

Professional Disclosure Statement

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- At this time, I am conducting counseling only via teletherapy sessions and do not have a practice office where I am seeing clients. If there is a need for mailing documents I will provide a place to do so. Additional details about teletherapy found below.
- ***I have a degree in counseling psychology and practice clinically as a Licensed Professional Counselor.*** I also have a doctoral degree in Systems Science and Social Psychology and am a Certified Addiction Specialist credentialed by the American Academy of Health Care Providers in the Addictive Disorders. I have been trained in individual, couple, group, and family therapy, and have specific training in treating both mental health and addictive disorders. My graduate coursework includes: Theory and Philosophy of Counseling, Diagnosis of Mental and Emotional Disorders; Drugs, the Brain, and Behavior; and Life Span Development. I am also qualified as a clinical supervisor, have taught addiction treatment courses for graduate programs in counseling psychology, and have worked as a consultant on numerous clinical cases. To maintain my license, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to my profession. As a counselor, I am able to conduct therapy, but I *cannot prescribe medication*. I will refer you to a qualified professional for a medication evaluation if I believe it would be beneficial to you.
- Every client's needs are different, so my approach is *individualized*. An evaluation is done by assessing biological, psychological, and social issues in the context of the presenting problem. Mental health, addictive behaviors, and life issues are all examined, with emphasis placed on understanding holistically how various problems interact. Following the evaluation, a mutually agreed upon intervention plan is developed. This involves identifying what needs to change, the most effective strategies for doing so, and how to know if what is being done is working. A wide range of therapeutic interventions are utilized and include psychodynamic, cognitive-behavioral, and developmental approaches. Recognizing that clients bring complex issues to therapy, treatment progress may be enhanced by coordinating services with other behavioral health care professionals including primary care physicians, psychiatrists, and nurse practitioners. All treatment is conducted in a supportive and safe environment that recognizes the need for absolute confidentiality. I am very open about what I do, and you are free to ask questions at any time.
- As a licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I follow the Oregon State Law and will abide by the Code of Ethics of the National Board for Certified Counselors. What that means to you, a potential client, is that 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 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 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, or other unlawful category while receiving services
 - To obtain a copy of the Code of Ethics.
- You have the right to begin and end treatment whenever you wish. You also have the right to examine your file. I will comply with your request as soon as I can arrange a time to connect with you.
 - My fee is \$200 per 50-minute session unless otherwise agreed upon. I do not accept insurance and appreciate payment at the end of each session by credit card as I use Square for processing payments. At the end of the month, I will email out a receipt for the sessions we have had for you to submit to your insurance company at your request.
 - I can be reached during normal business hours (Monday – Friday, 8:30am – 5:00pm) by calling the above listed phone number or by contacting me by email. Be aware that because of my schedule it may take a number of hours for me to return your call.
 - If you are experiencing an emergency or crisis and need immediate attention, please call 503-655-8585 (Clackamas County) or 503-988-4888 (Multnomah County) or go to the nearest hospital for help.
 - Engaging in counseling through teletherapy has benefits and risks. The benefits for you include being able to socially distance, enhanced convenience since you can do therapy from your home (or office), and enhanced accessibility if you have physical limitations, are in quarantine, or are housebound for some reason. Risks include potential for issues with security and confidentiality since we are relying on technology, less relational connection since we are not engaging face-to-face, and technology difficulties due to connection failures. We will discuss all of these issues prior to initiating therapy, and ensure that you are comfortable with the process.
 - Our initial session is one where we determine if we can work together. After conducting an assessment and getting a sense of your needs, I will tell you approximately how long I believe we will need to meet. For consults, work is usually completed in a few sessions. For more treatment-specific cases, I will work with you to determine the specific goals of our work and develop a treatment plan, including frequency of sessions. If you need to cancel or change your appointment, you must do so *24 hours in advance*, otherwise you will be charged for the session.
 - You may contact the Board of Licensed Professional Counselors and Therapists by: (1) phone: 503-378-5499, (2) writing: 3218 Pringle Road, SE, #120, Salem, Oregon 97302-6312, (3) email: lpct.board@oregon.gov, or (4) visiting their website: www.oregon.gov/OBLPCT. On the board website you can also find additional information about the status of my practice license.

My signature on this page attests to the fact that I have read and went over these points with John Fitzgerald, PhD, LPC, CAS. REI understand and agree to these terms.

Signature _____ Date _____