

Head & Heart Therapy

Jessica Bettendorf, Professional Counselor Associate, CADAC II

Supervised by Sarah Dobey, LPC, MAC, ACS

Informed Consent for Psychotherapy / Professional Disclosure Statement

General Information

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

Please note that both Sarah Dobey and Jessica Bettendorf adhere to the code of ethics as described by the Oregon Board of Licensed Professional Counselors and Therapists, and the American Counseling Association. Sarah Dobey also adheres to the codes of ethics described by the National Certification Commission for Addiction Professionals (NCC AP), as a Master Addiction Counselor (MAC), and the Center for Credentialing & Education (CCE), specific to her credentials as an Approved Clinical Supervisor (ACS). Sarah Dobey supervises Jessica Bettendorf as she works toward licensure, to ensure client safety and welfare.

The Therapeutic Process

You have taken a courageous and positive step by beginning therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, be uncomfortable. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc.

Please know that the therapist's role is to support you and help you in your change process, reflecting what you want out of life. However they cannot promise that your behavior or circumstance will change, as it is your life to live.

Confidentiality

The session content and all relevant materials to your treatment will be held confidential unless you request in writing to have all or portions of content released to a specifically named person/persons. Limitations of client held privilege of confidentiality exist and are listed below:

- If a client threatens or attempts to commit suicide or otherwise conducts him/her self in a manner in which there is a substantial risk of incurring serious bodily harm.
- If a client threatens grave bodily harm or death to another person.
- If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
- Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
- Suspected neglect of the parties named in items #3 and # 4.
- If a court of law issues a legitimate subpoena for information stated on the subpoena.
- If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.
- If you are a client working with Jessica Bettendorf, please note that as her Supervisor, I oversee all her cases, signing off on any and all clinical documentation.

Occasionally I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. My supervisor, Sarah Dobey oversees my caseload and will uphold confidentiality.

Please know that if we see each other accidentally outside of the therapy office, I will not acknowledge you first in order to protect your right to privacy and confidentiality. However, if you acknowledge me first, I will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

About the Therapist

I earned my bachelor's degree in social and behavioral studies from George Fox University, while working as an addictions counselor at Allied health services in Portland. Following graduation, I began working toward my masters degree in clinical mental health counseling at Antioch University. Shortly thereafter, I was hired at LifeStance Health (formerly known as Western Psychological and Counseling Services) as an addictions' counselor, where I am currently employed. From my experience and education, I have learned various counseling techniques and interventions, including dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT), motivational interviewing (MI), and person-centered therapy. I am also trained in multicultural counseling competencies, crisis counseling, trauma-informed care, and harm-reduction. I have experience working with individuals with substance use disorders and co-occurring disorders, particularly, ADHD, depression, and anxiety. When working with clients I use an eclectic approach, drawing upon strengths to facilitate change. In session I may use DBT, CBT, talk therapy, and MI. Please feel free to ask any questions you may have, as I am happy to provide you with more detailed information.

Fees for Services Offered

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, with the initial session being \$185 for a Diagnostic Evaluation.