

Kristine Gates, LPC
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Professional Disclosure Statement

Philosophy and Approach:

I believe that the ultimate goal of therapy is change. My goal is to assist clients in identifying and exploring the options available, but the ultimate responsibility for change rests with the clients. With the various differences in needs/concerns of each client, I follow an eclectic theory, but lean more toward cognitive-behavioral therapy and reality therapy. Every client during therapy deserves the utmost amount of respect, trust and safety.

Risks and Benefits:

As with any powerful treatment, there are some risks as well as many benefits with therapy. You should think about both the benefits and risks when making any treatment decisions. For example, in therapy, there is a risk Clients will experience uncomfortable levels of sadness, guilt, anxiety, anger, frustration, loneliness, helplessness, or other negative feelings for a period. Clients may recall unpleasant memories. These feelings or memories may bother a client at work or in school. Some people in your community may mistakenly view anyone in therapy as weak, or perhaps as seriously disturbed or even dangerous. Also, clients in therapy may have problems with people important to them. Family secrets may be told. Sometimes, too, a client's problems may temporarily worsen after the beginning of treatment. Most of these risks are to be expected when people are making any important changes in their lives. Finally, even with our best efforts, there is a risk that therapy may not work out well for you.

While you consider these risks, you should know also that the benefits of therapy have been shown by scientists in the research studies. People who are depressed may find their mood lifting. Others may no longer feel afraid, angry, or anxious. In therapy, people have a chance to talk things out fully until their feelings are relieved or the problems are solved. Clients' relationships and coping skills may improve greatly. They may get more satisfaction out of social and family relationships. Their personal goals and values may become clearer. They may grow in many directions—as persons, in their close relationships, in their work or schooling, and in the ability to enjoy their lives. I do not take on clients I do not think I can help. Therefore, I will enter our relationship with optimism about our progress.

Formal Education and Training:

I have a Bachelor of Science in Psychology earned in 2013 from the University of Phoenix. I have a Master of Arts in Counseling from Corban University earned in 2015. For over eight years I have been working with all age ranges struggling with a variety of mental health

issues, including cognitive, affective, and behavioral conditions. I spent one year working at a residential facility that assisted adolescents who were struggling with substance abuse. For over four years I worked for the Children's Farm Home (a juvenile residential mental health facility) and attended numerous trainings on trauma informed care, dialectical behavioral therapy, cognitive behavioral therapy, collaborative problem solving, suicide awareness and prevention, motivational interviewing, and anxiety disorders. I worked as a mental health counselor at the Oregon State Hospital, doing individual counseling to a variety of clients. For the past several years I have been working in Oregon Department of Corrections as a mental health counselor for adults in custody struggling with a wide range of concerns (severe mental illness, substance use disorders, gender dysphoria, serious suicide attempts, bereavement, etc.)

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: Up to \$150.00 an hour, on a sliding scale; an hour is a 50-minute session. The Trauma Academy NW is willing to bill various insurance's and are in panel with several insurances as well (although ultimately the responsibility for payment will fall on the Client). There is a \$30 late fee for sessions not canceled at least one hour in advance.

As a client of an Oregon licensee, you have the following rights:

- * To expect that a licensee has met the 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 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; and 5) Defending claims brought by you against me;
- * To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

Consent to Treatment

I have read this document, discussed it with Kristine Gates, understand the information contained, and agree to participate in treatment under the conditions described.

Client Signature

Date

Counselor Signature

Date

Minor Client: I affirm that I am the legal guardian of _____.
With understanding of the above information and conditions, I do grant permission for the individual listed above to participate in counseling.

Parent/Guardian Signature

Date

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