



Disclosure Statement
Teresa R. Field, LPC, LMFT
3530 N. Vancouver Ave.
Portland, OR 97227
503.730.8903

Formal Education and Training

Masters of Arts: Counseling Psychology, Marriage and Family Therapy, emphasis on adolescent development, couples counseling, eating disorders, ecopsychology, grief and loss – Lewis and Clark College Graduate School of Education and Counseling; August, 2006.

Bachelors of Arts: Psychology and Women's Studies – University of Washington: June, 1997.

As a licensee (OR #C2322, #T0670) of the Oregon Board of Licensed Professional Counselors and Therapists, I am also responsible for a minimum of 40 hours of continuing education biannually to keep my counseling license current.

Philosophy and Approach to Counseling

I believe a humanistic approach is critical throughout therapy as the work we undertake together is intended to honor and support your values and beliefs. My intention is to support your continued efforts to improve your life by co-creating understanding, clarity and respect for the issues you bring to the counseling process. As a marriage, couples and family practitioner, I use a systemic approach to working with individuals, couples and families. We may also engage in cognitive, dialectical-behavioral, experiential, body-centered or ecopsychology based exercises in order to take a look at all for the factors that combine to influence the patterns of your life. I act as guide, supporting your own exploration, helping you further your understanding of the world in which you live and how you move through that world. It may also be important that you and I discuss your family of origin as your history plays an important role in the development of patterns and behaviors that may not be useful or that may simply no longer work. Once you have shared your specific concerns, the goals of therapy will be discussed (solution-focused). These goals will be evaluated during the course of treatment. As a masters level licensee, I am able to conduct therapy and diagnosis, but not prescribe medication. I will refer you for an evaluation with a psychiatric nurse practitioner, or psychiatric naturopathic physician if you feel it necessary for your treatment.

Because every counseling experience is unique, the process varies from person to person. Therefore, it is my hope that you will feel free to discuss any concerns or questions that you may have about the course of counseling during our time together. I am committed to remaining open to feedback and think of our work together as an ongoing dialog. As a client, you have the right to seek a second opinion, transfer, or end therapy at any time. It is important for you to know that there are other helping professionals and places from which you could get help or who may provide special treatment. I will do everything possible to make sure that if you feel we are not a good fit, that you continue to receive the kind of care you would like and deserve.

As a licensee of the Oregon Board of Licensed Professional Counselor and Therapist I strictly adhere to the Code of Ethics as defined by the National and Oregon Board of Marriage and Family Therapists and all other Oregon State Laws. As a client you can be assured that all communication will be kept confidential with the following exceptions: a) you direct me to share information with a third party; b) I determine that you are a danger to yourself or others; c) if there is a concern of harm done to a child or elderly person; or d) if I am ordered by a court to disclose information about our work together.

Because the 'relationship' is my primary client when working with couples or families, confidentiality between the individuals coming in together works a bit differently. I will discuss this with each couple and family thoroughly upon intake and work to secure comfort from all parties involved.

All communications with clients over the age of 14 are protected by state law, and cannot be shared with parents without the consent of the adolescent (exempting the above exceptions). While this can be difficult for parents, I encourage parents to talk with me regarding their concerns. Safety is always a primary concern with all of my clients.

I keep very brief records of our interactions and you have the right to view that record at any time. You also have the right to not only ask to read but to and discuss what I have written. Again, these records are confidential and cannot be shown to anyone without your permission except for under the exceptions listed above.

Fees: My standard charge will be no more than:

Individuals & Couples: \$125/\$150 for intake appointment only

Families: \$150 (for a family of four. Additional members will incur additional fees)

Groups: \$40

Payment is due at the time of service. I have a sliding scale fee based on client income as well as length of session. Sliding scale financial agreements are made for a three-month period after which we will review it together and make any necessary changes. This process is meant to ensure that I can offer this benefit to as many clients as possible.

Documentation of services rendered is available in order for clients to secure flexible spending account reimbursement. I also work with a billing to service if you'd like to receive reimbursement through your insurance company. Because I am unable to use our time scheduled for other clients, clients will be charged for missed appointment unless a cancellation message is left on my phone (or via email) 24 hours prior to the start of our session. Additionally, I cannot bill insurance for missed appointments and it is important to know that clients going through insurance will also be responsible for the full fee for missed appointments.

I am happy to speak with clients by phone or via email in between appointments. The first 15 minutes is without charge. I charge in 15 min. increments after that at the regular hourly rate. I am also happy to contact other providers and/or provide any letters of support clients may need. Billing for this service follows the policy listed in the previous paragraph and must be paid prior to releasing any documentation crafted.

As a client of an Oregon Registered Licensee 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.
- 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 above exceptions listed.
- To be free from being the object of discrimination on the basis of race, religion, gender, sexual orientation, or any other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at:

3218 Pringle Rd SE, #250

Salem, OR 97302-6312

Telephone: 503-378-5499

I have read and understood all policies listed above and agree to terms of service

Signature: _____

Date:

Please print name:
