

**Professional Disclosure Statement
Almyra Perry, LPC, NCC
Perry Counseling Services, LLC.**

107 East Main Ste 8, Medford, OR, 97501

405-699-1104

Philosophy and Approach: I feel every person deserves a healthy state of well-being. In a quest for personal growth, relief from basic life stressors, trauma, or psychiatric issues I strive for *empowerment*. What that means is it is my goal to assist you in being able to cope with these issues and life stressors so you are able to function in the capacity that you are striving for and to be able to manage these things independently. I believe therapy to be a *collaboration between client and counselor*. What this means is that if the skills are working for you that is great and I encourage you to give me feedback and if they are not, I encourage feedback as well. Research has shown the most significant factor in therapy to be the relationship between client and counselor. I address treating the “*whole*” person and not just the symptoms. If we are not feeling physically well, it can affect our mental health as well. Please feel free to let me know about physical symptoms as well. Research has also shown that mental health symptoms can manifest physically especially with trauma. I employ an eclectic evidence-based approach with strong reliance on Existential, Dialectical Behavior Therapy and Cognitive Behavioral Therapies. Person Centered Therapy is at the core of my practice in that I believe we all deserve congruence, unconditional positive regard and empathetic understanding.

Substance Use: It is quite common for people that suffer from mental health symptoms to engage in substance use behaviors. Substance use is a way to cope with distress and get relief from emotions that are unmanageable to experience. The issue with substance use is that it has the potential of causing problems in other ways that we might not realize. In this case substance use would be a therapy interfering behavior. If substance use has been your primary method for coping with distress and unmanageable emotions, it is likely that you will use substances rather than attempting to utilize the coping skills that I am teaching you when you are overwhelmed and/or distressed. It is not required that you be substance free to receive therapy from me; however I would like to establish an agreement that we will explore your substance use regularly to ensure that it is not causing you consequences.

Expectations: Therapy is not just stress relief, just feeling better, being supported the way a friend would, only venting, or resolving 100% of every issue. Therapy does include some of these factors but is so much more. Below I took a little time identifying what therapy is to me.

Therapy is a process in which issues are clearly identified, unconscious processes are brought to conscious awareness, emotions, thoughts, beliefs, etc. are examined, and personal strengths and new skills are learned and practiced between sessions. Unfortunately, becoming aware and challenging these thoughts and beliefs can create some discomfort and distress. Building and maintaining boundaries can also create discomfort and distress in our lives as well. These emotions are part of the therapeutic process. You can expect to learn and gain skills in the areas of cognitive distortions, emotional regulation, communication and interpersonal effectiveness, mindfulness, and distress tolerance. If you need trauma processing and needing to develop a different relationship with chronic pain, I have also been fully trained in EMDR. If, after 5 – 6

sessions there has been no movement, then we will discuss this and look for possible barriers and solutions.

What to Expect from Individual Therapy

At the beginning of therapy, the initial intake will be a 1 ½ session for us to explore important background information and for you to decide if you would like to work with me. I want to empower you to make sure that your needs are being met and I want to stress that you do not have an obligation to work with me, unless you choose to work with me. All sessions after the initial intake all sessions will run for 50 – 60 minutes. These sessions will be reserved for you and your needs. The amount of sessions will depend on the complexity of your goal and will be discussed with you, so you have an expectation about the duration of therapy. It is always important to remember that change can happen fast or slow, please ask me if you have any questions regarding your progress. There will also be a time during your journey that we may decide to decrease or increase sessions depending on your ability to cope with the stressors in your life. I will include you in the process in order to provide you with the best care possible.

Rescheduling, Cancellations, and Missed Appointments

If you need to cancel or reschedule an appointment, please do so before a minimum of 24 hours before your scheduled appointment time. Lack of adherence to this policy may result in paying in full for the scheduled appointment. However, there is an understanding that emergencies do occur, and unforeseeable illnesses are a possibility also. These things are always taken into consideration first. Whenever possible, your appointment will be rescheduled, or you may be placed on a waitlist for any other appointment times that may come available to ensure consistent care.

