

Prema Health
Our Inner Landscape
Ivy Katz, LPC , E-RYT
Individual & Couples Counseling
2305 S.E. 50th ave. #200
Portland, Oregon 97215
503-405-1158/ourinnerlandscape @gmail.com

PROFESSIONAL DISCLOSURE & INFORMED CONSENT FORM

APPROACH TO THERAPY _____

I believe counseling is a collaborative approach where we work together to explore areas in your life that give you meaning and purpose. I believe as humans we feel our best when we have a sense of connection, and trust.

Often we come to therapy because some area of our life feels disconnected. This can be in relationship to others, ourselves, our environment, or to something much larger. It is generally through life experiences, family, culture and things that are usually beyond our control that we develop mal adaptive ways of connecting. We generally lose trust in ourselves and/or the world around us. We come to therapy when we begin to see these ways as no longer serving us.

I work in a collaborative, and integrative style. I believe we all have the strengths and capabilities within us that we need; it is my role to help you uncover them. My approach is mindfulness-based, meaning that I will help you deepen your awareness of the specific ways you experience yourself, others, and the world around you. I will guide and support you in cultivating compassion and acceptance towards yourself and others, so that you feel empowered to make the positive changes you desire in your life.

FORMAL EDUCATION AND TRAINING _____

I hold a masters degree in Counseling Psychology from Lewis & Clark College. I also have completed a certificate in Ecopsychology. This framework speaks to the recognition of the connections between the mental health of the client with the overall health of the culture and the planet. This also includes an expertise in using nature-based interventions. Along with this I have completed several professional trainings from M.E.T.A in Hakomi Body Centered Psychotherapy and Trauma informed care. I have a bachelor's degree in Human Development as well as Dance from Prescott College.

I have worked in the mental health field since 2007, including wilderness therapy, residential treatment, and outpatient counseling clinics. My experience includes adults, adolescents, couples and families. Areas that I have worked most with include: complex trauma, anxiety, depression, PTSD, self-esteem, grief and loss, addictions and eating disorders. Along with my experience in counseling I have also completed over 200 hours as a certified yoga teacher with advanced training in trauma informed yoga.

Continuing Education _____

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics.

To maintain my license I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Client Bill of Rights _____

- To expect that a licensee has met the 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 (Oregon Administrative Rules 833-100);
- 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 or Law, with the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to you or others; 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by you against me;
- To be free from discrimination because of 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
 Board Address: Oregon Board of Licensed Professional Counselors and Therapists 3218 Pringle Road SE, #250,
 Salem, Oregon 97302-6312
 Phone: (503) 378-5499 Email: lpc.lmft@state.or.us Website: www.oregon.gov/OBLPCT

Confidentiality _____

Our work together is confidential. What you choose to discuss with me is private and protected by federal and state laws. Except under unusual circumstances, discussed below, I will not share anything we talk about with others unless I have your written permission to do so.

Under the provisions of the Health Care Information Act of 1992, I will always act so as to protect your privacy even if you do release me in writing to share information about you. You are also protected under the provisions of the Federal Health Insurance Portability and Accountability Act (HIPPA). This law insures the confidentiality of all electronic transmission of information about you.

Privacy Considerations for Couples _____

When working with couples, I consider my "client" to be the relationship. I may work with members of the couple individually yet in this case, confidentiality will be broken when it is in the best interest of the couple. I will always discuss these instances with you and work to empower you to communicate with your partner.

Fees _____

Finding the right fit is important. I offer a 30-minute complimentary conversation where we meet and explore our compatibility. My fee is \$100 per 50 minute session and \$125 per 65 minute couples session. Please consult with me if you have financial difficulties so we can discuss a rate that will be sustainable. I offer several spots at a sliding scale fee.

I agree to the cost of _____ for each _____ minute session.

OFFICE POLICIES _____

- My business phone number is 503-505-1270. I do not answer this phone number directly. Your call will go straight to a voicemail. However I check my messages frequently and will return your call within 24 hours. **I am not equipped to provide emergency mental health services.** If you need an immediate response or assistance please call the **Multnomah County Crisis Line at (503) 988-4888 or call 911.**
- My business email is ourinnerlandscape@gmail.com. Email can be used to contact me and will often be checked sooner than phone calls. You can also schedule or cancel appointments via email.
- A brief phone consult less than 10 minutes, along with your initial intake are not billed. Longer phone calls will be billed on a pro-rated basis.
- I require twenty-four hour notice to cancel an appointment without charge.

- I expect payment by cash, check or debit/credit card at the time of the session unless other arrangements have been made.

Risks to Counseling _____

Counseling is not without risk. Some people experience an increase in feelings of stress, especially during the early stages of counseling. Some problems may seem to get worse before they get better. Exploring long-standing, deeply seated issues can sometimes initially seem to aggravate rather than help the issue, especially in couples counseling. Some people find themselves feeling emotions and having insights that are new and uncomfortable, sometimes leading to feelings of discouragement and thoughts of quitting counseling. Some people are surprised by how others in their lives respond as counseling progresses. These dynamics are natural and to be expected. You may also experience other unique consequences of counseling. I encourage you to talk with me about them as and if they occur.

CONSENT TO TREATMENT

I have read and initialed and I understand the above information. I consent to participate in treatment and/or evaluation. I understand that I may refuse services at any time. In the development of my treatment plan, I will be informed of the risks and benefits, the availability of alternatives, and the consequences of withdrawing before treatment is complete.

CLIENT PRINTED NAME _____

CLIENT SIGNATURE _____ DATE

CLIENT PRINTED NAME _____

CLIENT SIGNATURE _____ DATE

_____ IVY KATZ, LPC DATE

** *The Code of Ethics of the Hakomi Institute is available online under "resources" at <http://www.hakomiinstitute.com/>, or by request.*