

Professional Disclosure Statement

Joseph Parrish, L.P.C.
10725 SW Barbur Blvd, Suite 40
Portland, OR 97219
503-320-4556

Philosophy and approach: My approach to counseling involves helping people work through difficult experiences and encouraging clients to take a proactive approach in fostering a lifestyle that promotes mental health and continued development through the life span. I am flexible in my practice and feel it is important to incorporate and recognize the benefits of a holistic approach to life's difficulties. If my clients do not feel that our work together is effective, I am more than happy to discuss other potential options in the interest of doing what is best for those with whom I work.

Formal Education and Training: I hold a Masters Degree in Counseling Psychology from Pacific University. Major Coursework included: human growth and development, social and cultural foundations, helping relationships, group dynamics, career and lifestyle development, research methods, assessment of individuals, organizational behavior, professional orientation, interviewing and counseling skills, counseling theory and psychoactive substances. I have over 5 years of experience working with teenagers, adults, couples and families dealing with difficult life situations. I have assisted people in improving relationships, decreasing symptoms of depression, anxiety, post-traumatic stress as well as many other areas of concern.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I may substitute professional supervision for part of this requirement which may be in total 20 hours.

Fees: I charge \$150/session for my services; however, I have a number of time slots available at a reduced rate which we can discuss during our consultation. I believe that all clients have the right to quality mental health services at a fee they can afford.

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

- To expect that I have 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;
- 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 case consultation or supervision; and 5) Defending claims brought by client against licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, 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: lpc.lmft@state.or.us Website: www.oregon.gov/OBLPCT