

Professional Disclosure Statement

Sara Fender, LPC Intern
Licensed Professional Counselor Intern #R5638

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Philosophy and Approach to Counseling: my philosophy of counseling incorporates my belief that all people have a universal need to be seen, to be understood, to connect with others, and to matter. My approach to counseling is based on my desire to provide an atmosphere where you feel safe and accepted. This includes bringing a foundation of hope, curiosity, and compassion to our work together. Counseling often entails increasing understanding, gaining new perspectives or ways of thinking, processing difficulty, and/or learning new skills to find improved balance in your life for overall health and healing.

It takes commitment on your part to make counseling productive and helpful. Counseling often involves acknowledging and processing pain and difficulty in your life. This can create emotional discomfort, and it's helpful to be prepared for this. It's also just as helpful to be prepared for light-hearted and funny moments.

My therapeutic techniques and interventions vary, based on the best fit for your needs. If you have questions about my therapeutic techniques and interventions, please ask me. As an individual, my personal worldview includes identifying spiritually as a Christian. I share this piece of information because it is important to some people to know this about their counselor. I respect your spiritual worldview regardless of my personal beliefs. I offer spiritual integration as an option, should you choose to include your spirituality as a part of counseling.

Formal Education and Training. I hold a master's degree in counseling from Multnomah University. Major course work includes ethics, human growth and development, cultural diversity, addictions, family systems, and group dynamics. My counseling experience includes working with persons experiencing depression, general and social anxiety, trauma and loss history, addiction recovery, trust issues, and identity challenges. I have a professional background in social work with people experiencing poverty and homelessness, and an undergraduate degree in psychology from Willamette University.

As a Registered LPC Intern, I abide by the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists. I am required work under the supervision of an approved clinical supervisor who is bound by the rules of confidentiality as stated herein. I am supervised by Ruth Hayes-Barba, LCSW, a Licensed Clinical Social Worker in the state of Oregon, License #L2649. I am periodically involved in a clinical group supervision setting where additional intern counselors may be present. All intern counselors are bound by the same rules of confidentiality. Professional protocols will be followed to protect client identity and information is shared on a need to know basis. I am glad to discuss this further with you should you have questions or concerns.

Fees. My current fee schedule can be found on my website at <https://www.sarafender.com/services-fees>. Sessions are 50 minutes, unless otherwise agreed upon. You are responsible for full payment of fees at the beginning of each session. I accept cash, check, or credit card. If payment is of concern to you, please ask about availability of sliding scale based on financial need. If you need to cancel a session, please do so at least 24 hours in advance to avoid full charges for a session. Sessions cancelled with less than 24-notice will be charged as a full session.

Emergencies: I am NOT available for 24-hour emergency crisis intervention. If you experience a mental health emergency, please do one of the following:

- Contact your primary care physician
- Go to the nearest hospital emergency room
- Call the Clackamas County Mental Health Crisis Line at (503) 655-8585
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Call 9-1-1

Confidentiality: I will NOT intentionally release any information about you to any person or agency without your written consent, except as noted further below. 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 you or a third party, I am required or permitted by the HIPAA Privacy Standard or Oregon state law.

Electronic Communication: You will be asked on the intake form what forms of communication you agree to between you and myself. This generally includes voice/phone, text, and email. If you agree to text and/or email, these forms of communication will be used for administrative purposes only (such as appointment scheduling), in order to best protect your confidentiality.

Social Media: For ethical reasons, I do not connect my personal social media accounts with clients or former clients. You may connect with any professional forms of my social media.

As a client of a registered LPC Intern with 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 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 (Oregon Administrative Rules 833-100);
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, with the following *exceptions*:
 - a) Reporting suspected child abuse
 - b) Reporting imminent danger to you or others;
 - c) Reporting information required in court proceedings or by your insurance company, or other relevant agencies;
 - d) Providing information concerning my case consultation or supervision; and
 - e) Defending claims brought by you against me;
7. 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 3218 Pringle Rd SE #120, Salem, OR 97302-6312 Telephone (503) 378-5499
Email: lpct.board@state.or.us Website: www.oregon.gov/OBLPCT

For additional information about this intern, consult the Board's website.