

Professional Disclosure Statement

December 1, 2010

Paula M. Helsby, PC LPC

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Philosophy

My philosophy and approach to counseling is to enable people to grow in the direction they choose, to solve problems, and to face crises. My approach to counseling includes building a relationship through trust, and respect and to facilitate positive action. My approach is to help facilitate positive action toward the person's goals which are generally reduced to changes in behavior and lifestyle, awareness or insight and understanding, relief from suffering, and change in thoughts and self-perceptions.

Formal Education

Masters of Arts in Scripture (2007), Mt. Angel Seminary. St. Benedict, Oregon.

Masters of Science in Counseling (1991), Oregon State University/Western Oregon State College. Major Coursework: Group Dynamics and Counseling Theories.

Masters of Arts in Theology (1983), Mt. Angel Seminary. St. Benedict, Oregon.

Bachelor of Science in Administration of Justice (1975) Portland State University. Portland, Oregon.

Bill of Rights in the Oregon Code of Ethics

I adhere to the Bill of Rights in the Oregon Code of Ethics which primarily says that "individuals licensed by the Board of Licensed Professional Counselors and Therapists shall abide by the following code of ethics".

For example: (1) Responsibility. A licensee's primary professional responsibility is to the client. A licensee must make every reasonable effort to advance the welfare and best interest of families and individuals.

(2) Integrity. A licensee must act in accordance with the highest standards of professional integrity and competence. A licensee must be honest in dealing with clients, students, trainees, colleagues, and the public.

(3) Confidentiality. A licensee must hold in confidence all information obtained in the course of professional services. A licensee must safeguard client confidences as permitted by law and rule.

(4) Department. A licensee accepts the obligation to conform to higher standards of personal conduct than those applying to the general public. A licensee will respect the traditions of the profession, and refrain from any conduct that would bring discredit to the profession.

A licensee must display prominently on the premises of the licensee's professional practice or make available as part of the disclosure statement a bill of rights of clients, which are as follows:

- (A) To expect that a licensee has met the minimal qualifications of training and experience required by law;
- (B) To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
- (C) To obtain a copy of the Code of Ethics;
- (D) To report complaints to the Board;
- (E) To be informed of the cost of professional services before receiving the services;
- (F) 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 required in court proceedings or by clients insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;
- (G) To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

As a licensee, I am required to participate in annual continuing education. I have participated in group consultation with a Licensed Clinical Psychologist from September of 1984 to 2004. I currently use consultation on a as needed basis.

Fee Schedule

Fees are \$140 for initial session. \$90 for 50 minute session. \$45 for 30 minute session. \$50 Group Therapy (90 minutes session). Credit and debit cards can be use through Paypal on my website.

Name, address and telephone number of the Board office

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE; Suite #250, Salem, Oregon 97302-6312, 503-378-5499.

