

PROFESSIONAL DISCLOSURE STATEMENT

Roy Huggins, LPC NCC

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Secure contact information can be found at www.portland-counseling-therapy.com

Please refer to my Communications Policy for best contact methods

Philosophy and Approach: I approach therapy as a facilitator of personal growth. All human beings possess the ability to live happily and healthfully. My role is to help my clients develop these abilities and bring their inner person to the fore. I come at this goal primarily from a relational angle; my theoretical orientation draws largely from a humanistic, family systems perspective, influenced by psychodynamic and experiential models. This means exploring who my clients are in relation to their inner world and to significant figures in their outer world. It also means searching for meaning in a comfortable environment where my clients feel safe exploring their lives. I see this search for self and meaning as the key to emotional wellness.

Formal Education and Training: I hold a Masters of Science in Counseling from Portland State University. My major coursework at Portland State included Human Development, Counseling Theories and Skills, Group Therapy, Couples, Marriage and Family Counseling, Counseling Ethics and Diagnosis and Treatment Planning. I also have received specific post-graduate clinical training in Emotion Focused Couple Therapy and Intercultural Communication. I have also received supervision in the use of Internal Family Systems therapy.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. I am also a member of the American Counseling Association, and abide by its Code of Ethics. To maintain my license I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Fees: Sessions are \$140 for individuals and \$150 for couples. Sessions are 50 minutes in length. Fees for longer sessions are set at the same per-minute rate.

As a client of an Oregon Licensed Professional Counselor 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; and 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 can contact the Board of Licensed Professional Counselors and Therapists **at 3218 Pringle Rd SE #120, Salem, OR 97302-6312. Telephone: (503) 378-5499**

Email: lpc.lmft@state.or.us Website: www.oregon.gov/OBLPCT

I have read and understand this Professional Disclosure Statement

Client Signature

Date

Client Signature

Date