

Jill L. Smith

Registered LPC Intern
Supervisor: Marlin Schultz
License# T0118
Still Waters Counseling Center
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Personal Disclosure Statement

This information regarding the counseling relationship has been provided for your protection and assistance in making an informed choice about treatment.

Credentials and Approach to Counseling

Jill Smith is a registered licensed professional counselor (LPC) intern with the state of Oregon. Her supervisor is Marlin Schultz, license# T0118. She completed her M.A. in Counseling at Western Seminary, Portland, Oregon, August 10, 2018 and her bachelors of science degree from California State Polytechnic University, Pomona, CA in 1988. Coursework completed includes training in ethical practice, cultural diversity, human development, diagnosis, assessment, treatment planning, domestic violence, abuse and trauma. Licensed Counselors are required to participate in 40 hours of continuing education every two years. As a registered intern approved by the Oregon Board of Licensed Professional Counselors and Therapists, she will abide by its Code of Ethics as set forth in OAR chapter 833, division 100; the laws of the State of Oregon; and the American Counseling Association Code of Ethics.

Jill has experience working with individual adults dealing with a variety of issues such as depression, anxiety, PTSD, grief over loss, life adjustment issues, stress, marital issues, parenting skills, and spiritual concerns. Jill firmly believes that everyone has the potential within themselves to find solutions to problems and to journey towards change, healing and growth. Counseling can facilitate this process by establishing a relationship with a trained professional who is skilled at helpful conversations that offer new perspectives, ways to express feelings and thoughts and a means to address pain, work through loss and define what brings meaning to one's life. While Christian values are an aspect of her worldview, out of care and respect, she will not impose beliefs or opinions onto clients. She views counseling as a collaborative effort in helping clients to recognize strengths, identify needs, understand conflicts, discover new options, and set personal development goals. Jill utilizes Person Centered and Narrative conversation in therapy and strongly believes in utilizing educational resources to facilitate and maintain mental and emotional wellness. Cognitive Behavior Therapy is used when a client wants to make changes by replacing new ways of thinking with old ways.

When a client talks about personal information and the counselor responds with respect and authenticity, sessions may seem emotionally intimate. To maintain a safe and beneficial environment, the counseling relationship will remain on a professional level, and limited to sessions in the office or over the phone, focusing on client concerns. For the benefit of the client, the client and counselor will not engage in physical contact, socialize, give gifts to each other, nor establish any relationship other than the professional counseling relationship. Cultural sensitivity may require some minor modification.

Confidentiality & Client Rights

Everything said in counseling, and even the fact that you are in counseling, is confidential and will not be disclosed except when, based upon information

gained from the client or a third party, the counselor is required or permitted by the HIPAA Privacy Standard or Oregon state law. As a client of a counseling intern practicing within the guidelines of the Oregon Board of Licensed Professional Counselors and Therapists, you have the following rights:

1. To expect that a counseling intern has met the minimal 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;
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, including the following exceptions:
 - a) Reporting suspected child abuse;
 - b) Reporting imminent danger to client or others;
 - c) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies;
 - d) Providing information concerning licensee case consultation or supervision; and
 - e) Defending claims brought by client against the intern or licensee;
7. To be free from being the object of discrimination on the basis of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

Information may also be disclosed if a client signs a written authorization. Electronic transmission and caller identification--by phone, cell phone, email, FAX, or internet, increases risk for breach of confidentiality.

In keeping with generally accepted standards of practice, periodic supervision and consultation is made regarding the management of cases with other health professionals, who are bound by the rules of confidentiality as stated herein. Jill is working with Marlin Schultz as a supervisor in the state of Oregon, with a license number T0118. As a registered intern, she will periodically be required to present clinical samples of her work to her supervisor. Efforts will be made to protect client identity.

Voluntary Participation

Counseling involves personal exploration and potential life change that, whether positive or negative, may alter significant relationships and how a client views him or her self. Change can often create temporary distress. Participation in counseling is understood to be an informed choice made by the client. Since many factors influence the counseling process, specific outcomes cannot be guaranteed and clients may, or may not, maximally benefit.

Although counseling has shown to be helpful for many people it may not be helpful for everyone. Jill may be the right fit for the client to feel better and have a healthier life or she may not be able to provide what the client needs. In the best interest of the client Jill would refer the client to someone with specific experience to meet the client's needs and would continue to support her client in whatever way is best for the client.

Some clients need only a few sessions to achieve their goals, while others may require sessions over several months or years of counseling. The client may choose not to seek treatment at this time. Options include other therapists, books, support groups, self-help resources, medical treatment, pharmacological therapy, and other modes of treatment. A client has the right to terminate counseling at any time, however, it is understood that terminating prematurely may result in the return or worsening of symptoms.

Communication between client and counselor is considered to be part of the clinical record, which is accessible to the client upon written request to view or to obtain copies. Records are maintained for a period of seven years from date of termination. Records of minor clients will be retained for a period of seven years after their 18th birthday or seven years from the date of termination, whichever is the later.

Clients are encouraged to talk with the counselor directly if dissatisfied with services received, desirous of a second opinion or referral, or if intending to discontinue appointments. You may also contact the Oregon Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE, #120, Salem, OR 97302-6312, Telephone: (503)378-5499, web address: <http://www.oregon.gov/OBLPCT/> or by email at lpct.board@oregon.gov. You can also obtain information about your counselor and view licensee disciplinary action on the Board's website.

Emergency Services

If in need of emergency services, the client should call a crisis line at (800) 273-TALK, (800) SUICIDE, White Bird Crisis line (541)687-4000/(800) 422-7558 or 911.

ACKNOWLEDGMENT

I/We have received a copy of the *Notice of Privacy Practices*, and this disclosure statement about the counselor. I/We have read the information, were given the opportunity to ask questions, and understand the contents. Sessions are 50 minutes and the session fee is \$65. Jill currently is unable to bill insurance while she is a registered intern. If there are financial concerns, Jill is willing to negotiate the fees.

Date

Client/Guardian Signature

Counselor Signature

Client/Guardian Signature