

Professional Disclosure Statement/Informed Consent

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Philosophy and Approach: I believe we all have the capacity to live full, rewarding lives, and that therapy can help to unlock that potential. When life’s many challenges overwhelm us or make us feel “stuck,” therapy can provide a uniquely safe space in which difficult feelings and experiences can be explored. By cultivating mindfulness, compassion and courage, we can allow our wounds to heal and discover new ways of relating to our thoughts, our emotions and the world around us. I employ an integrative approach that incorporates elements of humanistic and psychodynamic theory, Cognitive-Behavioral Therapy and mindfulness-focused approaches such as Dialectical Behavior Therapy.

Formal Education and Training: I hold a Masters Degree in Counseling Psychology from Lewis & Clark and a Bachelor of Arts in Psychology from Wesleyan University. Major graduate coursework included Life Span Development, Theory and Philosophy of Counseling, Group Counseling, Treatment Planning, and Clinical Work with Diverse Populations. As part of my graduate education I spent a year providing counseling to individuals and groups at William Temple House, a community mental health organization, and volunteered my services there for five months after graduation.

Licensing: As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will 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: My fee per 50-minute session is \$120 for individuals and \$140 for couples. I am an in-network provider with several insurance companies. Other insurance may reimburse you for visits to me as an out-of-network provider; please discuss with me if applicable. Note that if you are using insurance, I will need to assign you a diagnosis that will remain on record with the insurance company.

Cancellations: I do not charge for sessions missed as long as you give me at least 24 hours advance notice, or we both agree that you had a genuine emergency. For cancellations made less than 24 hours in advance, the session fee will be payable in full at the time of the missed session if you have a credit card on file; at the next appointment if no credit card is stored; or by mail if no subsequent appointment is scheduled.

About the Process: The process of therapy is entirely collaborative, and your rights, wishes and choices are essential. You have the right to refuse or terminate therapy at any time without penalty. There may be risks involved in terminating therapy prematurely, and I encourage you to discuss therapeutic alternatives with me in such a case. You will play an integral role in developing your treatment goals, though there is of course no guarantee that our goals will be reached, and the process may have negative consequences such as emotional distress or interpersonal turmoil. I invite you to share any questions or concerns you have about therapy with me at any time, and I will answer as best as I can.

Records. You are entitled to review a copy of your records. To protect confidentiality, I require your written authorization in order to release records. I ask that if you want to review your records, you review them in my presence so we can discuss the content, and you can ask any questions you may have. Occasionally another professional working with you may request a copy of your records. I will provide this information only after your agreement in writing.

Confidentiality and Technology. Please note that while I take precautions (password protection, SSL, etc.) to protect my phone and email, these media are inherently insecure and cannot be guaranteed to remain private. If you opt to use these means of communication, I recommend that you save personal content for our therapy sessions and reserve electronic communication for logistical issues such as appointment changes or payment questions. Please see my Notice of Privacy Practices for more information on privacy and confidentiality.

Your Rights: As a client of an Oregon licensee, 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 me, consult the Board's website.

In Case of Emergency: I will return voicemails and e-mails within two business days. Since I am not available for crisis support, please call 911 or go to the nearest emergency department in the event of an emergency. **Please know that having strong thoughts or impulses to harm yourself or others is a medical emergency; in such a situation it is completely appropriate to contact 911 or seek help at an emergency room. The personnel there will be able to get you help in a crisis. If you are in crisis but do not feel that your life or someone else's is in danger, you can try one of these options:

- Multnomah County Mental Health Crisis Line: 503-988-4888, or 1-800-716-9769
- Domestic Violence Hotline: 1-800-799-SAFE (1-800-799-7233)
- Sexual Assault Resource Center: 503-640-5311
- Oregon Council on Alcoholism and Drug Abuse Hotline: 1-800-923-4357

- Cascadia Walk-In Clinic (located at 4212 SE Division, Suite 100, Portland 97206) 7 a.m. to 10:30 p.m.

In the event that I become temporarily disabled or unable to provide services to you for any reason, Karen Hixson, Licensed Professional Counselor, 503.314.6027, will be the temporary counselor taking over my practice. She will need to access my records regarding your care.

Consent: I have read and understood this statement and consent to treatment in accordance with its terms.