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Introduction

This document is intended to summarize my policies, credentials and licensure status; to clarify your rights as a client; and to familiarize you with my approach to therapeutic treatment. **You are welcome and encouraged to ask questions about this document, the therapy process, or my qualifications and approach at any time.**

Philosophy and Approach

I believe that each of us has the capacity to create the change we seek in our lives, and that the best solutions are those that fit with our unique identity and situation. I also believe that our context (family, society, culture, etc.) greatly influences our personal development. Therefore, in therapy, I will work to understand you, your context, and what you want to be different in your life, then collaborate with you to uncover and implement the solutions that fit best. My hope is that therapy will help you to find greater self-understanding, connection with the important people in your life, and confidence as you face your life's challenges.

I have experience working with a variety of life issues and personal situations including depression, anxiety, PTSD, grief and loss, couple relationship distress, parent/child relationship distress, childhood behavior management, and others. I will not work with a client when I do not believe I have the appropriate background to help them; in such cases I will discuss this with the client and will provide referrals to other therapists.

Qualifications & Ethical Standards

I hold an M.S. in Family & Human Services (specialization in Couples & Family Therapy) from the University of Oregon. Highlights from my program of study included family systems theory; adult and child mental health diagnosis and treatment; violence, trauma and healing; couples therapy and human sexuality; wellness and spirituality; parenting and family cycles; and diversity and cultural competence.

I am currently a registered Marriage and Family Therapy Intern (intern #R3606) under the ongoing supervision of Chelsea Brandenburg, LPC, LMFT. As a Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its code of ethics. As a pre-clinical fellow of the American Association for Marriage and Family therapy, I also adhere to the AAMFT code of ethics.

Client Bill of Rights

As a client of an Oregon Registered Intern you have the 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 a licensee's credentials;
- 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 or law, including the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to the 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 the client against licensee;
- To be free from being the object of discrimination on the basis of age, color, culture, disability, ethnicity, national origin, gender, race, religion or creed, sexual orientation, marital status or socioeconomic status.

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

3218 Pringle Road SE, Suite 250, Salem, OR 97302 Telephone: 503-378-5499

E-mail: lpct.board@state.or.us Website: www.oregon.gov/OBLPCT

Fee Schedule & Cancellations

My fee is \$90 for a standard 50-minute session and \$140 for a 90-minute session. If you feel you cannot afford this fee, please discuss your circumstances with me; a sliding fee scale may be available. Fees are due (cash or check) at each session unless we have agreed on another arrangement in advance. Since it is difficult for me to reschedule appointments without sufficient advance notice, you will be charged the full amount for appointments cancelled with less than 24 hours' notice. I may make exceptions in the event of illness, emergency or inclement weather.

I review my fee schedule on a yearly basis and may adjust in relation to inflation and/or in relation to fees charged for similar services in the surrounding area. I will always discuss changes in my fees before charging you and I encourage you to bring up any circumstances that make it difficult for you to afford therapy.