

Professional Disclosure Statement

Francesca Dodson, LPC

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Philosophy & Approach

I believe that every person is unique and has strengths, internal resources and wisdom. Society, our family of origin, ethnicity, spirituality, gender, sexuality, class, and race are important in how we understand ourselves in relationship with others and the world around us. Counseling considers all of this, while helping you seek personal growth, healing, relationship effectiveness, and living a more authentic life. Ideally our work together can help you understand your individual path within your life, your relationships, and your community.

My approach is active, intermixing practical tools and insights. This process includes you determining your own goals, through thoughtful conversations and listening to what is being communicated through exploring your thoughts, longings, behaviors, symptoms, dreams and stories. My ultimate goal is to create a respectful, honoring, safe and confidential environment.

Education & Training

I hold a masters degree in counseling with a specialty in Couples and Family from Portland State University and a certificate in Interpersonal Neurobiology. I have also received additional training in LGBTQ friendly counseling. My experience includes working with individuals (school age children and older), groups, couples and families. As a Licensee, I am required to participate in continuing education, taking classes relevant to this profession and my practice as a counselor.

Appointments & Fees

Consistency is important in the healing process and in changing patterns. Therefore, it is ideal to schedule recurring appointments that will last 50-80 minutes, depending on the situation. Appointments can be made in session, by phone or by email at counselingwithfrancesca@gmail.com. I check voice mail and email every 24 hours and do not conduct counseling in either form. If at any time you feel our counseling work is not helpful or you would like to take a break, I encourage you to share your thoughts with me so that we can explore any needed referrals and/or bring closure to our work together.

The value you place in this counseling experience is more than a monetary value, and comes from your own commitment to follow through for yourself on your counseling goals and applying them to the rest of your life. My counseling fees are \$100 for individuals, \$130 for families, and group fees are specified for each group. I offer a reduced rate for those in financial need. For every hour we are in session, I spend on average 1 more hour on your client care doing paperwork, research, training, and consultation. Any returned checks will include the cost of any fees I have to pay. Receipts can be given upon request and within a reasonable time frame. At this time, I do not bill insurance, but I can supply a superbill for you to submit to insurance.

If you cannot make your appointment, please call me. Any appointments not attended, with less than 24 hours notice, will be subject to a **fee of 1/2 the price** of that visit.

Emergencies

I am unable to be “on-call” for crisis support. In the event that you are having an emotional crisis and/or feel your mental health requires emergency attention, you should **call 911 or the Mental Health Crisis Line at 503-291-9111**.

As a client of an Oregon Licensee, you have the following rights:

- To expect that I have meet 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 and law. This confidentiality includes images that you produce during therapy.
 - However, Oregon Law includes the following exceptions to confidentiality:
 - 1) Reporting suspected child or vulnerable adult abuse;
 - 2) Reporting imminent danger to you 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.

Code of Ethics & Consultation

As a Licensee, I will abide by the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists and the ACA (American Counseling Association) Code of Ethics. In order to best ethically support my clients, I have a group of colleagues that I consult with about cases. I maybe providing information concerning your case in consultation. I work to keep information as confidential as possible and my colleagues are obligated to keep all information confidential as defined above. I am happy to discuss any questions you have about this. In the event of my incapacitation or death, my colleague Lindsay Dec, LPC will be my records custodian, and she can be reached at (503) 901-8310.

If you have any concerns, you may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE #120, Salem, OR 97302 or (503)378-5499.

(email lpct.board@oregon.gov website: www.oregon.gov/OBLPCT)

I/we have read, understand, and agree to the information and policies described in this disclosure statement. I also agree that I will give 24 hour notice for cancellations or changes with my appointment and understand that there will be a fee if this does not happen.

Francesca Dodson, LPC

Date

Client's Signature

Date

Client's Printed Name

Client's Parent or Guardian

Date

Printed Name

Relationship