

Gail Jean Nicholson, MA, LPC #C1930

Personal & Career Counselor

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Information & Consent to Treatment for New Clients

The purpose of this information is to introduce myself to you and to inform you of your rights and responsibilities as a client. Please read and sign your name in the space provided as an acknowledgement that you understand the information. Thank you.

Philosophy and Approach: I offer a blend of personal and career counseling to provide a holistic approach to career and life planning, workplace and business issues. My typical client is interested in finding direction, meaning and fulfillment in their life and work life, but is overwhelmed or discouraged with the process. They may also be suffering from anxiety, depression, self-doubt, social isolation, relationship and family issues, or experiencing high levels of stress at work. I work collaboratively with people in transition to help them clarify a direction through careful assessment and exploration, and then to carry out a successful job search, educational plan or small business start-up.

Career Testing: Myers-Briggs Personality Profile, Strong Interest Inventory, ValuesSearch Card Sort, Skill Skan Card Sort.

Education and Training: MA in Counseling Psychology, 1983, Antioch University of the West; BS in Business Administration, 1976, Lewis & Clark College. Post-graduate training in the following areas: career development, creativity, counseling and therapy, mediation, collaborative divorce, mindfulness, existential humanistic psychotherapy, sustainability and small business development.

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 annual continuing education, taking classes relevant to my profession. I may substitute professional supervision for part of this requirement. Anne F. Bagwell, MA, LPC provides ongoing supervision, which I will be happy to explain. For information, contact: Board of Licensed Professional Counselors and Therapists, 3218 Pringle Rd. SE-STE 120, Salem, OR, 97302-6312. (503) 378-5499

As a client of an Oregon Licensee you have the following rights:

- To expect that licensee has met the minimal qualification 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 exemptions: 1) Reporting child 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; and 5) Defending claims brought by client against licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, sexual orientation, or other unlawful category while receiving services.

Confidentiality: Statements made during a session are in confidence and are protected by state and federal law. If, in the course of treatment, I need to make a disclosure to an outside party, a written release, signed by the client, will be obtained prior to the disclosure. I will break confidentiality only under the following circumstances: 1) imminent danger to client or others, 2) reporting suspected child abuse, 3) reporting to relevant agencies when such agencies are a part of treatment, 4) licensee consultation or supervision, 5) defense of claims brought by client against licensee.

Fees, Insurance, & Cancellation: 1) My fee is \$120. per hour with some fee adjustment. 2) A one-time testing fee of \$200. covers all career testing and exercise packets. I ask my clients to pay their fee at the beginning of the session, so that any problem with the fee can be discussed. Professional eligibility for insurance payment in Oregon is determined by legislature. To date psychiatrists, clinical psychologists, and registered masters in social work are eligible. In some cases, other mental health professionals with a master's degree may be eligible. To determine if your insurance company will cover your counseling fee, read your contract or contact your insurance company. I will not have this information for you. Even if you have insurance coverage you are responsible for seeing that the counseling fee is paid.

Please call to cancel or change an appointment within 48 hours of the appt. You will be charged full fee for the missed appointment, unless the session can be rescheduled within the week. Prescheduled absences, vacations, medical emergencies, and some special circumstances are accepted. My voicemail/email is available day and night for messages.

I have read the above statement. I understand it and accept the terms outlined within it. I have also received a copy of this form for my records.

Signed _____	Date _____
Address _____	Phone (Home) _____
City, State, Zip _____	Phone (Work) _____
Email _____	
Insurance Provider _____	Member _____
Insurance Address _____	Group No. _____
Insurance City, State, Zip _____	Member ID _____
Date of Birth _____	Soc.Sec.# _____