

PROFESSIONAL DISCLOSURE STATEMENT
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Philosophy and Therapeutic Approach

I use an integrated, systemic approach to counseling that draws from existential humanism, emotionally-focused therapy, internal family systems, psychodynamics, and mindfulness. I work with couples and individual adults on their paths toward personal and relationship fulfillment, helping to bring awareness of how old habits and patterns of interaction may be interfering with what's happening in the present. I believe that humans are relational beings, and as such, are both shaped by and have the opportunity for growth through relationships of all kinds. The foundational principle of my work is that goodness/wholeness exists in everyone, and that losing connection with our true selves is what generates the pain, conflict, and negativity that sometimes feels overwhelming in our lives and relationships. In counseling I will be the collaborative facilitator for the wisdom your life's unfolding, based on your personal needs/wants/goals and accessed through inquiry into your felt experience in the present.

Benefits and Risks of Counseling

Counseling sometimes involves discussing difficult/unpleasant aspects of your life and you may experience uncomfortable feelings going through the process, such as sadness, anger, guilt, frustration, loneliness, helplessness, and anxiety. On the other hand, counseling has been shown to have many benefits such as internal harmony, better relationships, clarity around specific problems/obstacles, and significant reduction in emotional distress. Please discuss any doubts or concerns you have about the effect of counseling on your life and relationships, so that we can work to minimize your potential risks and maximize the benefits of counseling. Though I cannot guarantee specific outcomes for counseling, I will provide professional and ethically-based services within my scope, experience, training, and educational background.

Formal Education, Training, and Affiliations

I hold a Master's Degree in Couples, Marriage, and Family Counseling from Portland State University. My course of study included individual counseling skills, couples counseling, family systems theory, intimacy/sexuality, human development, life transitions, grief/loss, diagnosis, addiction, and multicultural counseling. I belong to the American Counseling Association and its state branch, the Oregon Counseling Association, and as such I abide by the ACA Code of Ethics.

License and Registered Intern Information

As a Licensee/Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics (OAR 833-100). To maintain my license, I am required to participate in continuing education, taking classes in subjects relevant to this profession. I am also under the clinical supervision of Rick Johnson, Ph.D.; I am happy to explain the supervisory relationship and how it affects work with clients, including confidentiality (OAR 833-050-0081).

Fees, Appointments, and Cancellations

- My fee for individual therapy sessions is \$120 per 50-minute session.
- My fee for couples therapy sessions is \$140 per 50-minute session.
- I have a certain number of slots available at a reduced rate for cases of financial need.
- I do not accept insurance, but I can take HSA/FSA cards for payment.
- The frequency of interaction in the counseling process varies according to client need and progress, but typical appointments occur once a week.
- I do not provide ongoing phone or Skype-based counseling, as I am most effective when working face-to-face.
- When you make an appointment, you are buying that timeslot; if you are unable to keep an appointment, a 24-hour cancellation notice is required or you will be responsible for full payment of the fee.

Client Bill of Rights

The following client rights have been established by the Oregon State Board of Licensed Professional Counselors and Therapists [OAR 833-100-0021(16)]. As a client of an Oregon Licensee/Registered Intern, you have the following rights:

- To expect that a Licensee/Registered Intern 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/Registered Intern;
- 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 client's insurance company, or other relevant agencies; 4) Providing information concerning Licensee/Registered Intern case consultation or supervision; and 5) Defending claims brought by client against Licensee/Registered Intern.
- 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 Oregon State Board of Licensed Professional Counselors and Therapists at:

- **Address:** 3218 Pringle Rd SE #120, Salem, OR 97302-6312
- **Telephone:** 503.378.5499
- **Email:** lpct.board@state.or.us
- **Website:** www.oregon.gov/OBLPCT

Additional information about this Licensee/Registered Intern is available on the Board's website.