

Professional Disclosure Statement

Philosophy and Approach: My theoretical foundation is humanistic and existential therapy, with cognitive-emotive-behavioral therapy and holistic energy therapy. My philosophy in treatment is that most of our present difficulties have roots in traumas from our past. When we find the root cause of the trauma, unlock the blocked energy, then dissolve and release the difficulty, then true healing can occur. We each have the capacity, wisdom, and compassion to heal our deepest traumas and to achieve our true heart's desire. We may be guided and helped by others, however, the most powerful healing occurs when we access our own deepest truth and wisdom.

Most therapy sessions focus on your self-talk, expression of self statements verbally and non-verbally, including meta-language; self-awareness, choice, problem solving, and setting goals for the present and future; focusing on responsibility, meaning of life, your strengths, limitations, self-concept, acceptance, and change. A part of our work together is on identifying & understanding the "themes" which shape and guide your experiences in life.

I will challenge you in a caring and empathetic manner to look at yourself and seek alternative options and strategies for creating and responding to your life. My goal is to assist you to alter themes or patterns which no longer work for you in order for you to create and live a more fulfilling life.

Formal Education and Training: I hold a Masters Degree in Counseling and Educational Psychology from the University of Missouri-Columbia. Major course interests were group therapy and holistic/wellness approaches. I completed the 18 month National Training Laboratory program for group therapists and organizational development specialists. I have specialized in the treatment of sexual abuse, addictions, trauma, sexuality, stress-related conditions and violence. I am licensed to conduct the Abel Assessment of Sexual Interest Screening and HeartMath.

As a Licensee of the 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 annual continuing education, taking classes dealing with subjects relevant to this profession. I regularly attend training and workshops to continue to update my skills and knowledge, I participate in organizations that increase my skills and support the work I conduct. I may substitute professional supervision for part of this requirement. I continue to participate in ongoing clinical supervision, which I will be happy to explain.

Fees: My fee is \$126.00 per 50 minute therapy session and \$60 per group therapy session; report, testimony or consultation is billed at the hourly rate. Initial appointment is \$225.00. Cash discounts are given for both individual and group therapy. Clinical Supervision is \$125 per 50 minute session. Reports for court are billed separately at \$200 per hour fee and must be paid in advance. A \$1500 Retainer for court appearances paid in advance. Unpaid balances are assessed a monthly finance charge and may be turned over to collections after 90 days. Books and treatment materials are sold individually at a separate fee from therapy fees, materials are sold for the use of client's and their families and no client is under any obligation to buy materials directly from the therapist, they are welcome to purchase materials from any store.

As a Client of an Oregon Licensee 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;
 - 5) Defending claims brought by client 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 Rd SE #250, Salem OR 97302-6312 Phone: 503-378-5499

Client Name Printed and Signature

Date

Client Name Printed and Signature

Date

Beth Doyle, LPC

Signature

Date