

Professional Disclosure Statement/Informed Consent for Treatment

Martha Darkins, RN, LPC, CSAT

Skyline Building, Suite 100

0224 SW Hamilton Street

Portland, OR 97239

Philosophy and Approach: I provide individual, group, and couple's counseling. I place high value on the therapeutic bond between my clients and myself. It is this bond, based in **trust and mutual respect**, which increases the probability clients, will make the changes they say they want in their lives. I follow a cognitive-behavioral framework for therapy, but frequently pull from person-center and motivational interviewing techniques. I use both a brief solution-focused and a long-term analytical approach.

Formal Education and Training: I hold a Master of Arts degree in Counseling Psychology from Lewis & Clark College where I received advanced training in **addiction therapy and eating disorders**. I am a **Certified Sexual Addiction Therapist (CSAT)** as well as a **Licensed Professional Counselor (LPC)**. I trained with Patrick Carnes, PhD, to receive my CSAT designation. He is our field's pioneer and preeminent expert.

As a Licensee of the **Oregon Board of Licensed Professional Counselors and Therapists**, I will abide by its Code of Ethics. I am required by the Board to receive 40 hours of continuing education (CE) every two years to renew and maintain my license.

Fees and Payment: As a general rule, rates are **ninety dollars/ hour** for individuals, **one hundred ten dollars** for couples and **sixty dollars/group** session. Payment is due at the completion of each session with cash, check or credit card.

Client Rights: 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 the 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 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 and others; 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; 4) Providing information concerning Licensee's case consultation with other licensed professionals; 5) Defending claims brought by client against Licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, gender preference 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.
Telephone: (503) 378-5499

Date _____