

Mindy LaFramboise, MA, LPC

Licensed Professional Counselor

123 E Powell Blvd Suite 212 • Gresham, Oregon • 97030 • 503.328.8715 • Fax 503.328.8764 •
MindyLaframboise.com

Professional Disclosure Statement

Philosophy and Approach: I believe counseling is collaborative process working to improve your overall life satisfaction. I will work with you to understand your goals, clarify concerns and create solutions with you that will help create the life you want to lead. My therapeutic approach is based in Solution Focused Therapy and Cognitive Behavioral Therapy. I use Collaborative Problem Solving as well as Dialectical Behavioral Therapy to treat specific concerns that arise in therapy.

I rely on psychoeducation as a method to facilitate change. I believe in supporting your goals and giving you the information you need to create the change you would like to see.

At the beginning of therapy, I will do a mental health assessment, treatment options will be discussed at that time. Together we will create a treatment plan based on the presenting problems/concerns you decide to share with me as well as your strengths and needs.

Treatment options include individual, family, and group sessions. I also offer school coordination.

Formal Education, Training, and Experience: I hold a Masters of Arts Degree in Counseling Psychology from Lewis and Clark College. My graduate training focused on adults and families with an emphasis on addictions. Major coursework included: human diversity, human lifespan development, diagnosis and treatment, and models of addiction and recovery.

I completed a 9 month Internship at Tualatin Valley Centers (TVC) on the Adult team. I worked on the Child and Family Team at Lifeworks NW (formally, TVC) for 2 years. After several years at Portland Public Schools as a Classroom therapist I left that position to open Private Practice.

Prior to earning my graduate degree, I have many years experience working in social services as a Qualified Mental Health Associate.

I am happy to provide further information about my training and professional experiences upon request.

As a Licensed Professional Counselor (LPC) of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics.

Continuing Education Requirements: To maintain my license, I am required to complete 20 hours per year in continuing education. These hours are obtained through workshops,

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seminars, college classes, and supervision and consultation with licensed mental health professionals.

Fees: My fees are based on prevailing standards in the community. At the initial appointment, a Mental Health Assessment is completed. The initial session cost is \$180.00. Individual therapy sessions are \$120.00 per clinical hour; Family sessions are \$140.00 per clinical hour. Group therapy rates are determined by the type of group. A clinical hour is 45-50 minutes, unless other arrangements are made. Consultation is \$50.00 per half an hour. Evaluations or special report fees vary depending on the procedures performed. Clients are informed of any additional fees or insurance co-pays as they are determined.

Written reports, letters, or treatment summaries are billed at \$180.00 per clock hour. If you become involved in legal proceedings that require my participation, you will be expected to pay for all of my professional time on your behalf, including preparation and consultation time.

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

- To expect that a licensee has met the minimal qualifications of training and experiences 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 the 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 client or others;
 - 3) Reporting information required in court proceedings or by a client's social security number, or other relevant agencies;
 - 4) Providing information concerning licensee case consultation or supervision; and,
 - 5) Defending claims brought by clients 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.

You may contact the Board of Licensed Professional Counselors and Therapists at:

Address: 3218 Pringle RD SE, STE 250, Salem, Oregon 97302-6312
Telephone: 503.378.5499