

PROFESSIONAL DISCLOSURE STATEMENT

Philosophy & Approach: I believe in assisting my clients (and families) to make positive, healthy, and useful choices for themselves; and in assisting them to discover different, more effective approaches to their lives. I do individual medication management and counseling with a primary focus on children and adolescent clients. I use a collaborative approach to teach coping skills and change techniques – working with clients, their families, therapist, and primary care providers. I utilize medication as well as many theoretical approaches including Cognitive Behavioral, Health Realization, Motivational Interviewing and Supportive therapy. As a licensee of the Oregon Board of Nursing and the Washington Board of Nursing, I abide by their Code of Ethics.

Formal Education, Training, & Continuing Education: I hold a Masters of Science degree in Nursing, focused in child and adolescent psychiatry from Oregon Health & Sciences University. I wrote my thesis project on parenting strategies. I also have a Masters in Public Health with a concentration in maternal/child health from the University of South Florida College of Public Health. I attended medical school at the University of South Florida College of Medicine for three years, completing two years of graduate medical sciences and several clinical rotations. I have two bachelors degrees, one of Arts in English from Georgetown University and the other, a bachelors of science in nursing, from Oregon Health and Sciences University. I am required to maintain my Oregon license with 100 hours of continuing education (CEU's) earned every two years. Topics of CEU study often include Psychopharmacology, Attachment, Family Issues, Motivational Interviewing, Stages of Change and Clinical Supervision.

Fee Schedule

Initial Evaluation (60 minutes)	\$260
Medication Management Follow-up (20 minutes)	\$135
Medication Management Follow-up (45 minutes)	\$185
Medication Management Follow-up (75 minutes)	\$250
Medication Check-Up (15 minute)	\$105
Individual therapy (45 minutes)	\$160
Individual therapy (75 minutes)	\$250
Telephone/E-mail Consultation	\$50 (minimum)
Written Documentation – varies dependent on request, please inquire	

Client Rights: In accordance with the Oregon Mental Health Code, all clients have the right to:

- Be treated with respect and dignity
- Receive appropriate care and treatment, employing accepted methods and approaches most appropriate for specific problems and needs
- Be informed of any alternative treatment methods available, if any are known
- Be informed of risks, if any, associated with the treatment to be undertaken
- Have an individualized service plan, reflecting problems and/or needs identified for or with the client and family
- Actively participate in the development or modification of one's own treatment program
- Refuse proposed treatment which the client does not wish to receive unless otherwise ordered by the court
- Know the name and credentials of the treatment provider
- Have access to records
- **Lodge a grievance if there is reason to believe that these rights have been violated**

You may contact the Oregon State Board of Nursing at: 17938 SW Upper Boones Ferry Road, Portland, OR 97224-7012, or at (971) 673-0685