



**Willow Ann Rose LPC CHT
3575 Donald Street ~ Suite 160
Eugene, Oregon 97405
Phone: 541 461-5424**
Please note: My phone does not accept texts.

PROFESSIONAL DISCLOSURES

Philosophy and Approach

No matter our past or current life circumstances, I believe we are each born with the potential to create a life of contentment, equanimity and joy. Our human challenges and habitual un-helpful responses to life's difficulties can obscure our innate wisdom. I offer a Transpersonal and Integrative Psychotherapeutic approach which addresses life distresses while at the same time fostering relationship with our innate guidance, gifts and the balanced development of all aspects of human life.

Our work is collaborative and springs from the ground of respect, compassion and empowerment. I strive to create a safe therapeutic environment that offers both active challenge and support. I draw from formal education, experience and life study to offer tools from Eastern, Western and indigenous psychologies and wisdom traditions. Each practice is given to support cultivation of awareness, insight and the opportunity to grow compassion for our human self. Practical tools are offered to build self confidence and life skills, envisioning new directions and creative action. You are the ultimate authority of your life and choices. Our work will always be directed toward enhancing awareness of the wise resources within your self, positive engagement with the world and empowering you to create a well lived life.

Professional Education and Credentials

University of Oregon

- BA Religious Studies -Interdisciplinary
(Comparative Religions/Mysticism/Shamanism;
Comparative Meditative/Contemplative Methodology
Folklore, Mythology, Religious Anthropology, Sociology)
- BA Psychology

Lewis and Clark College

- MA Counseling Psychology
Coursework Emphasis: Individual Adult Psychotherapy
Transpersonal Methodology

- LPC: Licensed Professional Counselor #C1524
- CHT Certified Clinical Hypnotherapist #698-298

Current Professional Affiliations

- Association for Transpersonal Psychology
- Association for Humanistic Psychology
- American Council of Hypnotist Examiners
- Oregon Mental Health Associates
- Eugene Friends of Jung

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession.

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 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 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.

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

3218 Pringle Rd. SE #250, Salem, Oregon 97302-6312 Telephone: (503) 378-5499

SESSION FEES

Contact therapist for current fee structures and list of currently accepted insurance.

Client and Therapist Contact

Please contact me at my confidential phone/voicemail: (541) 461-5424. You may leave a message anytime. In your message, please speak slowly, and be certain to include your full name, your phone number and some best times to return your call. My office days and hours may vary considerably each week. My voicemail message will list current availability information. If you are in crisis and I am not immediately available, call White Bird's 24 hour Crisis Line at 687-4000. If you are having a medical emergency, directly access services by going to the Emergency Room at Sacred Heart Hospital.

Meeting on a regular basis, particularly in the early stages of our work together helps maintain continuity in the therapeutic process and reinforces new skills offered in our sessions. Needs may vary over time and while initially we may choose to meet weekly, occasional or less frequent sessions can be a time to check-in, reevaluate and define next steps. Our underlying work is to enhance a trusting relationship with your own inner sources of wisdom and guidance. Encouraging self reliance will be balanced with session frequency in the most helpful way for each individual.

Therapeutic Process

The psychotherapeutic process is an art set firmly in mystery. Despite decades of scientific inquiry there are still no clear guidelines to determine all the factors responsible for positive therapeutic change. However, there is agreement on one piece: it is the relationship between therapist and client which holds the most potential for success in therapy. Psychotherapy is foremost, a relationship, and sometimes two people are simply not a good match. If, after the first few sessions, you or I do not feel we are a good fit, I will do my best to refer you to another practitioner who might better suit you.

Termination

How long we work together is determined by numerous factors including history, specific goals, life circumstances and personal desire. The conversation will always be open to evaluate our work and explore movement toward completion. You may choose to end our counseling relationship at any time.

This therapist also reserves the right to end our therapeutic relationship under the following conditions: 1) You are not consistent in attending scheduled sessions; 2) You are more than two sessions in arrears in fee payment or have not paid per our agreement; 3) Alcohol, Drug use or other factors impacts our ability to hold meaningful sessions; 4) I believe I lack the expertise to help you.

Termination by the therapist will always be discussed in advance. If our therapeutic relationship is to close, I will provide you with recommendations and referrals to other services. Termination is often an important part of the therapy process. Most clients discover it is helpful to spend one or more sessions prior to closure, processing termination issues so that leaving may be accomplished in a positive way.

Confidentiality

Our work is private. I will not release any information about you (including whether or not you are actually a client) unless I have on file, a signed Authorization for Release of Information. This form will designate to whom I may exchange information and for what purpose. Please let me know if there is an agency or individual you would like me to interface with and we will complete this form while you are in the office.

If I am billing your insurance company for session reimbursement, know that your provider may request certain information from me about our work without an additional Release of Information signed by you. Please discuss with

me any concerns you might have about the nature of information that may be released.

The only other exceptions to breach of confidentiality are outlined previously in this document under Code of Ethics as designated by the Board of Licensed Professional Counselors and Therapists.

If you refer someone to me, I cannot confirm or deny to you any contact with that individual as that would be a breach of their confidentiality.

If we happen to meet outside of the office in a public or social event, for example, the decision to approach or speak with me will be your choice. In order to protect your privacy, I will not make the first step. You are welcome to greet me, but keep in mind that confidentiality may be compromised if either of us is accompanied.

General Information

The natural process of psychotherapy and the various practices I offer, hold the potential for arousing uncomfortable, possibly intense emotions. This work may lead you to create new life choices or behaviors which can lead to conflict or unexpected changes among all spheres of daily life. However, the benefits may be greater insight, well-being and enhanced abilities to deal effectively with current and future challenges. Please feel free to ask questions. I will do everything possible to ensure our work together, is rewarding and that you gain the tools you need to create a life that will bring you the most joy, peace and fulfillment

Form Revised: 10/18

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