Mimi Cogswell, LPC Oregon license number C1561 Licensed Professional Counselor

Washington license number LH 60583055 Mental Health Counselor

309 17th Street, Oregon City, OR 97045 503.740.5742/P 503.549.8699/F

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**Professional Disclosure Statement**

*Philosophy and Approach to Counseling:*

I respect the worth and dignity of each individual and honor the preservation and protection of their fundamental human rights. As a Licensed Professional Counselor practicing in this state, I subscribe to the Oregon Board of Licensed Professional Counselors and Therapists Code of Ethics for LPC/LMFT. I abide by ethical, moral and legal standards at a minimum as outlined by the American Counseling Association (ACA) and the Ethics Code as described above. I will not abuse or misuse the power of my position.

I am committed to assisting the individual in achieving her/his potential. I use primarily cognitive behavioral approaches, Dialectical Behavioral therapy Gottman Couples Therapy and EMDR (Eye Movement Desensitization andReprocessing) in assisting individuals in meeting their goals in therapy.

*Professional Education*: M.S. in Counseling Psychology from Central Washington University, Ellensburg, WA August 2000. Major course work in counseling theories and techniques.

*Continuing Education Requirements*: As outlined by the Oregon Board of Licensed Professional Counselors and Therapists, I am responsible for a minimum of 40 hours of continuing education every 2 years to keep my counseling skills current (6 of which must be ethics training).

Fees: $100/hour individual, couples or family counseling $110/hour

Consumer Rights as Outlined by the Code of Ethics:

1. To expect that a licensee has met the minimal qualifications of training and experience required by state law.

2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee.

3. To obtain a copy of the Code of Ethics.

4. To report complaints to the Board.

5. To be informed of the cost of professional services before receiving services.

6. 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 case consultation or supervision, and 5) Defending claims brought by client against licensee.

7. To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

Licensed Professional Counselors (LPC) are regulated by:

Oregon Board of Licensed Professional Counselors and Therapists:

3218 Pringle Rd SE, Suite 250

Salem, OR 97302-6312 phone: 503-378-5499