



Teresa Heesacker Counseling  
Teresa Heesacker, MASF, MCFC, LPC, RPT  
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### **Professional Disclosure Statement**

#### Philosophy and Approach:

I believe that every person holds innate dignity and worth; that people are whole beings, made up of body, mind and spirit. I believe people can always choose, learn, grow and heal; and that people can thus create a more meaningful and fulfilling life for themselves and thereby impact those with whom they are in relationship. I believe people live and act out of their best intentions for their own well-being and for the well-being of those they care about. I believe people are influenced both positively and negatively by relationships, past and present, as well as by their culture. When life isn't happening in the way people hope, they can feel discouraged and can also seek support to pursue positive forward steps.

As a professional provider of such support, I work primarily with children and youth (ages 0 to 18) and their parents, young adults, men and women, and families. I strive to provide clients with a safe, confidential and affirming environment in which they can explore their story, consider what is meaningful to them and cultivate and apply their personal strengths. I focus on listening, understanding, affirming and inviting self-exploration while providing education and exercises about the topic at hand.

With children, I utilize play therapy, which allows children to express their experiences and emotions in their primary language of play where toys act as their words. Working with children includes a balance of parental-caregiver involvement and therapeutic sessions geared for each child's specific needs.

On occasion, I will meet clients via an electronic video session, in their home or in the outdoors. These options are carefully weighed for safety and client confidentiality and are only chosen with the consent of the client.

#### Education and Training:

I am Licensed Professional Counselor (C5652) in the State of Oregon. Additionally, I am a registered Marriage and Family Therapist Intern (R4341), working toward licensure under the supervision of Tony Lai, LPC, RPT-S.

I hold a Master's Degree in Marriage, Couple and Family Counseling from George Fox University. I also hold a Master's Degree in Spiritual Formation from George Fox Evangelical Seminary and am a certified Spiritual Director and certified EMDR provider. I have additional training in play therapy, attachment, trauma recovery, grief and loss, and interpersonal neuro-biology. My experience includes working with children, youth, women, men and families in various settings, including art education, relationship education, therapeutic growth and healing and spiritual direction.

#### Fee Schedule:

50-minute session/\$90 80-minute session/\$135

Payment is made at the end of each session via cash, check, or debit/credit card. I am an out-of-network provider and will provide full-paying clients a superbill in order to seek reimbursement or application to deductible from their insurance company. A sliding scale rate per session is offered and is dependent on client income.

There is no charge for sessions cancelled 24 hours in advance. Phone calls and emails requiring over ten minutes will be billed at the hourly rate. Also, court appearances and the respective travel time to and from will be billed at the hourly rate.

**Client Rights:**

These rights have been established for the client’s protection by the Oregon State Board of Licensed Professional Counselors and Therapists. I abide by the Oregon Board’s Code of Ethics as well as the American Counseling Association and American Association for Marriage and Family Therapist’s Code of Ethics. Additional information about myself and supervisor are available on the Board website.

**You have the right:**

1. To expect a licensed therapist to have met the minimum qualifications of training and experience required by law;
2. To examine the public records maintained by the Board and to have the Board confirm the credentials of a licensee;
3. To obtain a copy of the Code of Ethics;
4. To report complaints to the Board;
5. To be informed of the cost of professional services before receiving the services;
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
  - a. Reporting suspected child abuse;
  - b. Reporting imminent danger to clients or others;
  - c. Reporting information required in court proceedings or by client’s insurance company, or other relevant agencies;
  - d. Providing information concerning licensee case consultation or supervision; and
  - e. Defending claims brought by the client against licensee.
7. To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

**You may contact the Board at:**

Oregon Board of Professional Counselors and Therapists  
3218 Pringle Road SE, Suite 120  
Salem, OR 97302-6312  
503-378-5499

E-mail: [lpc.lmft@state.or.us](mailto:lpc.lmft@state.or.us)

Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)

I look forward to working with you.

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Teresa Heesacker, MASF, MCFC, LPC, RPT Date

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Client Name (printed) Client Signature Date

I (client) have read and retained a copy of this document for my records

I (client) have read and declined a copy of this document for my records