Providing Support When Needed

If you find yourself in a situation which you are unable to handle, you can call me for additional support between the hours of 10 am and 5 pm Monday through Friday. If you need additional support outside of these hours, the Josephine County crisis helpline number is (541) 479-9349 and Jackson County crisis is JCMH 541-774-8201. Additional Peer support can also be obtained through the Oregon Warmline at 1-800-698-2392.

As your counselor I will commit to creating a safe environment for exploration of feelings, thoughts, and situations. This relationship is much like that of a doctor and patient and can present with some boundaries which need to be established in order to maintain the most therapeutic space for you. Some of those boundaries include I cannot provide rides, I cannot go to your house, and I cannot have a relationship with you outside of sessions. These boundaries are in place to safeguard your best interests.

Formal Education and Training: As a Licensed Professional Counselor since June of 2020, it is required to maintain and continue our growth through continuing education units. I take this very seriously and am constantly looking for ways to gather information to assist my clients and further my personal growth, such as becoming fully trained in EMDR and certified in trauma work. I graduated from Southern Oregon University a CACREP accredited program in 2017. My major coursework included: Human Growth and Development, Family & Couples Counseling, Advanced Psychopathology, Substance Abuse & Co-Occurring Disorders, Crisis & Trauma, and

Acceptance & Commitment Therapy. I obtained a Bachelor of Science Degree in Psychology from Southern Oregon University.

Consultation: As a Licensed Professional Counselors, I believe in consulting with colleagues to gain feedback on how to improve. In consulting with my supervisors, I will ensure that privacy and confidentiality are respected.

Public Encounters: Given the relative smallness of our area, we may inadvertently see each other in public settings outside the office. Should this occur, I would like you to know that my intent is to always protect your privacy and confidentiality. Therefore, I will not initiate contact with you in public. However, should you choose to say, hello. I am happy to respond.

Ethics: As a Licensed Professional Counselor I subscribe to The American Counseling Association (ACA), The Mental Health Resource, Education Network (MHREN) and OBLPCT and I abide by the ethics and laws of these organizations. The following locations are where you can find the Code of Ethics for each of these organizations as well as the Oregon Board of Licensed Professional Counselors and Therapists

ACA: <https://www.counseling.org/resources/aca-code-of-ethics.pdf>

OBLPCT: <http://www.oregon.gov/OBLPCT/pages/web-coc.aspx>

As a client of an Oregon licensed Professional Counselor 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 and law, with the following exceptions:
 1. **Reporting suspected child abuse, elder abuse, or the abuse of disabled persons**
 2. **Reporting imminent danger to client or other**
 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**
 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

Fee: My hourly cash fee is \$200.00 for a 50–60-minute session and \$300.00 for an intake session, which will last 1.5 hours. All fees are to be paid by check, credit or cash at the beginning

of our session. If your financial situation changes, we will discuss a new agreement for fees to be provided for services.

I offer a sliding scale fee of \$150.00 for an intake and \$100.00 for regular sessions. Sliding fee availability is limited.

Referral: Referral may be necessary in cases when client welfare requires specialized training out of my scope of competency. I will refer to another therapist or obtain supervision or consultation in order to learn how to work with your goals; the options will be discussed with you beforehand and we will reach a decision together on the best course of action for your personal therapy.

If at any point you wish to file a complaint:
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 this counselor or therapist, consult the Board's website.

My signature verifies that I have reviewed and agreed to the above stated disclosure statement with my counselor/therapist and have received a copy of this document.

CONSENT FOR TREATMENT

I have read, received a copy and understand the professional disclosure statement which was presented to me. I voluntarily give my consent for evaluation and counseling services to be provided by Perry Counseling Services, LLC. I understand that I may withdraw myself (or the client) at any time from treatment and refuse any treatment offered.

Agreed Fees for Sessions: _____

Client Signature _____

Date _____

Therapist Signature _____

Date _____