

Scott Lamb

Christians As Family Advocates
921 Country Club Rd. #222, Eugene, OR 97401
Phone: 541-686-6000 Ext. 558
Supervisor: Corey Jackson, MA, LPC-S

Professional Disclosure Statement**Philosophy and Approach**

I operate from a Person-Centered approach to therapy that is blended with solutions focused brief therapy (SFBT) and strengths-based therapy. I have experience with and incorporate the Enneagram as a way of growing in self-awareness. I believe that all that is necessary for change resides within the individual and that therapy can provide the environment where those changes can come to fruition. Most people do the best they can with the life that they have been given. However, I also believe that a person is more than what they have done, or what has happened to them. My practice emphasizes transitioning from incongruence (those places in our lives where our ideal self and actual self don't seem to line up) to congruence (where our actual self begins to line up more closely to our ideal self). By providing unconditional positive regard, accurate empathy, and authenticity the stage can be set for real and actualized change. The counseling process is meant to help you discover within yourself the keys to change.

Clinical Relationship

The nature of the therapeutic relationship is one that requires a high level of confidentiality to encourage trust and vulnerability. The content of a therapy session may be highly emotional and intimate. Both the counselor and the client understand that the relationship that is created through therapy is professional rather than personal. This means that the content and atmosphere of the counseling room will not exist in any other settings either public or private. For example, in the event that the counselor would encounter the client in a public setting (i.e. the store, a ball game, on the street etc.) I will not initiate contact with the client nor disclose the nature of the professional relationship to the client should the client decide to introduce me socially. The therapy sessions conducted by the counselor will be for the benefit of the client and focus entirely on client concerns. I make it a practice not to exchange personal information over social media and will not "friend" or "follow" clients on any social media platforms in order to maintain the professional nature of the relationship. It is also to be known that I do not accept gifts or give gifts to clients or barter for services rendered.

Formal Education and Training

I have a bachelor's degree in English Literature from the University of Oregon, a master's degree in Youth and Family Ministry from Western Seminary, and I am currently a master's student of clinical mental health counseling at Western Seminary with an expected graduation date of summer, 2025. My major completed course work includes: Suicide Intervention, Multicultural Counseling, Theory and Techniques, and Human Development. I also have 18 years of experience as a Pastoral Counselor in marriage and family counseling and spiritual direction.

As a counseling student, I abide by the American Counseling Association Code of Ethics. To obtain a copy of the Code of Ethics, you can contact the Oregon Board of Licensed Professional Counselors and Therapists or <http://www.counseling.org/resources/aca-code-of-ethics.pdf>

I expect to conclude my practicum at CAFA in December of 2023.

Supervision

As part of my practicum and internship, I am required to receive professional supervision. I receive supervision from: Corey Jackson, MA, LPC-S. My supervisor's training is: Licensed Professional Counselor. You can reach him by phone at 541-686-6000.

I am also in group supervision through CAFA and my university. Your information may be shared during these supervision meetings to support my work with you, however, your name and identifying information will not be used to safeguard your privacy. As part of the supervision process, your case may be shared and discussed to allow me to best serve as your therapist. The information shared remains confidential between myself, group members, and supervisors.

Fees

For student interns, CAFA collects fees in cash starting at \$40/session. If you have health insurance, we can match your expected co-pay.

As a client of an Oregon counseling student under supervision from a licensed counselor, you have the following rights:

- To expect that a licensee 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 licensee.
- To obtain a copy of the Code of Ethics (Oregon Administrative Rules 833-100);
- 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 discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, socioeconomic status, or political affiliation.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd. SE, #120, Salem, OR 97302-6312. Telephone: (503) 378-5499. Email:

Lpct.board@mhra.oregon.gov. Website: www.oregon.gov/OBLPCT. For additional information about this counselor or therapist, consult the Board's website.

Emergency Crisis Contact

CAFA does not provide emergency services. If you need additional services, or in the case of an emergency 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, Eugene (walk-in 24 hours, 7 days a week)

If suicidal, please dial **988** the National Suicide Crisis hotline.