**Professional Disclosure Statement**

**Anita Abelsen-Gay, MA, LPC #C4333**

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**Philosophy and Approach:** I believe that the counseling process is the basis from which change can occur. It is my desire to create a safe relationship where individuals feel that their experiences are understood and accepted. When the therapeutic relationship is built on trust, compassion, understanding and acceptance, individuals are able to feel supported to make positive changes in their lives. My theoretical orientation is eclectic and includes theories such as Person-Centered, Solution Focused, Interpersonal Neurobiology and EMDR. Together we will discuss treatment goals, objectives, and methods according to your individual needs. Your treatment will be evaluated frequently and modifications in the counseling process will be made as necessary. When working with children, Child-Centered Play Therapy will be utilized. Activities include sand tray, painting, drawing, writing, role playing, bibliotherapy as well as other creative means. Parents are provided psychoeducation throughout the counseling process.

**Formal Education and Training:** My undergraduate degrees are from Mt. Hood Community College where I received an AA in Early Childhood Education and Warner Pacific College where I received a BS in Human Development. I graduated from George Fox University with an MA in School Counseling. My educational focus was the study of human development throughout the life span with a concentration on childhood development. Within this field of interest, education, counseling theory and treatment was emphasized. My personal interests include: Attachment, Sensory Processing Disorders, ADD/ADHD, parenting children of all ages, family relationships, the effects of trauma and the study of interpersonal neurobiology.

**Continuing Education Requirements:** As a Licensed Professional Counselor of the state of Oregon I am required to complete 40 hours of continuing education every two years. I abide by the code of ethics of the Oregon Board of Licensed Professional Counselors and Therapists. I participate in peer consultation with professionals who adhere to the same laws of confidentiality.

**Fees:** The fee for counseling services are due at the time of services. The standard fee for individual therapy is $140. I have some time slots available at a reduced rate, please ask if you have a financial need. Sessions are typically 55-60 minutes and are scheduled appropriately for the goals and needs of the client. If you choose to use your insurance, I can bill many insurance companies through my billing service. Cash, check, debit or credit cards are accepted as well as flexible spending account payments through your insurance company.

**Clients Rights:**

1. You have the right to ask questions about any procedures, theory or methods used at any time throughout the therapy process, and I encourage you to do so. Therapy should be an interactive process, and I am here to support you attaining the goals that you have set for yourself.
2. You have the right not to participate in therapy with me. If you feel I am not a good match it is your right to end therapy at any time, and I will work with you to find another agency or therapist who might better fit your needs.
3. You have the right to access your records at any time. You also have the right as a parent to access your child’s records at any time, provided that child is under 18 (13 in WA state) at the time of therapy, and the consent to treat form is signed by you or a parent/guardian. This right applies to non-custodial parents and legal guardians but does not include non-adoptive stepparents or any other adult the child may be living with.
4. Therapy that is witnessed by another person, such as a family member or partner is still considered confidential and the same confidentiality standards will be upheld from my perspective. I cannot guarantee that all parties involved in the therapy will follow these confidentiality guidelines.
5. As a client you have the following rights:
* To expect that a licensee has met the minimal qualifications of training and experience required by law
* To examine public records maintained by the Board and to have the Board confirm credentials of a Counselor
* 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 the client or others; 3. Reporting information required by 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.

Please ask me if you have any questions pertaining to this information, or if they arise at any time as our relationship develops.

Board of Licensed Professional Counselors and Therapists

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