

Professional Disclosure Statement

Sarah Jurrens, Licensed Mental Health Counselor (WA), Professional Counselor Associate (OR), ADHD-CCSP, EMDR Trained, Owner at Rebellious Women Empowerment Therapy LLC and Psychometrist at Neeley Psychological Services

Rebellious Women Empowerment Therapy

10915 SW 57th Ave

Portland, OR 97219

503-386-0787 text and VM

Purpose: This disclosure is to inform the client of my qualifications, therapeutic approach, code of ethics, privacy rights, fees, and counseling process.

Qualifications: I obtained my Master's Degree from Oregon State University in their CACREP-approved Clinical Mental Health Counseling Program. My major coursework included Social and cultural perspectives and Systems Theory, with a focus on Social Justice. I am trained in Phase I and II of EMDR (Eye Movement and Desensitization and Reprocessing). I am currently a Licensed Mental Health Counselor in the state of Washington and a registered Professional Counselor Associate in Oregon State under the supervision of Dr. Lisa Schulz, PhD, LPC, NCC, ACS.

Professional Affiliations: I am affiliated with the American Counseling Association (ACA) and the International Association of Trauma Professionals (IATP).

Philosophy and Approach: I believe that every client needs to be approached as a unique individual and my theoretical framework will act as a scaffolding dependent on their specific needs. I believe mindfulness is a key element in counseling and can impact the past and the present. Everyone has a story, a history, and an interpretation of their life to be heard and understood. I work collaboratively to identify factors that may be contributing to a person's behavioral and mental health, impacting their overall confidence and self-esteem, which can lead to depression, anxiety, and other mental health issues.

Possible Risks and Benefits: As with most things in life, there are risks when engaging in counseling. When individuals decide to face difficult topics or challenge old ways of thinking, it can cause internal stress and possibly relationship stress. As a person heals and grows, it can cause changes in their lives that they may not feel prepared for. However, often, the work pays off in such rewarding ways. Personal growth, understanding of self, strengthened communication tools, and healthier relationships can be some of the many benefits of attending counseling.

Ethical Guidelines: I follow the ethical guidelines set forth by the American Counseling Association and the International Association of Trauma Professionals.

Confidentiality: Your verbal communication and clinical records are strictly confidential except for a) information shared with consultants, b) information (diagnosis and dates of service) shared with your insurance to process your claims, c) information you report about physical or sexual abuse; then by Oregon State Law, I am obligated to report this to the Department of Children and Family Services, d) where you sign a release of information (ROI) to have specific information shared and e) if you provide information that informs me that you are in danger of harming yourself or others, f) information necessary for case supervision or consultation, g) as a licensed associate working under supervision I work under my supervisors Dr. Lisa Schulz, PhD, LPC, NCC, ACS and make full disclosure to her when necessary for case supervision, h) or when required by law.

E-mail, text messages, and social networking sites are not confidential and do not meet HIPAA requirements to protect your privacy, so be aware when you share private info.

Professional Relationship: Although a special bond often forms through this meaningful therapy process, and I do hope it does, it is to be kept within some boundaries. I am here to work with you on your concerns related to our counseling sessions. I do not allow clients to be friends on any personal social media, at social gatherings, or outside of our allotted time in the office setting. I have several professional social media sites, but be aware that any association or anything shared there will not be kept confidential.

Process and cost of Counseling: The general expectation for counseling is that we meet weekly for approximately 50-minute sessions (90-minute sessions are available if requested and highly recommended when doing EMDR). The frequency can be adjusted as we see fit, although I encourage weekly sessions, particularly for new clients. The duration of counseling will also be discussed and will vary based on the goals we set for you. My regular pricing ranges between \$175 and \$235, with several discounted spots available for those who need it.

Termination

You have the right to terminate counseling with me at any point you see fit. You are under no obligation to remain with a counselor long-term if you decide you are not ready. However, I highly encourage you to give it time because change often does not happen overnight. Allow yourself to hold space for new things in your life to unfold before deciding therapy is not for you or that you are not ready for it. It often pays off in ways you could not have expected.

Usually, I like to make termination a goal that we work towards. Really. To ensure you have achieved what you needed during counseling and that we can end knowing you can move forward, empowered on your own.

If you or I feel that you have not, or cannot, reach your goals with my support, I would be happy to help you find someone who may be a better fit for you. We are all different and although I work hard to customize my skills and therapeutic approach for everyone, sometimes I may just not be the right fit for you, and that is absolutely okay!

My main concern is that you get the help and support that YOU need. I encourage open communication and feedback in our sessions. If you feel you need/ want to stop therapy, please feel free to communicate that to me so we can have a proper termination, even if that is generally uncomfortable for you. I promise it is okay, and you will not hurt my feelings. I am here to advocate for you and your needs.

Suppose we have reached a point where you just don't need my assistance anymore because you feel better and have the skills down—congratulations! We have achieved what you came for, and it is time to start winding down to termination when you feel you are ready. We will plan for this once you feel fulfilled with your changes and ready to end counseling. This will be discussed openly within sessions as we see fit.

Cancellations: I request at least 24 hours advance notice if you must cancel an appointment. Sessions canceled within 24 hours of the appointment will be charged 100% of the session fee. A no-call/no-show (includes last-minute cancellations within the hour before our appointment, unless it is an emergency) or failure to arrive within 20 minutes of the start of a scheduled appt will be considered a forfeit of appointment and charged a full session fee. 2 no-shows in a row will be taken as a forfeit of their reserved time with me. I love my clients, respect their time and money, and ask the same from them.

Referrals: If, for any reason, I cannot meet your needs and we feel that a referral is needed, I will provide options for you to continue your counseling elsewhere when requested. I truly hope this won't happen, but if it does, I will not leave you without any options if you would like them. It will then be your responsibility to choose and contact which alternative you decide to go with.

Crisis: If you are experiencing an emergency, please call 911. If you need to speak to me between sessions for a non-emergency, you may call and leave me a voicemail. I will return your call as soon as I am available (usually within 24 business hours).

As a client of an Oregon licensee, you have the following rights:

- To expect that a licensee has met the qualifications of training and experience required by state law;

- To examine public records maintained by the Board and to have the Board confirm the credentials of a licensee;
- To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100);
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving the services. Fees are outlined in the informed consent form. Fees may be reduced by utilizing insurance coverage or a self-pay discount. (NOTE: I do not accept insurance but want you to understand that it may be possible to utilize your insurance coverage with other clinicians. I do have limited spots with sliding scale self-pay prices for those who require it)
- To be assured of privacy and confidentiality while receiving services as defined by rule or law, with the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to you or others; 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by you against me;
- 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, #120, Salem, OR 97302-6312, Telephone: (503) 378-5499, Email: lpct.board@oregon.gov, Website: www.oregon.gov/OBLPCT**. For additional information about this licensee, consult the Board's website.

I look forward to meeting with you!

I have read and understand the Professional Disclosure Statement.

Client: _____ Date: _____