

Lorraine Storm, MS, LPC

3419 NE Sandy Blvd, Portland, Oregon 97232
lorraine@healthcounselingpdx.com • healthcounselingpdx.com • (503) 862-3434

Professional Disclosure Statement & Informed Consent Agreement

I would like to welcome you to counseling. The following document is intended to provide information about what to expect during counseling and the development of the therapeutic relationship, as well as some information about my qualifications and approach.

Qualifications

I am a Licensed Professional Counselor in the State of Oregon and I hold a Master's degree in Counselor Education from Portland State University, which has been accredited by the Council on Accreditation of Counseling and Related Education Programs (CACREP). I continue to engage in education and professional development which allow me to improve my skills and gain knowledge in a variety of areas.

Approach

My view of counseling focuses on the individual and their connections to their partner(s), family, community, and society at large. My approach to counseling includes family systems and narrative therapy, as well as health and lifestyle considerations. I use a client-centered, strengths-based approach. I draw from a variety of disciplines including cognitive behavioral, solution-focused and creative therapies. I will tailor my techniques and approach to your unique needs.

What to Expect From Counseling

In the first few sessions, we will spend some time getting to know one another and I will listen to your story, ask questions, and gather information about the problem(s) you are dealing with. Together we will come up with a plan to work through your concerns. At some point, there will be an end to our relationship. Each client is unique regarding the length and duration of therapy. Some clients come to therapy for only a few sessions, while others attend counseling for years. We will decide the best course for you based on your unique concerns. I consider therapy a collaborative process and encourage you to bring up any concerns or questions about me or the counseling process as we move forward.

Your Rights and Responsibilities

The relationship between a Professional Counselor and a client is one that requires an understanding of professional boundaries and communication of expectations. Together we will discuss what you hope to achieve from counseling.

Anything we discuss in your sessions will be kept confidential with the following exceptions:

- You direct me to release or receive information to a 3rd party,
- You are an imminent danger to yourself or others, or
- I am directed by the court to disclose information.
- As a Mandatory Reporter I am obligated to report any information regarding the abuse of a child or vulnerable adult to the appropriate authorities.

As a client you have the following rights as determined by the Board of Licensed Professional Counselors & Therapists:

- 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;
- 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 being the object of discrimination on the basis of race, religion, gender or other unlawful category while receiving services.

Fees

My fee for service is \$125 per 50-minute session for individual counseling and \$150 for relationship and family counseling. I am affiliated with several insurance plans, so I may be able to bill your insurance, in which case you are responsible for your copay or coinsurance at the time of service. If I am not a preferred provider in your network, I can provide an invoice in order to receive a reimbursement from your insurance company as an out-of-network provider. Please note that billing your insurance is a courtesy and that ultimately you, not your insurance company, are responsible for payment. I accept check, cash, or credit card (a 3% service fee will be added to in-person credit card transactions).

Cancellation Policy

If you are unable to attend a session, please contact me at least 24 hours prior to your session. If you cancel with less than 24 hours notice you will be charged for the session at a rate of \$75.

Communication

You may contact me via phone, email, or text between sessions. Please do not use SMS (text) messaging or email for any information related to your therapeutic concerns, as neither are confidential. Please note that I am not "on-call," and cannot guarantee immediate response to communications received in between sessions. If a therapeutic crisis arises and you cannot reach me or you need immediate attention between sessions, please contact emergency services (911) and request mental health assistance or your county's crisis line.

In the event that you are not satisfied with my services, I encourage you to bring your concerns to me directly. I understand that the therapist-client connection is very personal, and if I am not the right fit for you, I am happy to offer you a referral. If I am not able to resolve your concerns you may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd. SE #250, Salem, Oregon 97302-6312 (503) 378-5499.

By signing below, you acknowledge that you have been informed of your rights and responsibilities in this counseling relationship.

Client Signature

Client Printed Name

Date

Lorraine Storm, MS, LPC

Date