

Professional Disclosure Statement and Informed Consent

Kristin Lanning, LPC

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Hello and welcome! This document outlines important information about my services, approach, and policies. Please review it carefully, as your signature indicates that you understand these things and consent to treatment under these terms.

My training and approach:

I have a Master's degree in Clinical Mental Health Counseling from George Fox University. My coursework included counseling skills, mental health diagnosis, systemic and family influences, interpersonal neurobiology, and human development. I am licensed by the Oregon Board of Licensed Professional Counselors and Therapists and adhere to the American Counseling Association's Code of Ethics. As required by the board, I participate in continuing education in topics relevant to my counseling practice.

I work with clients on goals including reducing symptoms, increasing ability to cope and function through challenges, breaking out of unhealthy patterns and coping mechanisms, and processing through past trauma. I draw from a variety of approaches and techniques in this process including person-centered therapy, cognitive-behavioral therapy, motivational interviewing, Brainspotting, and Collaborative Problem Solving.

My scope of practice includes mood and anxiety disorders, trauma recovery, and co-occurring ADHD and autism. If concerns arise that require specialized treatment outside of my skill set (such as unmanaged eating disorders, psychological testing and evaluation, letters for emotional support or service animals, or medication prescribing), I may refer you to someone else who is better equipped to help.

What to expect:

Sessions are typically 45 minutes in length after the initial assessment (which is 60-75 minutes). If we are addressing new or increased stressors, using a trauma modality, or including a family member in the session, sessions sometimes extend to 60+ minutes and are billed at a higher rate.

At the beginning of working together, it is helpful for us to meet consistently for weekly or biweekly sessions to get some momentum going in therapy. Later, when things are going well, we might go down to monthly or even quarterly sessions to support your progress. The total number of sessions will vary depending on your specific needs, goals, and progress.

The benefits of therapy can include improvement in your emotional and mental health, increased insight into yourself and your relationships, improved ability to assert yourself and set healthy boundaries, and growth in your ability to cope with everyday stresses. Many clients express feeling better just from having a safe space to check in with themselves and unload the stress in their lives. Some of the risks involved in this process include experiencing uncomfortable emotions, recalling unpleasant parts of your history, or increased conflict with family members as your role shifts in a healthier direction.

Fees and payment policies:

- Individual 45-minute sessions: \$140
- Initial assessment, extended sessions (53+ minutes), family sessions, crisis intervention (per hour): \$175
- Fee for no-shows or cancellation within 24 hours of scheduled session: \$60

Most clients opt to use my secure credit card processing system (IvyPay) that can store your credit card or HSA/FSA card and sends you automated receipts. I also accept checks and cash. I am in-network with several insurance companies, and can also submit claims for you as an out-of-network provider. On the day of your appointment, I collect what I estimate to be your copay or coinsurance. Once the claim is processed by your insurance company, your payment responsibility may be more or less than anticipated and I will update your balance accordingly. You are responsible to pay what your insurance company does not cover. Keep in mind that many insurance plans require you to meet a yearly deductible before services are covered (which often resets on January 1st), so it's a good idea to check your benefits so you know what to expect.

I do not offer child custody evaluations or court-related assessments and thus do not attend court appearances unless legally required or subpoenaed. In the event that I am called into court regarding your case, I charge \$240 per hour for time spent in court, travel and waiting time, and any other court-related preparation and consultations. These fees are not covered by insurance.

Scheduling:

At the end of each appointment, we will typically discuss the scheduling of your next appointment. You can use my client portal (kristinlanning.clientsecure.me) at any time to view, request, change, or cancel your appointments. Appointments cancelled without 24-hours notice are subject to a fee.

Our relationship and boundaries:

You have a right to confidentiality in therapy, with few exceptions (listed in Bill of Rights section). Although I am open to text messages or emails from clients regarding scheduling, payment, or referrals, it can take me 2-3 days to respond and I ask that clients wait until our scheduled session time to discuss personal information. All text and email messages have some amount of unavoidable privacy risks, and will become part of your clinical record. My boundaries include not accepting gifts or trades, not entering into business or personal relationships with clients, not engaging with clients through social media, and respecting your privacy by not acknowledging or approaching you if we encounter each other outside my office.

Crisis situations:

I am not able to promptly respond to urgent or crisis situations. If you are in crisis and need immediate response, do not wait for me to get back to you before seeking help. Please call your local county crisis line (for Washington county: 503-291-9111), 988, or 911. Washington County also has a crisis walk-in center in Hillsboro (Hawthorn Walk-in Center - 5240 NE Elam Young Parkway Suite 100).

If things are not going well and you want to meet sooner than your scheduled appointment, please log-in to my client portal and request a sooner session time. You can also text me or leave me a voicemail with updates, but please keep in mind that it can take me up to 48 hours to get back to you. I may be able to squeeze you in somewhere even if there is no space listed on the client portal.

Specific considerations for minors:

When I work with children and teens under 18, I also coordinate with parents to varying extents depending on the family situation and the presenting issues being addressed. This could include using session time for family therapy, taking a few minutes to discuss updates and concerns at the beginning or end of sessions, or exchanging emails to check in. Particularly for teens who can drive themselves to appointments, sometimes a brief conversation at the beginning of treatment ends up being my only contact with parents, though I am happy to provide updates or check in when requested. With parents, I am careful to protect their child or teen's trust and privacy by keeping discussion about treatment-related concerns and not about "juicy details" such as their social lives or emerging personal opinions. If you have concerns regarding this policy, please discuss them with me at the beginning of our work together.

Termination:

Ideally, we will decide together and discuss in advance when it is time to stop meeting. In some situations, I may close your case if I determine that I need to refer you to another provider, if I believe my services are no longer beneficial or necessary for you, or if you cancel your appointment and do not contact me to reschedule. Unless we have a previously discussed plan, my policy is to consider you an inactive client if I do not hear from you for sixty days. This means that you will need to go through the intake process again and I might not have space for you to return. You are always welcome to request a referral to other providers who might better meet your needs.

I maintain your records for 7 years after our last session. In the unlikely event that I die or become incapacitated within that time, your records will be secured by Elena Knepprath, LCSW, who can provide copies of your records at your request.

Bill of Rights:

As a client of an Oregon Licensed Professional Counselor, you have the following rights as established by the Oregon State Board of Licensed Professional Counselors and Therapists (OAR 833-60-001):

- To expect that a licensee has met the minimum 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;
- To report complaints to the Board;
- To be informed of the cost of professional service before receiving them;
- To be assured of the privacy and confidentiality while receiving services as defined by rule and law, with the following exceptions: Reporting suspected child abuse; Reporting imminent danger to client or others; reporting information required in court proceedings or by the client's insurance company, or other relevant agencies; providing information for licensee case consultation or supervision; and defending claims brought by the client against licensee.
- To be free from discrimination on the basis of race, religion, gender or other unlawful category while receiving services.

Board contact information:

3218 Pringle Road SE #120, Salem, OR 97302 **Phone:** 503-378-5499 **Email:** lpct.board@mhra.oregon.gov

For additional information about this counselor, consult the Board's website at www.oregon.gov/OBLPCT