

Sarah Case Counseling, LLC

1020 SE 80th Avenue • Portland, OR 97215

Phone: 503.573.5597 • Email: sarah@sarahcasecounseling.com

Professional Disclosure Statement

Philosophy and Approach to Counseling

I approach my work with individuals, couples, and families with the belief that you have a wealth of resources to draw upon as we work together, including your life experiences, beliefs, values, relationships, dreams, priorities, skills, personality traits, and hopes for the future. I will join you in identifying the goals you have for your life and relationships, and help you move toward realizing those goals and living a more peaceful and rewarding life.

My approach is based in family systems theory, which operates from the belief that individuals cannot be fully understood in isolation, but only in the context of their relationships with family, friends, community and society. My work is integrative, which allows me to bring a wide variety of resources to our work together. Specifically, I often draw upon techniques found in Narrative Therapy, which helps us explore the stories that shape our identities, and focuses on connecting with our personal values and hopes to imagine the possibilities for creating a new story for the future. As we work together, I will tailor my approach to your unique personality, needs and preferences. My work with couples is also influenced by the work of Dr. Sue Johnson (Emotion Focused Couple Therapy) and Drs. John and Julie Gottman (The Gottman Institute).

Formal Training and Education

I hold a Masters degree in Marriage, Couple and Family Counseling from George Fox University. My coursework included studies in family systems, couple therapy, advanced family therapy, traumatology, interpersonal neurobiology, emotion focused therapy, play therapy, addictions, and group therapy. In addition, I have a Bachelor of Arts in Sociology from Willamette University and professional experience working with survivors of domestic and sexual violence in a shelter setting, with homeless and at-risk youth in a job training program, and as a counselor to individuals, couples and families in a family homeless shelter. My community involvement includes having served as a volunteer community mediator and as a leader in my faith community.

Fees, Billing and Session Length

Each regular session will be scheduled for 50 minutes in length and the regular fee is \$90 per session. It is customary to pay for counseling services at the beginning of the session. I accept payment via cash, personal check, or credit card. I do not currently bill insurance companies, but I will be happy to provide you with a receipt for tax purposes. I do have a limited number of reduced fee spaces in my schedule which are intended to make it possible for clients who would otherwise be financially unable to come to counseling on

a weekly or bi-weekly basis. If the cost of counseling would be prohibitive for you, please feel free to inquire as to whether I currently have any reduced fee spaces available.

Cancellation Policy

A 24-hour advance notice must be given for cancelled appointments. In the event that you need to cancel or reschedule an appointment, please give me as much advance notice as possible so that I may offer the time to another client. If you cancel with less than 24-hour notice, you will be billed a \$75 cancellation fee. Exceptions to this rule are made for family emergencies, illness, or inclement weather.

Licensure Status

I am a registered intern working under the Oregon Board of Licensed Professional Counselors and Therapists, and under the supervision of Lindsay Adair McGrath, a licensed marriage and family therapist (License #T0818, Oregon), which I will be happy to explain.

Ethics

As a registered intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics set forth in OAR chapter 833, division 100. I am also a member of the American Association for Marriage and Family Therapy (AAMFT) and will abide by its code of ethics as well. I will be happy to provide you with a copy of these codes at your request.

Emergencies

I do not provide direct emergency service. If you have a life-threatening emergency, please call 9-1-1. For non-life threatening crises, you may call one of the following crisis lines:

- USA National Suicide Hotlines: 1-800-SUICIDE
- Multnomah County Crisis Line 503-988-4888 -or- 1-800-716-9769
- You may also go to the nearest hospital emergency room.

As a client of an Oregon registered intern, 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 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;

- 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@state.or.us
 Website: www.oregon.gov/OBLPCT

For additional information about this registered intern, consult the Board’s website.

My signature below indicates that I have read and understand the information provided in this Professional Disclosure Statement.

Client Signature	Date
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Client Signature	Date
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Counselor Signature	Date
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