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Professional Disclosure Statement

Philosophy and approach: I maintain a philosophy that clients, at any given moment, are functioning as well as they can, given the resources and knowledge they have in that moment. As a licensed professional counselor, I strive to assist clients with developing more resources, insight, and skills to move them toward a greater level of functioning and improvement in the quality of their lives. I use a Cognitive-Behavioral approach in my counseling practice. As a Licensed Professional Counselor, I agree to adhere to the Oregon Licensing Board's Code of Ethics set forth in Oregon Administrative Rule (OAR) Chapter 833, Division 60.

Client Bill of Rights: As a Licensed Professional Counselor, I shall make every reasonable effort to clarify the information in this professional disclosure statement, as required by the Code of Ethics. As a client, you have the right to the following:

- To expect that I have 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 my credentials
- To obtain a copy of the Code of Ethics
- To report complaints to the Board
- To be informed of the cost of services prior to receiving services
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, with the following exceptions:
 1. The client or those persons legally responsible for the affairs of the client give consent to the disclosure
 2. The client initiates legal action or makes a complaint against the licensed professional counselor to the Board; likewise, I am required to respond to an inquiry made by the board during the course of an investigation into my conduct
 3. Imminent danger to the client or others is present
 4. The intent to commit a crime or harmful act is communicated
 5. The communication reveals that a minor is or is suspected to be the victim of a crime, abuse or neglect (similar mandates exist for suspected abuse toward the elderly, developmentally disabled adults, individuals with mental illness, or individuals confined to nursing facilities)
- To be free from discrimination on the basis of race, religion, gender, sexual orientation, or other unlawful category while receiving services

Education and Training: I am a graduate of Lewis and Clark College in Portland, OR. I received my Master of Arts Degree in Counseling Psychology in May 2001. Major coursework in my graduate program included, but was not limited to, individual counseling strategies, group counseling, family counseling, lifespan development, counseling theories, treatment and diagnosis of mental health and addiction disorders, career counseling, research methods, couples therapy, cognitive behavioral therapy, spirituality and religion in professional practice, and clinical work with diverse populations. I have received extensive training in Dialectical Behavior Therapy, and I am also an Oregon Certified Alcohol and Drug Counselor, earning my certification in June of 1999.

Continuing Education: As a Licensed Professional Counselor, I adhere to the requirements of the Board to complete a minimum of 40 clock hours of approved continuing education every two years. Up to 20 of these hours may be satisfied through receipt of professional supervision by a licensed mental health professional.

Fees: I charge \$200 for the initial assessment, \$160 for a 45-55 minute individual therapy session, \$175 for 50 minute family therapy sessions, and \$50 for 90 minute group therapy session. If you are using insurance benefits to pay for the program, you will need to determine how much of the total cost your benefit will cover; the amount remaining is the client's responsibility to pay. Reduced rates are available for uninsured clients that meet food stamp eligibility criteria and are able to provide documentation to support this (\$100 for the initial assessment, \$80 for 45-55 minute individual therapy sessions, and \$80 for 50 minute family therapy sessions). Payment plans must be negotiated before beginning the program.

If you have any questions or concerns, please feel free to contact the Oregon Board of Licensed Counselors and Therapists: 3218 Pringle Rd. SE, #250. Salem, OR 97302-6312

Phone: 503-378-5499 Email: lpct.board@state.or.us Website:
www.oregon.gov/OBLPCT

PLEASE KEEP THIS FOR YOUR RECORDS.