

SABRINA J. WALTERS, LPC, M.A. M.F.T.

3000 NW Stucki Pl. Suite 230
Hillsboro, OR 97124
503-869-8108

Personal Disclosure Statement

Philosophy and Approach

Change is the purpose of the therapeutic process. Given the social nature of humans, I believe problems are best solved through the strength and assistance of family and loved ones. I employ a purposeful, strategic method to counseling, believing that people can change their lives and improve their relationships; regardless of their past, present or future circumstances. Additionally, I believe that all counseling is family counseling and I honor the social systems that individuals reside in. Therefore, I maintain that family participation in counseling is necessary for optimal health and growth.

My therapeutic approach is primarily strategic and structural, though I may utilize other theories and interventions as needed. I support the parental role and believe in the good intentions of parents/guardians to provide care and discipline to their children.

Formal Education and Training

I hold a Masters of Arts in Marriage and Family Therapy from George Fox University and a Bachelors of Science in Music from Linfield. I am also a certified teacher of music and health. Major coursework includes human growth and development, advanced family and couples counseling, multicultural studies, and advanced therapeutic strategies.

Licensed Professional Counselor

As a Licensed Professional Counselor of the Oregon Board of Licensed Professional Counselors and Therapist, I will abide by its Code of Ethics.

Continuing Education

As a Licensed Professional Counselor for the state of Oregon I am required to continue my education in the mental health field by accumulating 40 hours of continuing education hours every two years.

Fees

My fees are based on a 45 minute session at the rate of \$150. For initial 80 min couples/family session my fee is \$250, \$200 thereafter.

As a client of a Licensed Professional Counselor you have the following rights:

- To expect that a registered intern 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/vulnerable adult 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 a client against the intern and; 6) Assisting in the event of a medical emergency while receiving professional services.
- To be free from being the object of discrimination on the basis of race, religion, gender, or 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 Phone: 503- 378-5499

Client Signature _____ Date _____

Parent Signature (if necessary) _____ Date _____