

## Professional Disclosure Statement

**Jessica Garbutt-Burden LCSW # 7442**

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**Philosophy and Approach:** I believe that at various times in our lives all individuals, couples and families need support adjusting to traumas, life changes and the daily stressors we all face. 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 Crisis Intervention and Harm reduction, EMDR, Trauma Informed Cognitive Behavioral Therapy, Solution Focused and Collaborative Problem solving. Together we will discuss treatment goals, objectives, and methods according to your individual needs to create a person centered plan. 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/Art therapy may be utilized. Parents are provided psychoeducation throughout the counseling process.

**Formal Education and Training:** My undergraduate degree is from University of St Thomas, Houston TX where I received BA in International Studies. I graduated from Portland State University with a Masters in Social Work and have spent the last 8 years working with families and individuals in crisis providing intensive counseling services.

**Continuing Education Requirements:** As a Licensed Clinical Social Worker of the state of Oregon I am required to complete 42 hours of continuing education every two years. I abide by the code of ethics of the Oregon Board of Licensed Social Workers. 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 \$120. I have some time slots available at a reduced rate, please ask if you have a financial need. Sessions are typically 50 minutes and are scheduled appropriately for the goals and needs of the client. If you choose to use your insurance, I can bill out of network. 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.

Oregon Board of Licensed Social Workers

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