

Professional Disclosure Statement

Laura Nydigger, LPC

Christians As Family Advocates (CAFA)
921 Country Club Road, Suite 222, Eugene, Oregon 97401
Phone: 541-686-6000; Fax 541-344-8239
Lauran@cafaweb.com

Philosophy & Approach

I use a person-centered approach in counseling, believing that every person, regardless of race, age, gender, religion, or culture, is deserving of unconditional acceptance. I use evidence-based interventions which promote mental health and well-being, believing you are capable of achieving health and wholeness. I seek to be trauma-informed and to look for ways to enhance human development and growth through the life span, building on existing strengths..

Formal Education and Training

I earned a Master's degree in Community Counseling at Northwest Christian University and a Master's in Education from University of Oregon with a specialization in Prevention Science, and received post graduate certification in foster and adoption family therapy from Portland State University. I am a Neurofeedback provider, an EMDR-trained therapist, and have received training in child-centered play therapy through George Fox University.

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

What to Expect from the Counseling Process

Each person comes to counseling with unique life experiences, beliefs, strengths, and goals which are deeply personal. We'll work together to set goals based on the help you want. Typically, sessions include an exploration of personal relationships, the family system, and cultural influences such as gender, faith, or ethnicity, as well as significant life events, traumas, and personal hopes and dreams.

Confidentiality and Potential Risks in Therapy

You should expect that what you discuss in the counseling setting will be held in the strictest of confidence with exceptions, as listed below in the "Client Bill of Rights." It's also important to understand there can be both positive and negative impacts of therapy. For example, you may feel worse before feeling better, as we begin to work through difficult issues, but you won't be alone in the process. Some of the negative emotions you might encounter are feelings of increased stress, anxiety, or emotional pain. These feelings are normal and may continue outside the counseling setting, but the goal is to resolve these issues as quickly as possible.

Cost and length of Professional Service: Therapy sessions last approximately 45 minutes in length. The frequency of visits will be determined upon the type of problems which are presented.

Fees: Initial session is \$250 and subsequent Individual sessions are \$150 per hour. I am in-network with many insurances. Cash, checks, or credit cards are accepted as well. It is your obligation to cancel an appointment by notifying me at least 24 hours in advance of the appointment time.

Code of Ethics

I abide by the **Oregon Board of Licensed Professional Counselors & Therapists** Code of Ethics, as well as the **American Counseling Association** Code of Ethics in regards to responsibility to the client, client welfare, confidentiality, integrity, conduct, and competence.

Client Bill of Rights

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

1. To expect that a licensee has met the qualifications of training and experience required by state law;
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
3. To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100);
4. To report complaints to the Board;
5. To be informed of the cost of professional services before receiving the services;
6. To be assured of privacy and confidentiality while receiving services as defined by rule or law, with the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to self or others; 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by you against me;
7. To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

You may contact the **Oregon Board of Licensed Professional Counselors and Therapists** at 3218 Pringle Rd SE, #250, Salem, OR 97302-6312; Phone: (503) 378-5499; Email: lpct.board@state.or.us; Website: www.oregon.gov/OBLPCT.

For additional information about this therapist, consult the Board's website: www.oregon.gov/OBLPCT