

Informed Consent

Lindsey Gavens, MSW, CSWA

971-200-0482

lindseyatheadandhearttherapy@gmail.com

Treatment and Philosophy Approach

As a therapist I'm deeply invested in the growth, care, and healing of my clients. My approach is warm, relational, and direct. I believe therapy is a partnership between two individuals, and my role is to help my clients remove any obstacles that are keeping them from leading a life filled with meaning and purpose. I utilize modalities such as CBT, Acceptance and Commitment Therapy, and Somatic Experiencing. I've also been a Buddhist practitioner for the past 7 years, and like to integrate meditation and Eastern philosophy into my approach when appropriate.

I primarily work with people struggling with serious health conditions, such as cancer, and their loved ones. My experience includes extensive training in the emotional challenges that come up around cancer. Issues I can help you navigate include but are not limited to: adjustment to diagnosis, fear of recurrence or progression, anxiety around surgery or other medical procedures, spiritual exploration, existential concerns, grief, and caregiver burnout.

Formal Training and Education

I received my Master of Social Work degree from the University of Southern California in 2021. My coursework included extensive studies in assessment and diagnosis, culturally-competent care, and treatment of issues such as addiction, depression, and anxiety. During my masters program I also had ample opportunity to apply my education in a clinical setting. I worked with older adults in permanent supportive housing, people recovering from addiction, and individuals experiencing cancer. After graduation I worked in the hospital setting supporting people undergoing stem-cell transplants.

As a clinical social work associate, I abide by the code of ethics for regulated social workers as outlined by the Board of Licensed Social Workers in Oregon. I am under the clinical supervision of Peggy Fulda LCSW L8141.

Fees

Fees associated with the services that I provide vary based on your insurance plan. For further information regarding fees, please contact your insurance company. Ultimately it is your responsibility to ensure that costs will be covered by your specific plan. If you choose not to utilize insurance my private pay rate is \$155 for 50 minutes of psychotherapy.

Patient Signature

Printed Name

Date

Parent/Guardian Signature (if under 18)

Printed Name

Date

You may contact the Oregon Board of Licensed Social Workers at:

Oregon Board of Licensed Social Workers
3218 Pringle Rd SE Ste. 240
Salem, OR 97302-6310

Office: 503-378-5735

Fax: 888-252-1046

Email: oregon.blsw@blsw.oregon.gov