

Katharyn Waterfield, MA, LPC

Licensed Professional Counselor

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2700 SE 26th Ave., Ste. C

Portland, OR 97202

503-351-2607

Welcome! I hope that our work helps you to find more understanding, satisfaction, and fulfillment in your life. Please read the following important information about my services and policies.

I invite and encourage you to ask questions or express concerns you may have at any point.

Philosophy and Approach: I believe that many of life's challenges stem from unfinished business and/or unmet needs. I also believe that many of the symptoms and difficulties one encounters can act as signposts, providing rich information and clues to one's purpose and direction, and great opportunities for growth. While counseling often leads to an improvement in overall well being and fulfillment, at times you may feel worse before you feel better as your concerns are brought to light and old feelings surface.

Education and Training: Masters Degree in Counseling Psychology with Emphasis in Depth Psychology from Pacifica Graduate Institute; advanced training in Interpersonal Neurobiology (IPNB); Certified Master Practitioner of Neurolinguistic Programming (NLP), a form of quicker pattern change work; past Licensed Practitioner and ministerial student within a leading non-denominational New Thought organization: Spiritual Living Centers. As a state licensee, I am required by law to receive 40 hours of continuing education, including 6 hours of ethics training, every two years, and to adhere to the Oregon Licensing Board's Code of Ethics set forth in OAR Chapter 833, Division 60.

Scheduling and Fees:

Payment is due at the time of your session by check, cash, or credit/debit card.

Fee: From the fee schedule, the fee is for a 60-minute session. For financial hardship situations, there may be appointments available below that normal fee. If this applies to you, please ask.

Insurance: You may be eligible to be reimbursed for my services by your medical insurance company or your medical spending account. I do not bill insurance companies directly but upon request will provide necessary receipts for you to submit for reimbursement. It is your responsibility to determine if you have the benefits of coverage.

Scheduling: For individual counseling, weekly sessions provide the consistency needed to best support your counseling goals. Ideally we find a regular appointment time that belongs to you. If your schedule or circumstances require a different arrangement I will do my best to find a flexible solution that meets your needs.

Cancellations: I require **one week notice** in the event you need to cancel or reschedule your appointment. PLEASE MAKE LATE CANCELLATIONS BY PHONE to 503-351-2607; please do not assume I will receive day-of email. Your regular session fee will be charged for late cancellations or no-shows. An exception may be made for emergencies or sudden illness.

Contact and Emergency: If you would like to reach me between regularly scheduled sessions, please leave a message at 503-351-2607. Routine calls are complimentary (e.g. scheduling). Phone consultations over 5 minutes are billed in 15 minute prorated increments. I do not provide check-ins by email unless specific, individual arrangements have been made.

Emergency:

If you have a mental health emergency please call one of the following numbers first and inform me as soon thereafter as possible:

Multnomah County Crisis Line: 503-988-4888

Call To Safety (formerly Portland Women's Crisis Line): 503-235-5333

9-1-1

As a client of an Oregon Licensed Professional Counselor you have the following rights:

- To expect that a licensee/intern 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/intern;
- 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 the 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/intern case consultation or supervision; and
 5. Defending claims brought by client against licensee/intern;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

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@state.or.us Website: www.oregon.gov/OBLPCT