

Professional Disclosure Statement

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Private Practice

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- ❑ I John Fitzgerald, PhD, LPC, CAS, have a degree in counseling psychology and practice clinically as a Licensed Professional Counselor. I also have a doctoral degree in Systems Science and Social Psychology, and am a Certified Addiction Specialist credentialed by the American Academy of Health Care Providers in the Addictive Disorders. I have been trained in individual, group and family therapy, and have specific training in treating both mental health and addictive disorders. I am also qualified as a clinical supervisor, have taught addiction treatment courses for graduate programs in counseling psychology, and have worked as a consultant on numerous clinical cases. To maintain my license, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to my profession. I practice at the above office location and do phone consultations. As a counselor, I am able to conduct therapy, but I cannot prescribe medication. I will refer you to a qualified professional for a medication evaluation if I believe it would be beneficial to you.
- ❑ Every client's needs are different, so my approach is *individualized*. An evaluation is done by assessing biological, psychological and social issues in the context of the presenting problem. Mental health, addictive behaviors, and life issues are all examined, with emphasis placed on understanding holistically how various problems interact. Following the evaluation, a mutually agreed upon intervention plan is developed. This involves identifying what needs to change, the most effective strategies for doing so, and how to know if what is being done is working. A wide range of therapeutic interventions are utilized and include psychodynamic, cognitive-behavioral and developmental approaches. Recognizing that clients bring complex issues to therapy, treatment progress may be enhanced by coordinating services with other behavioral health care professionals including primary care physicians, psychiatrists and nurse practitioners. All treatment is conducted in a supportive and safe environment that recognizes the need for absolute confidentiality. I am very open about what I do and you are free to ask questions at any time.
- ❑ As a licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I follow the Oregon State Law and will abide by the Code of Ethics of the National Board for Certified Counselors. What that means to you, a potential client, is that 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 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 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;

- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services;
- To obtain a copy of the Code of Ethics.

- You have the right to begin and end treatment whenever you wish. You also have the right to examine your file. I will comply with your request as soon as I can arrange a time to meet with you.
- My fee is \$150 per 50-minute session unless otherwise agreed upon. I do not accept insurance and normally invoice clients at the end of each month and expect payment mailed to my office within 15 days. Alternatively, you can bring a check to the next session after being invoiced. I will provide receipts that you can use, if desired, to seek reimbursement from your insurance company.
- I can be reached during normal business hours (Monday – Friday, 8:30am – 5:00pm) by calling the above listed phone number or by contacting me by email. Be aware that because of my schedule it may take a number of hours for me to return your call. If you are experiencing an emergency or crisis and need immediate attention, please call the Crisis Triage Center at 503-988-4888 for help (<https://multco.us/mhas/mental-health-crisis-intervention>). Otherwise, I expect you to admit yourself to the nearest hospital or emergency department.
- Our initial session is one where we determine if we can work together. After conducting an assessment and getting a sense of your needs, I will tell you approximately how long I believe we will need to meet. For consults, work is usually completed in a few sessions. For more treatment-specific cases, I will work with you to determine the specific goals of our work and develop a treatment plan, including frequency of sessions. If you need to cancel or change your appointment, you must do so *24 hours in advance*, otherwise you will be charged for the session.
- You may contact the Board of Licensed Professional Counselors and Therapists by calling 503-378-5499, or by writing at 3218 Pringle Road, SE, #250, Salem, Oregon 97302-6312.

My signature on this page attests to the fact that I have read and went over these points with John Fitzgerald, PhD, LPC, CAS. I understand and agree to these terms.

Signature _____ Date _____