Teresa Heesacker, MA, CSD, LPC, LMFT, RPT
1308 E. First Street, Newberg, OR 97132
503-610-3499
teresa@heesackercounseling.com
www.heesackercounseling.com

Professional Disclosure Statement

Philosophy and Approach:
I believe every person holds innate dignity and worth; that people are whole beings, made up of body, mind, spirit and soul. I believe people deserve a voice and have a choice; that they can heal and grow, thus creating a more meaningful and fulfilling life for themselves and those they are in relationship with. 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 with children, youth, parents, families and individuals. I strive to provide clients with a safe, confidential and affirming environment where they can explore their story, consider what is meaningful to them and cultivate and apply their personal strengths to their hopes and goals. I focus on listening, attuning, understanding, affirming strengths and inviting self-exploration while providing education and exercises about the topic at hand.

With children, I utilize child-centered and synergetic play therapy, which allows children to express their experiences and emotions in their primary language of play. Therapeutic sessions with parents and children are geared for each child's specific needs.

I can also meet clients electronically in a HIPAA compliant video session, 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) and a Licensed Marriage and Family Therapist (T1958) in the State of Oregon. I am a registered play therapist with the Association of Play Therapy and a Certified Synergetic Play Therapist. I am trained as an EMDR provider and a Certified Spiritual Director.

I hold a Master's Degree in Marriage, Couple and Family Counseling from George Fox University and a Master's Degree in Spiritual Formation from George Fox Evangelical Seminary. Major graduate coursework has included Human Growth and Development, Couples Therapy, Family Therapy, Play & Sand Tray Therapy, Trauma Treatment, Human Sexuality, Psychopathology, Group Counseling, Addictions, Ethics, and Spiritual Formation. I regularly engage in continuing education and consultation with other licensed and qualified practitioners. I've received additional training in attachment, trauma recovery, grief and loss, and interpersonal neuro-biology. My experience includes working in early childhood education, middle and high school art education, spiritual direction, community mental health and private practice.

Fee Schedule:
50-minute session/$185 80-minute session/$295
Payment is made at the end of each session via cash, check, or debit/credit card. I am an out-of-network provider and provide full-paying clients a superbill 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.

Your scheduled appointment is a time reserved just for you, therefor cancellations must be made 24 hours in advance for no charge. Sessions cancelled less than 24 hours in advance will be billed at the listed session rate. Phone calls and emails over ten minutes will be billed at the listed session rate. Court appearances and respective travel time will be billed at the listed session 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 me is 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: lpct.board@mhra.oregon.gov

Website: www.oregon.gov/OBLPCT

I look forward to working with you.

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Teresa Heesacker, MA, CSD, LPC, LMFT, RPT Date

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Client or legal Guardian Name (printed) 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