



Counseling Information Disclosure Statement
Meg Jeske, M.A., Registered Intern
LionTree Counseling
2100 NE Broadway St., Suite 319A, Portland, OR 97232
503-985-6344

I am looking forward to working with you as your counselor. This document provides information about my background and the work we can do together in this professional relationship.

I hold a Master's degree in Counseling Psychology from Lewis & Clark College. As a Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. You may contact the Board of Licensed Professional Counselors and Therapists at www.oregon.gov/OBLPCT or 503-378-5499. Their mailing address is: 3218 Pringle Rd. SE #250, Salem, OR 97302-6312.

I am under the ongoing, clinical supervision of both Margaret Eichler, Ph.D., LPC, and Steve Berman, LCSW. Margaret has worked as a professional counselor for 15 years. Steve has 35 years experience in the field of child, adolescent and family mental health. As my supervisors, Margaret and Steve consult with me about clients in order to coach me in the counseling process. Margaret can be reached at 503-956-7398 and Steve can be reached at 503-238-5899, should you need to contact them.

My training has prepared me to work with diverse clients on many different issues. My clinical interests include gender, sexuality, grief & loss, parenting, and adoption. I have a foundation in relational theory and my work with clients often explores how relationships of all kinds inform, entangle and enhance their lives.

My goals for clients are that they discover ways to embrace their own strength and wisdom in order to navigate their world and find resolution to troubling issues. Techniques used in our sessions will include dialogue, role-playing, visualization and homework assignments which may involve reading, writing and art. Counseling can be a rewarding, life-changing process, opening up places in our lives which have been stuck and creating opportunities to fully embrace life.

Doing counseling takes focus, dedication and a willingness to be present to the work at hand. It can be risky to open to the process of self-discovery and the task of changing life patterns. While there are no guarantees of specific results in counseling, I assure you I will always interact in a professional manner consistent with accepted ethical standards. You may have questions about the process of counseling, and are invited to ask these questions at any time. I will do my best to answer them clearly, and if I do not know the answer, I will research and find an answer for you.

As a client, you have the right to choose your counselor and also the right to decide when the counseling relationship is no longer working for you. If, at any time, you choose to discontinue our counseling relationship, I will respect that decision. If you wish, I will provide appropriate referrals to other providers. You have the right and the responsibility to play an active role in treatment planning as we work together. This means that I will not be setting goals for you, but that we will work together to create action plans to achieve desired outcomes.

What you share with me will be kept confidential, with the following exceptions:

- if you direct me to tell someone else;
- if I determine you are a danger to yourself or others;
- if I am ordered by a court to disclose information;
- if I am made aware of any actual or suspected abuse of a child or vulnerable adult, I am required to inform the appropriate authorities (Child or Adult Protective Services).

Outside of these exceptions, and the supervision I receive as explained above, I will not share with anyone the fact that you are in counseling with me, or any information you have shared with me. If a situation requires me to break confidentiality, I will inform you of my need to disclose.

Records are also kept confidential, but you as the client will have access to your records at any time. To obtain these records, please submit a written request and allow me sufficient time to print them for you. Records include session notes, intake assessments or tests, written reports and diagnoses. These will be used to inform our work together.

Our interactions will be limited to a professional counseling relationship, which involves counseling sessions, occasional brief phone calls between sessions, and occasional email contact if initiated by you as the client.

I offer a free, 30 minute, initial consultation either by phone or in person. Counseling sessions last 50 minutes each and the fee for each session is \$70. I offer flexibility in my fees based on need. Fees must be paid at the end of each session either by cash or check. If you are unable to keep your appointment, and provide less than 24 hours notice, you will be billed for the session.

Please sign below, indicating that you have read and understand these rights and responsibilities. We will also review this information during our first session.

Client printed name

Client signature

Date

Meg Jeske, M.A.

Date