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LifeNow LLC

Professional Disclosure

I want to make your therapy experience as comfortable and productive as possible. Your first meeting with me will be your initial consultation. The purpose of the consult is to help you clarify your concerns and, if needed, discuss any additional services that might be helpful to you. Completion of this process will help you and me in planning a positive course of action. Please be as honest as you can when providing information so I can provide you with the best clinical guidance and support possible.

This document contains important information about my professional services and business policies. It also contains summary information about the Health Insurance Portability and Accountability Act (HIPAA), a federal law that provides privacy protections and patient rights about the use and disclosure of your Protected Health Information (PHI) for the purposes of treatment, payment, and health care operations. Although these documents are long and sometimes complex, it is very important that you understand them. When you sign this document, it will also represent an agreement between us. We can discuss any questions you have when you sign them or at any time in the future.

Philosophy and Approach:

I believe that everyone can move towards and achieve optimum health. My philosophy is that to achieve overall well-being a holistic approach is also important. I have an eclectic approach with a background in cognitive behavioral, and mindfulness modalities. The cognitive model hypothesizes that people's emotions and behaviors are a direct reflection of their perceptions of an event or situation. Cognitive therapy holds the belief that people can evolve and learn new process to use in addressing life complications and adversities.

Formal Education and Training:

I have a Masters in Science in Mental Health Counseling (CACREP accredited) from Capella University, a Bachelor's in Arts in Psychology, and formal training in conflict mediation and resolution. Major course work includes communication, trauma, interpersonal violence, groups, couples and family systems, and families experiencing addiction. I have experience working with a diverse group of clients that includes addictions, family counseling, domestic violence, sexual assault advocacy, trauma, depression, anxiety, dual diagnoses, grief and loss, relationship difficulties, sex addiction, bi-polar disorder, group therapy, 12 step program, and scholastic issues.

Goals of Counseling:

There can be many goals for the counseling relationship. Some of these will be long term goals such as improving the quality of your life, learning to live with mindfulness and self-actualization. Others may be more immediate goals such as decreasing anxiety and depression symptoms, developing healthy relationships, changing behavior or decreasing/ending drug use. Whatever the goals for counseling, they will be set by the client according to what they want to work on in counseling. The counselor may make suggestions on how to reach that goal but you decide where you want to go.

Risks/Benefits of Counseling:

Counseling is an intensely personal process which can bring unpleasant memories or emotions to the surface. There are no guarantees that counseling will work for you. Often, clients may sometimes make improvements only to go backwards after a time. Progress may happen slowly. Counseling requires a very active effort on your part. In order to be most successful, you will have to work on things we discuss outside of sessions.

However, there are many benefits to counseling. Counseling can help you develop coping skills, make behavioral changes, reduce symptoms of mental health disorders, improve the quality of your life, improve the quality of your relationships, learn to manage anger, learn to live in the present, and many other advantages. Counseling is a process of growth and change, and requires active participation, collaboration, and honesty.

Counseling is a relationship between people that works in part because of clearly defined rights and responsibilities held by each person. As a client in counseling, you have certain rights and responsibilities that are important for you to understand. There are also legal limitations to those rights that you should be aware of. I, as your counselor, have corresponding responsibilities to you. These rights and responsibilities are described in the following sections.

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 continuing education; taking classes dealing with subjects relevant to this profession.

Fees and Payments:

My average fee for a 45 minute individual counseling sessions is \$120.00

My average fee for a 90 minute couples/family counseling session is \$180.00

I do have lower fee appointments available for those experiencing financial hardship, have no insurance, or are indigent.

If you wish to seek reimbursement from insurance for the services I provide to you, I can give you a receipt that contains the information that most insurance companies require, and you may submit this directly to your insurance provider. You are fully responsible for the up-front and ongoing payment of your fees, and I cannot guarantee you will be able to obtain reimbursement.

You are responsible for paying at the beginning of your session unless prior arrangements have been made. Payments are due before each session. Payment must be made by credit card, debit, check or cash. If you refuse to pay your debt, I reserve the right to use an attorney or collection agency to secure payment. Fees are non-negotiable. To receive sliding scale fees, you must present proof of income through recent pay stubs or tax forms. A \$25.00 fee will be charged for any returned checks. Fees are subject to change at counselor's discretion.

Appointments:

Appointments will ordinarily be 45 minutes in duration for individuals, or 90 minutes for couples and families, once per week at a time we agree on, although some sessions may be more or less frequent as needed. The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, I ask that you provide me with 24 hours' notice. If you miss a session without canceling, or cancel with less than 24 hour notice, you will be required to pay for the session. In addition, you are responsible for coming to your session on time; if you are late, your appointment will still need to end on time.

Contacting Me:

I am often not immediately available by telephone. I do not answer my phone when I am with clients or otherwise unavailable. At these times, you may leave a message on my confidential voice mail and your call will be returned as soon as possible, but it may take a day or two for non-urgent matters. If you feel you cannot wait for a return call or it is an emergency situation, go to your local hospital or call 911.

Email:

Counselor may request client's email address. Client has the right to refuse to divulge email address. Counselor may use email addresses to periodically check in with clients who have ended therapy suddenly. Counselor may also use email addresses to send newsletters with valuable therapeutic information such as tips for depression or relaxation techniques. Counselor also has a blog and if this is appropriate for the client, counselor may send information through email about subscribing to the blog or information related to mental health and wellness. If you would like to receive any correspondence through email, please write your email address here

If you would like to opt out of email correspondence, please initial here _____

Confidentiality and Rights

As a client of a licensee, you have the following rights:

- To expect that a licensee has met the 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 (Oregon Administrative Rules 833-100);
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving services;
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
 - 1) **Reporting suspected or known abuse of children, (including witnessing domestic violence), animals, elderly persons, mentally disabled or developmentally disabled.**
 - 2) **Reporting imminent danger to you or others**
 - 3) **Reporting information required in court proceedings, or by insurance companies or other relevant agencies.**
 - 4) **Providing information concerning licensee case consultation or supervision**
 - 5) **Defending claims brought by you against me.**
- To be free from being the object of discrimination on the basis of race, religion, gender identity, sexual orientation, socioeconomic status, or other unlawful category while receiving services.

