

Professional Disclosure Statement

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Philosophy & Approach to Counseling: The therapeutic process involves a shared responsibility between the therapist and client. I would prefer to think of myself as a coach and facilitator rather than a teacher who will not provide answers but can help guide you down new and different paths. My approach to therapy is individualized to meet the client's needs, but the underlying philosophy can be seen as a combination of cognitive-behavioral and looking at the centrality and importance of one's life goals. What this means for you, as the client, is that I will look at thinking and behavioral patterns, as well as explore and identify with you life choices and goals. Therapy is a collaborative process through which an individual is empowered to build on inner strengths and resources towards the goals of personal growth and well-being. I believe that relieving faulty thinking and identifying mistaken beliefs will ultimately bring about a more positive lifestyle.

Philosophy & Approach to Assessments: I specialize in assessments for Specific Learning Disorder and Dyslexia. It is known that these are often seen in conjunction with other behavior and mood conditions such as ADHD, anxiety and depression. Therefore screening for these conditions is appropriate and can help in the overall diagnostic picture. I have significant training and have been testing for over 14 years in all the above areas but I am not a psychologist and therefore the cognitive assessments will be limited to the purpose of comparing cognitive and academic ability and not used for any neuropsychological purposes.

Education, Training & Experience: I hold a bachelor's degree (BS) in Sociology/Social Work and a master's (MA) in professional counseling from George Fox University. Major course work includes marital therapy, personality assessment and the Myers Briggs Type Indicator. I also have training in Anxiety, Attention Deficit Hyperactivity Disorder, Dyslexia and other learning disabilities, including assessment tools that are used to identify these disabilities.

As a professional counselor licensed with the state of Oregon, I will abide by its Code of Ethics.

Continuing Education: To maintain my professional training, I am required to participate in ongoing continuing education, 40 hours every 2 years (6 of these credits must be related to ethics and 4 must be related to cultural competency).

Payment for Services: My normal and customary fee is \$150 per 50 minute session. The fee for a 90-minute session is \$190. The fee for a learning disability assessment is \$1950 (with additional costs, if testing other conditions). These fees are payable to *NW Dyslexia Center*. The clinic does not accept insurance because learning disorders are not currently covered, but we do provide super bills for those seeking insurance coverage for other diagnoses.

Client Bill of Rights: You will be investing time, money, and emotional energy in working with your therapist. It is important that your therapist be someone you feel comfortable working with. Please feel free to ask questions about any aspect of the therapeutic process.

The following client rights have been established by the Oregon State Board of Licensed Professional Counselors and Therapists.

Consumers of counseling or therapy services offered by Oregon licensees have the right:

- a) To expect that a licensee has met the minimal qualifications of training and experience required by state 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 (OAR 833-100)

- d) To report complaints to the Board;
- e) To be informed of the cost of professional services before receiving 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 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 the client against licensee.
- g) To be free from being the object of discrimination on the basis of race, religion, gender, disability, age, sexual orientation, marital status 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: lpct.board@mhra.oregon.gov Website: www.oregon.gov/OBLPCT
For additional information about this counselor or therapist, consult the Board's website.

Client's signature

Date

Counselor's signature

Date