

Brooke Riehl, MA, LPC
Licensed Professional Counselor
Marriage, Couple & Family Counseling Degree
28633 SW Coffee Lake Dr. Wilsonville, OR 97070
503.706.4775

Professional Disclosure Statement

Philosophy and Approach:

I welcome you to counseling and look forward to our time together. By choosing to contact a therapist, you have taken a big step. In the therapeutic process, you should feel comfortable and safe. I approach counseling as a collaborative effort in which you and I work together as a team. I believe that therapy is a place to discover deeper connection, healing and change.

Therapy is conducted from a systemic approach, using strength-based theories. Therapeutic orientations such as solution-focused therapy, family systems, cognitive and behavioral models, narrative therapy, and dialectical behavior therapy are used collaboratively with the client to provide the most effective treatment.

Formal Education and Training: I hold a Master of Arts Degree in Marriage, Couple & Family Counseling from George Fox University. Major areas of graduate study included marriage/couple counseling, family counseling, and relationship assessment.

Fees:

- The fee for a 50-minute session is \$125.00.
- A 24 hour notice must be given for cancellation of any appointment made; otherwise, the client will be responsible for payment in full at the next session.
- Any phone call to the counselor made by the client will be charged as follows: the first five minutes will be free. Six to thirty minutes will be charged as a ½ session. Thirty-one to sixty minutes will be charged as a full session.

Appointments: Each therapy session lasts 50 minutes. All appointments are scheduled directly with me, in person or by phone. If you find that you need to cancel an appointment, please give as much notice as possible.

Emergencies: My confidential voicemail (503) 706-4775 is always available for leaving messages and I will return them within a reasonable time. If you find yourself in a true emergency and need to talk to someone immediately, please contact the Washington County Crisis line at 503-291-9111, the Multnomah County Crisis line at 503-988-4888, the Clackamas County Crisis line at 503-655-8401, or dial 911.

Confidentiality: All information regarding the specifics of your therapy is confidential. Therapists are required by law to break confidentiality and warn person(s) when a client poses a threat of physical harm to another person or to self. I do reserve the right to use consultation.

- If I suspect child abuse or elder abuse.

- If I suspect that a client is about to harm themselves or another person. This is for both your safety and the safety of others.
- If the client is planning to commit a crime.

The situations in which I am required to share your information with legal authorities or health care professionals includes the following:

- If I receive a court order for your records. In this situation, only information relevant to the court order will be shared.
- If a client sues me, the client's records may be used in court.
- If the client authorizes the release of their information. This is often the case when the client wants information shared with a third party to have counseling costs covered or reimbursed, or if they want information shared with their primary care doctor.
- If the client reveals information in front of other people.
- During consultation with other mental health professionals to provide you with the appropriate treatment.

Your Access to Your Records

You have a right to see any of your charts or records at any time. If you are a parent, you have the right to see your child's records when you wish, unless your parental rights have been terminated or your child is legally emancipated. Because privacy in counseling and coaching is crucial to successful progress, particularly with teenagers, we (the therapist, parent and teen) will discuss confidentiality and what will work best in your particular situation.

Your Choice to Pursue Counseling

You choose the counselor you wish to work with. If you decide you and I aren't a good fit, I will be happy to give you a referral to someone else. You also have a right to refuse to participate in counseling. If you are mandated by a court to attend counseling, I cannot force you to participate. But I will be required to report your level of participation to judges or parole officers. Ending counseling before you have achieved progress toward your goals can also result in continued emotional distress, which is something to consider in your decision.

As a Licensed Professional Counselor of Oregon: Of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by the Oregon Licensing Board's Code of Ethics set forth in OAR chapter 833, division 100. I am required to complete 40 hours of continuing education every two years. At least six of the 40 hours must be in professional ethics and law.

As a client of a Licensed Professional Counselor of Oregon 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 (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 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 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@mhra.oregon.gov Website: www.oregon.gov/OBLPCT

For additional about this counselor, consult the Board's website.