



Chrissy Zimmerman Counseling

cell: 503-502-8593 office: 503-777-0444 fax: 503-777-0445

4004 SE Woodstock Blvd. Suite #8 Portland, OR 97202

Chrissy Zimmerman, ATR, LPC, CACDI

Oregon State Professional Counselor License # C2376

EIN# 46-3366219 NPI# 1568627875

PROFESSIONAL DISCLOSURE STATEMENT

My Philosophy and Approach: I believe that everyone has strengths and abilities that make us each special and resilient. A positive environment and nurturing relationships are ideal conditions to grow and heal. My goal is to tend to each of my client's needs with holistic and nurturing attention while providing a safe, confidential space for important transformations to develop. My approach is client-centered and strengths-based. I work with the individual, couple and/or family to incorporate obtainable and realistic goals and often use art therapy interventions as an avenue for expression and exploration.

My Credentials and Training: My undergraduate training was from Gonzaga University and I hold BAs in psychology and art. I have also earned a MA in Art Therapy & Counseling (ATR) from Marylhurst University. I am trained to utilize both Art and Talk Therapy. Major areas of study included human development, ethics, assessment and treatment, the counseling process, family therapy and the uses of art in the therapy process and addiction counseling. I have earned my Certification in Alcohol and Drug Counseling (CADC-I) and my License as a Professional Counselor (LPC). I constantly attend trainings and workshops to maintain current knowledge of issues, research, ethics and helpful approaches in my field. My continued studies have had a significant focus on attachment, trauma and relationships. I also participate in clinical supervision and consultation monthly. I commit to attending and learning more about interpersonal neurobiology, mindfulness practices and the enneagram. I believe that everyone has the strengths and abilities necessary to achieve resilience and that a positive environment and nurturing relationships are ideal conditions to grow and heal.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its **Code of Ethics**. In case any ethical concerns or questions arise, please feel free to ask me directly. You may also always contact the Oregon Board of Licensed Professional Counselors at 3218 Pringle Rd SE, #250 Salem, OR 97302-6312. Telephone: (503) 378-5499.

Art Therapy: Art Therapy is more than simply doing art; however, doing art is healing in and of itself. Art Therapy is a process. Exploring with and manipulating art materials allows us to gain insight into our own thoughts and feelings. Often how one interacts with the materials might reflect similar patterns present when interacting with life and within relationships. Exploring through art provides an opportunity to process, organize and reshape feelings and thoughts. It is from these expressions we can work together to find the underlying needs.

Payment for Services: The initial consultation is FREE! The fee for individual sessions is \$120 and for couples or family therapy, the fee is \$140. As I work towards getting on Insurance companies' provider lists, mine is currently a direct fee-for-service and I accept payments in credit/debit cards, cash or check. I do offer sliding scale fees depending on availability and on your financial situation and comfort.

Appointments: The usual session time is 50 minutes. In event of late arrival, the session will still end at the regular time and you will be charged for the full session fee. If you are going to be unable to keep an appointment, please contact me at least 24 hours ahead of time. Without notice, and with the exception of a medical emergency, you will be charged for your session fee for the missed appointment. Cancellation less than 24 hours will result in a \$50 late cancellation fee.



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CONFIDENTIALITY AND CONSENT FOR TREATMENT

Your participation in treatment and all information about you is confidential and will not be disclosed to anyone without your written consent. Your Rights and the exceptions to confidentiality are explained below:

CLIENT’S RIGHTS

As a client of an Oregon licensee, you have the following rights:

- *To expect that a licensee 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 services before receiving services;
- *To be assured of the 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;**
- 5) Defending claims brought by client against licensee;**

- *To be free from being the object of discrimination on the basis of race, Religion, gender, or other unlawful category while receiving services.

Emergency Procedures: In the event of an emergency, first call the Multnomah Co. Crisis Line at (503) 988-4888 or 911 if there is immediate danger or threat. Then, my direct number is (503) 502-8593 and I messages from 8am to 7pm on weekdays and once a day on weekends and holidays. If unable to reach me, the county, OR a crisis response worker, and your conditions progress- please go to your nearest hospital or emergency room.

Consent to Treatment

I have read and understand my rights and responsibilities as outlined in the Informed Consent for Treatment and Evaluation form. By signing this form, I also consent to received Mental Health Services and/or Chemical Dependency Services to be provided by Christina Zimmerman, ATR, LPC, CADCI

Client _____ date _____

Parent or Guardian (if minor) _____ date _____

_____ date _____

(witness) *Chrissy Zimmerman, LPC, ATR, CADCI*