

PROFESSIONAL DISCLOSURE STATEMENT

Healohamele Reiko Cordeiro, LPC

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Philosophy and Approach to Counseling. I approach counseling as a collaboration and partnership with clients while providing a safe and healthy space for growth, healing, curiosity, and exploration. The purpose of my work is to offer hope to individuals, families, groups, and partners in their challenging and sometimes complicated lives and to provide them with tools for change and deeper understanding. While my therapeutic techniques and interventions may vary to meet the needs of my clients, I generally utilize Cognitive Behavioral Therapy, Internal Family Systems, and Solution Focused Brief Therapy approaches.

Formal Education and Training. I hold a Master of Arts in Counseling Psychology with a focus on Marriage and Family Therapy from The Wright Institute in Berkeley, California. Major course work included: Couples and Family Counseling, Alcohol and Chemical Dependency Counseling, Human and Family Development, Sexual Health and Development, Group Counseling, Cross Cultural Counseling, and Aging.

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 Cancellations. Sessions are 50 minutes. Fees per session are as follows: Individual sessions - \$120; Couple/Family/Partner sessions - \$150; Prepare-Enrich assessment - \$80; Group sessions – \$40 (usually 90 minutes). I may be able to bill some insurances in- or out-of-network for services and will discuss copays, etc. with you *before* providing services. As a courtesy, please cancel or reschedule sessions with more than 24-hour notice. Cancellations with less than 24-hour notice may be charged a \$50 fee which cannot be billed to your insurance company. All payments (cash, personal check, or credit card) are due at the end of the session.

Inclement Weather Policy. When travel is hazardous (e.g., roads or train tracks are icy, flooded, etc.) we may need to reschedule/cancel our session or meet via telehealth with little notice. My primary concern is for our safety, and there is no cancellation fee in these situations. Be safe.

Emergencies. Between our sessions, you may find yourself needing extra support, and I am NOT available for crisis or emergency sessions. If you are having an emergency, please go directly to the **Emergency Room or call 911**. For support in a crisis, contact the **Crisis Hotline at 988**.

As a client of an Oregon licensee, 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 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 the services;
- To be assured of privacy and confidentiality while receiving services as defined by rule or law, with the following exceptions:
 - 1) Reporting suspected child or vulnerable persons abuse;
 - 2) Reporting imminent danger to you or others;
 - 3) Reporting information required in court proceedings or by your insurance company, 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 discrimination because of age, color, culture, disability, race, religion, ethnicity, national origin, gender, sexual orientation, marital status, socioeconomic status, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at
3218 Pringle Rd SE, #120, Salem, OR 97302-6312

Telephone: (503) 378-5499 Email: lpct.board@mhra.oregon.gov Website: www.oregon.gov/OBLPCT

For additional information about this counselor or therapist, consult the Board's website.