



Trailhead Counseling and Wellness, LLC

Andrew Krauthoefer, LPC, NCC, LSC

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PROFESSIONAL DISCLOSURE STATEMENT

PHILOSOPHY AND APPROACH:

As we begin our journey into counseling together, I would like to share my theoretical approach. My approach is based primarily off the work of Alfred Adler and his theory of Individual Psychology. I believe that all people are a product of their history, family dynamics, and life experiences. While people are shaped by their experiences, they are not victims to them. Everyone is able to achieve meaningful and rewarding goals, have a positive sense of self, and be connected to people or the world around them. In addition, I take aspects of the humanistic or client centered approach. I believe that people are the experts on their own lives and are capable of growing, developing, and realizing their potential. I place a strong value on the therapeutic relationship between the client and counselor. The relationship is developed through collaborative goal setting, shared expectations in counseling, and in practicing empathy.

FORMAL EDUCATION AND TRAINING:

I hold a Masters of Counseling Degree from Oregon State University Cascades. My focus was on both school counseling and clinical mental health counseling. My undergraduate degree is from the University of Minnesota.

Licensed Professional Counselor (LPC): State of Oregon (#C6065)

National Certified Counselor (NCC)

Licensed School Counselor (LSC): State of Oregon (#163479)

Special Education Teaching License: State of Oregon (#163479)

CODE OF ETHICS:

As a Licensed Professional Counselor, I will abide by the Professional Code of Ethics adopted by the Oregon Board of Licensed Professional Counselors and Therapists.

<http://www.oregon.gov/OBLPCT/web-coe.shtml>

FEE SCHEDULE:

Payment can be made by cash, check, or debit or credit card to Trailhead Counseling and Wellness, LLC. Trailhead Counseling and Wellness, LLC does not currently offer billing through insurance. Payment is due at time of service.

- Individual Sessions (55 minutes): \$100
- Parent/Family Sessions (80 minutes): \$150

**In the event that a reduced fee may need to be considered, please discuss this with your counselor. If a mutual agreement can be reached, reduced fees will be considered on a case by case basis.*

CONTINUING EDUCATION REQUIREMENTS:

As a Licensed Professional Counselor in the state of Oregon, I am required to complete 40 hours of approved continuing education every two license years.

AS A CLIENT OF AN OREGON LICENSED PROFESSIONAL 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, or socioeconomic status.

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@state.or.us Website: www.oregon.gov/OBLPCT

For additional information about this licensee, consult the Board's website.