

Patti Bear, Licensed Professional Counselor

1442 Pearl Street, Eugene, Unit A, OR 97401

pattibearlpc.com

541-357-7468

Professional Disclosure Statement

Philosophy and Approach

I believe that it takes courage to enter into a therapeutic relationship, and I strive to create an atmosphere of safety and trust in which you can explore your life experiences. I offer a variety of approaches to meet different needs that may be presented during the course of therapy. Developmental and psychodynamic approaches acknowledge that people's needs change as they progress through different life stages, as well as the importance of childhood experiences on our belief systems and relationships. Mindfulness and cognitive-behavioral approaches address changes in thought patterns, self-talk, and activities that can reduce distress and negative emotions. Positive psychology provides ways to experience positive emotions and build a life that is enjoyable. I recognize the importance of all types of relationships, and I address issues in the context of clients' families, partnerships, and community. It is important to me that you feel valued and respected throughout the course of our work together.

As a Licensed Professional Counselor I abide by the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists. As a client of a Licensed Professional Counselor you have the following rights:

- To expect that a licensee 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 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 exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to client or others; 3) Reporting information required in court proceedings or by clients 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, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE #250, Salem, OR 97302-6312; (503) 378-5499. Additional information about this counselor or therapist is available on the Board's website: www.oregon.gov/oblpc.

Formal Education and Training

I have a Master of Arts degree in Counseling Psychology from Lewis & Clark College (1996). My coursework focused on individual counseling with adults and children. I have experience working with adults, adolescents, children, and families in a variety of settings. I am a Licensed Professional Counselor in the State of Oregon.

Continuing Education

As a Licensed Professional Counselor I am required to participate in professional conferences and training to maintain my skills and update my practices. A portion of this training may be in the form of professional supervision with an experienced therapist who meets supervisory standards. I will be happy to explain the supervision and consultation process to you if you are interested.

Fees

My standard fee is \$250 per therapy session. I accept many insurance plans and am happy to bill your insurance for you. If your insurance plan requires a copay I request that you pay it at the time of service. If you do not have insurance and would like to discuss a payment plan, please let me know.

Length of Sessions & Therapy

A typical therapy session lasts about 55 minutes. Some insurance plans may limit the number of sessions or types of services. I will help you set goals that can be met within the limits set by your insurance or payment ability, as well as planning treatment approaches that match your goals and can be accomplished within these limitations.

Cancellations

If you cannot make a session, please contact me at least 24 hours in advance and leave a message if you do not reach me. If you cannot give 24 hours' notice because you are sick or have an emergency, please call as soon as you know you cannot attend a session. If you miss an appointment and I don't hear from you I will not hold any future times you may have scheduled. You will need to contact me to reschedule a new appointment. Missed appointments are charged at the full fee and are not billable to insurance.

Emergencies

If you have an emergency you can call my office phone to hear instructions about how to reach me after hours. You may also call White Bird at 541-687-4000, call or text the National Mental Health Hotline at 988, or the emergency room at Sacred Heart Hospital at 541-686-6931. If I am not able to respond to your emergency in a timely manner, please contact one of the above numbers or go to your nearest hospital.