

Spahn Therapy
1235 SE Division, Ste # 103
Portland, OR 97202
503.360.7803
Tiffany@SpahnTherapy.com

Disclosure Statement

This statement is designed to give you, the client and customer, an idea of what to expect from me, your therapist, and from counseling in general. This form also covers confidentiality rights and your rights as a client, so it is important to read this form thoroughly. If any part of this sheet is unclear, or if you have any questions, please feel free to talk with me about them.

Approach to Counseling

I believe my role as a counselor involves many elements. I provide a safe, compassionate therapeutic environment where clients have the opportunity to learn more about themselves and work towards personal goals. I work mainly from a client-centered therapeutic framework. This framework emphasizes the uniqueness of the individual, and promotes personal growth through unconditional positive regard. Within this context, the client and I collaboratively work to develop an individualized treatment plan which takes into consideration the clients' individual experiences and issues. My approach highlights personal empowerment, stable relationships, utilizing community resources, and healthy daily functioning. The course of therapy may be short or long depending on the issues to be resolved.

Fees

My standard fee for a 50 minute hour is \$85 for individual therapy, \$95 for couples therapy, and \$20 to \$40 for group therapy. I do offer sliding scale fees as well. I ask that payment be made at the beginning of each session. I do not accept insurance at this time; however I will gladly provide you with an invoice that you may submit to your insurance company.

Appointments & Cancellations

An appointment reserves a specific time for you. If you need to cancel or reschedule your appointment, please notify me at least 24 hours in advance. Otherwise, all missed appointments are charged at full fee. If you are having an emergency and cannot reach me, please call 9-1-1, or go to a major hospital emergency facility.

Education and Certification

Master's degree in Counseling Psychology, Lewis and Clark Graduate School of Education and Counseling, Portland, Oregon, 2007

Coursework for this degree included Counseling Theories, Human Growth and Development, Clinical Skills Training, Clinical Work with Diverse Populations, Family Therapy, Diagnosis and Assessment of Psychopathology, Group Counseling, Treatment Planning, and Ethics and the Law.

As a Pre-Licensed Professional Counselor I am registered with the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am under the ongoing supervision of a licensed mental health professional, Steven Berman, LCSW, which I will be happy to explain.

As a Board Eligible national certified Counselor, I will abide by the Code of Ethics of the National Board for Certified Counselors

As a Certified Alcohol and Drug Counselor I, I will abide by the Code of Ethics of the Addiction Counselor Certification board of Oregon.

Client Rights

As a client of a Pre-Licensed Professional Counselor, you have the following rights:

- To expect that a Pre-Licensed Professional Counselor 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 Registered Intern;
- 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 exception: 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 Registered Intern case consultation or supervision; and 5) defending claims brought by client against Registered Intern.
- To be free from being the object of discrimination on the basis of race, religion, gender or other unlawful category while receiving services.

You have the right to know how to file a grievance, should you ever have complaints or grievances regarding counseling. All grievances should be addressed to:

Board of Professional Counselors and Therapists
3218 Pringle Rd SE, Suite #250
Salem, OR 97302-6312
(503) 378-5499