

Paige A. Bender, Licensed Professional Counselor
777 NE 7th Street
Grants Pass, OR 97526
541-660-0080

Disclosure Statement

Welcome to my counseling practice. We make choices as we meet life's challenges. Counseling can be helpful in deciding if these choices are healthy and helpful to us. Counseling is a collaborative process, and together we will set goals and move toward them at a pace that best suits your needs. I will help you identify your concerns and assess your strengths and resources for safety, healing and personal growth.

Risks and Benefits: Counseling has risks as well as benefits. People frequently start to feel better quickly just knowing they have someone to talk with about their concerns. Depression may lift or anxieties begin to calm. You might find that you are expressing yourself more effectively or enjoying relationships more. Occasionally, however, symptoms worsen for a while, as we begin to explore thoughts and feelings that are very personal and even uncomfortable, or patterns of behavior that are familiar but get in your way. Remember that therapy is 'a process, not an event'. In order to reap the benefits, you will need to make a commitment of time and energy. I may ask you to do homework to practice using tools and strategies presented in our sessions.

Education: I earned a Master's of Education degree in Counseling and Guidance from University of Arizona. Major coursework included assessment, individual and group therapy, and research as well as courses in various counseling approaches. Continuing education is required in order to maintain licensure, and also to keep me informed on ethics and research, and new ways to assist you in achieving your goals. Since graduating I have received specialized training in areas such as trauma (including sexual and physical abuse and domestic violence), anxiety and depression. My work is informed by such work as Cognitive Behavioral Therapy and recent research on how our brains deal with trauma, depression and stress, as well as Brainspotting and Trauma-Focused Cognitive Behavioral Therapy.

Counseling Fees: I charge \$225 for an initial assessment, in which I will gather a lot of information about you, and suggest goals for our work together. The fee per session after that is \$180. If you become involved in legal proceedings that require my participation, you will be expected to pay for my professional time.

Billing and Payments: In most cases I will bill your insurance, and you will be responsible for your copay or coinsurance at each session. If you have not met your deductible, you are responsible for the entire fee for my services until that deductible is met. If you do not

have insurance, payment arrangements may be available.

Cancellations & Missed Appointments: Please let me know as soon as possible if you cannot attend a scheduled appointment. You can leave me a voicemail, and I will call you to reschedule. **Cancellation notice of at least 24 hours is expected.** If you miss a scheduled appointment or cancel without such notice, you will be charged a 'no show' fee of \$25 or the amount of your copay, whichever is greater. If you miss 2 consecutive sessions without notice, I will assume that you do not wish to continue counseling, and will close your file.

Contacting Me: You can reach me or my confidential voicemail at 541-660-0080. If you would like me to return your call, please leave your phone number, even if I already have it in my records, to assure a quicker response. **If you have an urgent mental health situation and cannot wait for me to return your call, contact your primary care provider (family physician) or call Options' 24 hour Crisis Line at 541-474-5360. If the emergency is life-threatening, please call 911 and/or go to the nearest hospital emergency room.**

Professional Records: I am required to keep records of our work together. You are entitled to see these records and/or receive a copy of them. Because they are professional records, they can be misinterpreted and/or upsetting to untrained readers. If you wish to see your records, I recommend that you review them in my presence so that we can discuss their contents. There will be no charge for such a review session. If you want a 'hard copy' of your chart, your request must be in writing, and there will be a charge for any professional time in responding to the request.

Consultation & Supervision: At times it is helpful for me to consult with other professionals about a case. During a consultation, I make every effort to avoid revealing the identity of my clients. Those professionals are also legally bound to keep the information confidential.

Ethical Standards: As a licensee of the Oregon State Board of Counselors and Therapists, I abide by its Code of Ethics. You can contact the Board at: 3218 Pringle Road, SE #250, Salem, OR 97302-6312, phone (503) 378-5499. As a client of a Licensed Professional Counselor, you have the following rights:

- To expect the counselor 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 my credentials.
- 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 them.
- To privacy as defined by rule and law, including these exceptions to confidentiality:
 - Reporting suspected child abuse, or suspected abuse of an elderly or disabled person.

- Reporting imminent danger to client or others
- Reporting information required in court proceedings or by client's insurance company, or other relevant agencies.
- Providing information concerning licensee case consultation or supervision
- Defense of claims brought by client against the licensee
- To be free from discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.