

Professional Disclosure Statement

Sara Fender, M.A.

Counseling with Sara, LLC

PO Box 316

Canby, Oregon 97013

(971) 217-8790

counselingwithsaraf@gmail.com

www.sarafender.com

Philosophy and Approach to Counseling: my philosophy incorporates my belief that all people have a universal need to be seen, to be understood, to connect with others, and to matter. My approach is founded in my desire to provide an atmosphere where you feel safe and accepted. You can discover much more about me and my practice at my website listed at the top of this document.

It takes commitment on your part to make counseling productive and helpful. Clients who attend their counseling sessions consistently and make counseling a priority in their lives are more likely to experience progress and growth. Counseling often involves acknowledging and processing pain and difficulty in your life. This can create emotional discomfort, and it's helpful to be prepared for this. It's also just as helpful to be prepared for light-hearted and funny moments.

My therapeutic techniques and interventions vary, based on the best fit for your needs. If you have questions about this topic, please ask me. You can also learn more about this on my website <https://www.sarafender.com/faq>, including questions you may have about spirituality.

I provide counseling services as a sole proprietor LLC in a private practice, confidential telehealth setting. I provided in-person counseling services until the COVID-19 pandemic began in March 2020 and have operated in a telehealth setting since that time. If you have further questions about this, please ask me.

Formal Education and Training. I hold a master's degree in counseling from Multnomah University, with standard major coursework. My counseling experience includes working with persons experiencing depression, general and social anxiety, trauma and loss history, addiction recovery, and various life transitions. I have a professional background in social work with people experiencing poverty and homelessness, and an undergraduate degree in psychology from Willamette University.

As a Licensee (#C7553) of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists. To maintain my license, I am required to participate in continuing education that is relevant to this profession, including but not limited to ethics, cultural competency, and suicide risk assessment.

Fees. My current fee schedule is posted on my website at <https://www.sarafender.com/services-fees>. Standard sessions are approximately 50 minutes in length. You are responsible for full payment of fees on the day of services, preferably immediately following session. I primarily accept payment by debit or credit card via a secure payment processor. Should you need to request accommodation with payment date or format, please ask me. If payment is of concern to you, please inquire about sliding scale fees. If you need to cancel a session, please do so at least 24 hours in advance to avoid full charges for a session. Sessions cancelled with less than 24-hour notice may be charged up to the full session rate.

Emergencies: I am NOT available for 24-hour emergency crisis intervention. If you or your child experiences a mental health emergency, please do one of the following:

- Call 9-1-1
- Call your local county crisis line. You can find a list of crisis lines by county at this link <https://www.oregon.gov/oha/ph/preventionwellness/safeliving/suicideprevention/pages/crisislines.aspx>
- Call the National Suicide Prevention Lifeline at 988
- Go to the nearest hospital emergency room
- Text HOME to 741741 to use the National Crisis Text Line

Confidentiality: I will NOT intentionally release any information about you to any person or agency without your written consent, except as noted further below. Everything shared in counseling, and even the fact that you are in counseling, is confidential and is not disclosed except when, based upon information gained from you or a third party, I am required or permitted by the HIPAA Privacy Standard or Oregon state law.

Electronic Communication: You are asked on the intake form what forms of communication you agree to between you and me. This generally includes voice/phone, text, and email. If you agree to text and/or email, these forms of communication will be used for administrative purposes (such as appointment scheduling) or distributing educational information that relates to our work together. Should you disclose confidential information via written form in text or email, be advised that I cannot guarantee the security of any information you provide, should a security breach occur.

Social Media: For ethical reasons, I do not connect my personal social media accounts with clients or former clients.

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

1. To expect that a licensee has met the qualifications of training and experience required by state law;
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
3. To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100);
4. To report complaints to the Board;
5. To be informed of the cost of professional services before receiving the services;
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, with the following *exceptions*:
 - a) Reporting suspected child abuse
 - b) Reporting imminent danger to you or others;
 - c) Reporting information required in court proceedings or by your insurance company, or other relevant agencies;
 - d) Providing information concerning licensee case consultation or supervision; and
 - e) Defending claims brought by you against me;
7. To be free from discrimination on any basis listed in the Code of Ethics while receiving services, including age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

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@mhra.oregon.gov Website: www.oregon.gov/OBLPCT

For additional information about this counselor or therapist, consult the Board's website.