

**Ross Cohen, MA, LPC**  
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Portland, OR 97209  
503-887-3309

### **Professional Disclosure and Treatment Consent**

**Welcome.** The information below is provided to assist you in understanding my background, procedures and policies, and your rights as a client. Please read this information carefully and let me know if you have any questions.

**Philosophy and Approach:** My goal is to support you to overcome the challenges that you are facing in your life. Issues from your past may be interfering with your life goals. Exploring and addressing these past issues can often help to create the changes you are wanting in your present day life.

**Formal Education and Training:** I hold a Masters Degree in Counseling Psychology from the California Institute of Integral Studies in San Francisco, California. Major coursework included human development; psychoanalytic and existential/humanistic psychotherapy; Gestalt and body-centered psychotherapy; transpersonal psychotherapy; alcohol and drug counseling; psychopharmacology; marriage and couples, child, family, and group counseling.

I have training in EMDR, The Developmental Needs Meeting Strategy, Energy Psychology, Voice Dialogue, Gestalt Therapy, and Inner Relationship Focusing. I am a Certified Therapist in EMDR and I have training and experience with meditation and spirituality.

**Continuing Education/Supervision Information:** To maintain my license I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I may substitute professional consultation for part of this requirement. I also consult with other mental health professionals as needed, which I am happy to discuss.

**Benefits and Risks:** Most people benefit from the counseling process, however some risks do exist. Exploring long-standing, unresolved problems can bring up uncomfortable feelings and memories. At times, you may experience emotional discomfort, stress, or changes in your relationships. Sometimes it can feel like things are getting worse before they get better. While I cannot guarantee any particular result, you are likely to gain the most benefit from counseling if you are committed to the process and attend regularly. I welcome your questions and comments about our work together and the counseling process.

**Fees:** My standard fee is \$100 per 50-minute counseling session for individuals and couples. Payment is due at the beginning of each session, by check or cash. Longer sessions, if utilized, will be prorated. Fees are subject to increase periodically. **Please have your payment ready prior to the session** so we can use the full session for therapy. I also recommend turning off your cell phone prior to the session to avoid interruptions. Please inform me if you would like my assistance with health insurance reimbursement.

**Appointments:** Being on time helps us to make the most of your scheduled time slot. Traffic and parking can be challenging so please plan accordingly. I will reserve a regularly scheduled (weekly or every other week) appointment time for you as long as attendance is consistent. For less regular scheduling, I can offer you appointment times as they open up.

*(Please continue)*

**Cancellations:** For counseling to be most effective, it is important to attend your appointments regularly. If you are unable to keep an appointment, **please call** (*instead of emailing*) **at least 24 hours in advance** to avoid being charged in full for your reserved time slot (*more advanced notice is appreciated*). If you reach my voicemail, please leave a message. Late cancellations due to an emergency will not incur a charge.

**Emergencies:** In the event of a psychological crisis, please call 503-887-3309 and leave me a message on my voice mail if I am unavailable. I will return your call as soon as possible. If I cannot be reached, or in the event of a life-threatening emergency, please call 911, the emergency room of the hospital nearest you, or the Multnomah County Crisis Line at 503-988-4888. When I am out of the office for an extended period of time, I may identify another therapist on my voice mail who you can contact in the case of an urgent situation.

**Communication and Your Privacy:** Please know that despite all security efforts, email, cell phone, and fax communication carry an inherent risk of being accessed by unauthorized people, which can compromise your privacy. If you convey sensitive personal information by phone, email, or fax, I assume you have made an informed decision accepting this risk.

**Ethics:** As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. One aspect of this code is that our relationship will be limited to the professional interactions we have as therapist and client. If we encounter each other by chance in public, I will respect your privacy by either keeping the interaction brief or avoiding acknowledging you, unless you initiate contact.

**As a client of an Oregon 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 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; 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.

If you have any questions or concerns about services provided to you by any Licensed Professional Counselor, they should be directed to: **Board of Licensed Professional Counselors and Therapists** at 3218 Pringle Road SE #250, Salem, OR 97302-6312. Telephone: (503) 378-5499

I have read, understand, and agree to the above. I have received a copy of this document:

**Client Signature** \_\_\_\_\_ **Date** \_\_\_\_\_