

# Helene D. Krothe, LMFT

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## Professional Disclosure Statement

The purpose of this document is to inform you about me as a therapist, the therapeutic process, as well as your rights and responsibilities as a client. This should also cover some of the more common questions about therapy.

### The Therapeutic Process

I am a systemic therapist. This means that I examine the relational aspects of problems. I believe at times it is important to include family members and / or others with whom you are in relationships in the therapeutic process. I also believe that good work can be done with the individual, but that it is impossible to not include the relational aspects of your life in the therapeutic process.

I believe that clients come into therapy when their problems become difficult and overwhelming and people have already tried several ways to solve the problem. I believe wholeheartedly that every person is doing the best they can in their current situation. I believe that problems can be overcome by looking for the times in your life when you were not saturated by your problem, and times that highlight your individual strengths. I believe that therapy is a collaborative process between client(s) and therapist. The client and therapist choose the goals and directions of therapy together, with the therapist assisting the client to look for ways to attain those goals. The therapist and client build a community to support the client as they work toward a new preferred way of being. I embrace clients in their present state and proceed with therapy accordingly. I might utilize various methods to elicit the clients' problem story including talking, the genogram, Internal Family Systems, and various therapeutic models. I collaborate with clients where they are at, and I will disclose my own experiences of the therapeutic process as appropriate. It is my hope that therapy will be a positive and productive experience for you.

### Education and Qualifications

I received a Masters degree in Education from the University of Oregon for Couples and Family Therapy. This program was certified by the Commission on Accreditation for Marriage and Family Therapy Education of the American Association of Marriage and Family Therapy (AAMFT) and was approved by the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT). My education included coursework in: couples therapy, child and family assessment, human sexuality, gender and ethnicity, family theory, medical family therapy, wellness and spirituality across the life cycle, psychopathology and behavior, group therapy, addictions, and trauma / family violence. I participate in continuing education as required by OBLPCT and ethical codes in the field to stay abreast of current research and best practice. As a Licensed Marriage and Family Therapist under the OBLPCT, I will abide by its Code of Ethics and Oregon Revised Statutes. I participate in regular clinical consultation.

### Fees

Individual, couple, family, or group therapy sessions generally last between 50 to 90 minutes. My rates are as follows: \$280 for assessment, \$250 per hour for individual therapy, \$250 per hour for family therapy sessions, and \$80 per 90 minutes for group. See my informed consent for further details.

### As a client, you have the following rights:

- To expect that your therapist has 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 of a licensee.
- 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 services.
- 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 the 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 client against licensee; and
- To be free from being the object of discrimination on the basis of race, religion, gender, sexual orientation, or other unlawful categories while receiving services.

### Please Ask Questions

As a client, you are entitled to the highest standard of professional care. You are entitled to ask me about my training, about the basis of your treatment, and the costs. If you have any questions about me, my qualifications, or the therapeutic process, please do not hesitate to ask. You have the right to a complete explanation to your questions. Contact OBLPCT for further information about your therapist.

**OBLPCT** 3218 Pringle Road SE #250 Salem, OR 97302-6312 (503) 378-5499 <http://www.oregon.gov/OBLPCT>