

Jon Fox, MS, LPC
4531 SE Belmont St., Suite 318
Portland, OR 97215
(503) 954-4852
www.mindfulnesstherapyportland.com

OUR COLLABORATIVE JOURNEY

Welcome! It's important before we begin our work together that you are clear about what you can expect from counseling. This consent to treatment and disclosure statement will inform you about my background, philosophy, approach to counseling, fees, and your rights and responsibilities as a client. I am happy to answer any questions you might have about the information included on this form.

PHILOSOPHY AND APPROACH

I believe counseling is a collaborative approach where we work together to explore areas in your life that give you meaning and purpose. I know the answers to your life challenges are within you and together we will discover your unique strengths and inner resources to lead a courageous, healthy, and fulfilling life. 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.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license I am required to participate in continuing education.

FEES AND SCHEDULING

My fees are \$100 for 60-minute sessions and \$125 for 75-minute sessions. I offer a limited number of discounted fees for clients who are experiencing significant financial hardship. I may raise my fee during the course of your counseling, and if so I will discuss this with you in advance. Fees are payable by cash, check or credit card due at the time of each session.

If you need to cancel or reschedule an appointment please provide at least 24 hours notice. You may be charged the full appointment fee if you cancel less than 24 hours in advance.

INSURANCE BILLING

Some health insurance companies will reimburse you for part or all of the fees you pay for sessions with a licensed professional counselor. However, this depends upon your insurance provider and your specific insurance plan. If you wish to seek reimbursement for the services I provide to you, I can give you a receipt that contains the information that most insurance companies require, and you may submit this directly to your insurance provider. This requires that I diagnose you with a mental health condition, and this condition will be on your health record. You are fully responsible for the up-front and ongoing payment of your fees, and I cannot guarantee you will be able to obtain reimbursement.

EXCEPTIONS TO PRIVACY

It is important for you to know that some things, by law, cannot be kept private. They include the following:

- If I learn that you intend to harm yourself, I will inform other people who can help you to protect yourself.*
- If I am subpoenaed or court ordered to testify in court, I may have to give information about you without your permission. If I am subpoenaed or receive a court order, I will make an effort to contact you. If you oppose release of information, a court may nevertheless order me to disclose information about you.*
- If you were to bring suit against me, I may need to break confidentiality in a legal defense.*
- If I learn that you have harmed a child or elderly or disabled person, I will make a report to authorities. I may inform family members, other health care providers or the police. Oregon law does not require me to report your intention to hurt another, but I reserve the right to tell that person if I believe they are in danger.*
- Providing information concerning intern case consultation or supervision.*

Privacy is also an issue when working in couples counseling. In couples counseling the client is also the relationship itself, so individual privacy needs must be balanced with the need for openness within the relationship.

LENGTH OF THERAPY

How long therapy will last depends on your personal growth goals. Some people feel great benefit after a few sessions while others might work for one or two years to achieve the changes in their life they desire. We will evaluate the process together from time to time, to see what has been useful and how your needs might have changed. You have the right to end therapy at any time. Hopefully, we will agree on when to conclude our work together and can have a few sessions to focus on completion.

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.

LITIGATION LIMITATION

Due to the nature of the therapeutic process that often involves a full disclosure of confidential matters, it is agreed that if there are legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc.), neither you (client) nor your attorney, nor anyone else acting on your behalf will call on Jon Fox, MS, LPC to testify in court or at any other proceeding, nor

will a disclosure of the therapy records be requested. Although it is desirable to avoid releasing information in legal proceedings, sometimes they are unavoidable. Court appearances, travel to court, waiting and scheduled and/or actual testimony time, consultation with attorneys, preparation for court, etc. are charged at an hourly rate of \$100 per hour. A minimum deposit of \$250 must be made at least two weeks in advance of any court-related work by Jon Fox. As my client, you are responsible for the fees related to any legal matters requiring my participation, regardless of whether your attorney or an opposing attorney requires my participation.

PHONE CALLS

My business phone number is (503) 954-4852. I rarely answer my phone, but do check my messages regularly and will try to 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.**

You may contact the Oregon Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE, #250, Salem, Oregon 97302-6312. Phone: (503) 378-5499 Email: lpct.board@state.or.us Website: www.oregon.gov/OBLPCT

CONSENT TO TREATMENT

By signing below you are confirming that you understand and agree to the policies and terms outlined above, have had the opportunity to have your questions answered, and understand the limits of confidentiality.

I look forward to our work together.

CLIENT NAME AND SIGNATURE

DATE

CLIENT NAME AND SIGNATURE

DATE

JON FOX, MS, LPC

DATE
