These exceptions are laid out in the Client Bill of Rights below:

As a client of an Oregon license or registered intern, you have the following rights:

- To expect that a licensee has met the minimum 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 licensee
- To obtain a copy of the Code of Ethics
- To report complains to the board
- To be informed of the cost of professional services before receiving them;
- 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 to court proceeding or by the client's insurance company, or other relevant agencies;
  4. Providing information for license case consultation or supervisions; and
  5. Defending claims brought by the clients against licensee;
- To be free from being the object of discrimination on the basis of 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 #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)

Should this therapist be incapacitated or unable to provide care for her clients she has designated Margaret Fuller as Custodian of Record. She can be reached at **Margaret@margaretfullercounseling.com** or 971.832.9229. For additional information about this intern, consult the Board's website.