

Jacquelyn Ekern, MS, LPC
Licensed Professional Counselor
11358 Highcrest Court
Redmond, Oregon 97756
(541) 256-2923 office

Philosophy and Approach: I offer a varied approach toward therapy, utilizing therapeutic interventions most appropriate for your needs. The techniques used are generally best practices that are supported by the counseling and therapeutic community and are supported through current research studies. I generally utilize an integrative approach to therapy, meaning the skills used are varied and applied with clinical judgment based on client needs.

Formal Training and Education: I have the following educational degrees/certificates:

- Bachelor of Science, Human Services, University of Phoenix, 2020
- Master of Science, Psychology with a specialization in Counseling Psychology, Capella University, 2006

Major Coursework included diagnosis, assessment, research methods, treatment planning, ethics, human growth and development, family systems, counseling techniques, group therapy, eating disorders, trauma treatment, ethnic diversity and career counseling. My training includes clinical treatment in internship and private practice. I am a Licensed Professional Counselor with the Oregon Board of Licensed Professional Counselors and Therapists and my work abides by its Code of Ethics. I am required to complete a total of 40 continuing education requirements every other year as mandated by the Oregon Board of Licensed Professional Counselors and Therapists.

Fees: I provide intake services at \$175.00 per 50-minute session, and therapy services at \$160.00 per 50-minute session. I am not in-network with any insurers. If you would like to use health insurance, I can provide a monthly invoice to you which you may submit to your insurer. Please contact me directly with concerns or payment issues. Payment is generally due in full by cash, check, or credit card each session.

Diagnoses, Tests, and Written Reports: You have the ability to review and discuss your records, treatment, and treatment planning. You have the right to know what treatment techniques and methods are used and why. These are to be used solely to help with diagnosis and treatment. Any diagnosis, tests or reports are strictly confidential and cannot be released without your written consent unless there are circumstances related to the limitations listed below.

Confidentiality Rights and Limitations: While most matters discussed during treatment are kept strictly confidential, there are limitations that must be addressed at the time of consent. If at any time during treatment you disclose abuse or neglect of children, the elderly, or disabled, or disclose the intent to harm yourself or others, I am legally and ethically responsible to immediately report it to the proper authorities. Any requests to release your information will need to be reviewed and approved by you. You have the right to request and understand the information shared, with whom, and for what reason.

Involvement of Other Professionals: My role in this relationship is therapeutic in nature. All medical issues will need to be referred to a medical professional. I do not prescribe medication but am able, with your permission, to collaborate with other professionals to assist with your treatment. Contacts with other professionals will require your written consent and release.

Access to Records: Your records will be kept in my office. While your records will be kept confidential, you have the right to fully access your records. For more information regarding access to records, see HIPAA Notice of Privacy Practices on my website at www.jacquelynekern.com

Custodian of Records: If for any reason I become incapacitated by illness or death, the Custodian of Record is currently Melinda Reynolds-Pena at 503-816-8618. You may also contact the Oregon Board of Licensed Professional Counselors and Therapists for further information.

Client Rights: If at any time you feel that the counseling relationship is not beneficial, you have the right to seek other

services. I am available to provide other resources should you need them. You have the right to be fully informed before you begin a counseling relationship. Any questions or concerns are welcome and encouraged. *As a client of a Licensed Professional Counselor* of the Oregon Board of Licensed Professional Counselors and Therapists, 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.
- 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 those services.
- To be assured of privacy and confidentiality as defined by rule and law, with the following exceptions:
 - Reporting suspected abuse of a child, elderly, or disabled
 - Reporting imminent danger to self or others.
 - Reporting information required in court proceedings, by an insurance company or other relevant agencies.
- Providing information concerning case consultation or supervision.
- Defending claims brought by the client.
- To be free from discrimination on the basis of race, religion, gender, or other unlawful category.

You may contact the Oregon Board of Licensed Professional Counselors and Therapists at: 3218 Pringle Rd., Suite #120, Salem, OR 97302-6312 or call (503) 378-5499