

**Professional Disclosure Statement**  
Leslie Bletscher, MA, B.Ed., CADC1, QMHP  
Professional Counselor Associate  
Christians as Family Advocates (CAFA)  
921 Country Club Rd Suite 222, Eugene, OR 97401  
[leslieb@cafaweb.com](mailto:leslieb@cafaweb.com)  
(541) 686-6000 ext 583

**Philosophy and Approach:**

My approach to therapy is to create a setting in which you feel comfortable to tell me about yourself and your concerns. I believe that we are all experts on ourselves; however, the stress of a problem can often cause a loss of objectivity and prevent us from identifying our options. Together, we will explore your issues, as well as your resources and possible choices. The goal of therapy is to become more effective in our lives whether it is in our relationships at work, within the family unit, or in our social environment. I provide an atmosphere free from judgements and embrace your cultural identity and beliefs. Building a therapeutic alliance of trust is the most important part of our working relationship, so you feel comfortable and have the freedom to share sensitive and uncomfortable areas of your life. I will never pressure you to open up before you are ready to share and allow you to go at a pace that is comfortable for you. My ways of thinking and working are heavily influenced by my Christian assumptions, beliefs, and worldview. However, it is not necessary to share my beliefs to have a satisfactory therapeutic relationship with me.

**Formal Education and Training:**

I received my Master of Arts degree in Clinical Mental Health Counseling in 2020 from Bushnell University, which is a CACREP accredited program that ensures a high-quality graduate-level counseling education that will give me the knowledge and skills as an effective therapist. My major course work studies include Ethical and Legal Issues, Personality and Counseling Theory, Diagnosis & Psychotherapy, Testing & Appraisal, Professional Orientation, Addiction Counseling and Relapse Prevention, Crisis, Trauma & Grief Counseling, Group Dynamics & Theory, Human Growth & Development, The Helping Relationship, Counseling in a Multicultural Society, Lifestyles & Career Development, Family Systems, and Research & Evaluation.

I received my Bachelor of Arts degree in Teacher Education: Early Childhood & Elementary in 2008 from Bushnell University. I am also a Certified Alcohol & Drug Counselor (CADC1) in the state of Oregon and received my training at Serenity Lane Residential and Outpatient Treatment Services. I specialize in treating addiction and substance abuse, relapse prevention, post-traumatic stress disorder (PTSD), bi-polar disorder, depression, anxiety, grief, abuse, low self-esteem, spirituality, codependency, domestic violence, anger, coping skills, family, and relationship issues. I provide therapy for children, teens, adults of all ages, couples, and family therapy.

**Continuing Education, Expectations, and Supervision:**

I currently attend classes, workshops, and trainings that will further my education as a mental health professional. I did my internship at Center for Community Counseling from 2019-2020 and provided therapy for clients and facilitated small groups such as Relaxation/Meditation for individuals who struggle with anxiety and depression. I also facilitated a Women's' group focusing on issues women struggle with in the family, relationships, marriages, the workplace,

and in our society. I am currently a Registered Counselor Associate working to obtain my license as a Licensed Professional Counselor (LPC). As a Registered Counselor Associate, with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. I currently receive 3 hours of direct supervision per month, which includes individual and group supervision with my supervisor, Corey Jackson (LPC). This will provide me with professional support and to help expand my counseling skills and knowledge as a therapist. This is required by the Board of Licensed Professional Counselors & Therapists.

### **Fees for Services:**

My fee for an individual, 90-minute therapy session is \$185 for the initial assessment and \$75 for a 60-minute therapy session. I do except the Oregon Health Plan (OHP) which pays 100% of your therapy. You can also pay out of pocket. Your first appointment will be a 90-minute initial assessment to get to know you, gather information, evaluate your issues, and provide a diagnosis and treatment plan. If you feel as though I would make a good fit for you, you will sign the necessary forms and we can begin therapy. This will also be a suitable time to answer any questions or concerns you may have for me.

### **Missed Appointments or Cancellations:**

For you to be successful in achieving your therapeutic goals, being consistent and making sure you attend your scheduled sessions is important. However, I understand that illness or emergencies may arise, and you may have to cancel your appointment. If possible, I ask that you give me at least a 24-hour notice by contacting me by phone or email.

**As a client of an Oregon Registered Associate**, you have the following rights:

- To expect that a registered associate has met the 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 registered associate.
- 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, with the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to you 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.
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

\*If you feel your rights have been violated at any time, you may contact:

Board of Licensed Professional Counselors and Therapists  
3218 Pringle Road SE, Suite #120  
Salem, OR 97302-6312  
(503) 378-5499  
Email: [lpct.board@mhra.oregon.gov](mailto:lpct.board@mhra.oregon.gov)

\*Additional information about this registered associate is available on the Board's website:  
[www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT).

Corey Jackson, Executive Director, LPC  
Direct Supervisor  
Christians as Family Advocates (CAFA)  
921 Country Club Rd, Suite 222  
Eugene, OR 97401  
(541) 686-6000  
[coreyj@cafaweb.com](mailto:coreyj@cafaweb.com)

**Emergency Crisis Contact:**

If you are experiencing a mental health crisis and you need emergency services, please contact:

- White Bird Crisis Intervention Services at 541-687-4000 (call, walk-in, or have them come to you 24 hours, 7 days a week).
- HourGlass: 71 Centennial Loop, Suite A, Eugene, OR 97401, 541-5056-8426 (call, walk-in, 24 hours, 7 days a week).

Client Signature \_\_\_\_\_

Date \_\_\_\_\_

Counselor Signature \_\_\_\_\_

Date \_\_\_\_\_