

Professional Disclosure Statement

Vicki Zeitner, LPC
Portland, OR. 97229
(503)349-5727
vickizeitner@gmail.com

Philosophy and Approach: I believe that ethical therapy is a unique collaboration, built on compassion and trust, between a therapist and client to address areas of the client's life that are causing them distress, or aspects of their life that need professional support in order to change. My therapeutic approach emphasizes clients' strengths, values and motivations for change, and is grounded in Mindfulness-based cognitive therapy.

Formal Education and Training: I hold a Masters of Science Degree in Counseling from San Diego State University. Major coursework included: Diagnosing and Treating Mental Health Disorders; Lifespan Development; Couples Counseling; Family Therapy; Addiction and Recovery; Suicide Risk Assessment; Career Counseling; Counseling Ethics; and Cultural Diversity in Counseling. I have also completed advanced training in Trauma-informed Care, Disaster Counseling, and am a certified hypnotherapist.

As a licensee of the Oregon State Board of Licensed Professional Counselors and Therapists, I will abide by its code of ethics. To maintain my license I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I may substitute professional supervision for part of this requirement.

Fees: I charge \$60 for an initial 45-minute assessment, \$80-120 for an individual session of 60-90 minutes, and \$160-200 for a two-person session of 60-90 minutes.

As a client of a Licensed Professional Counselor in Oregon you have the following rights:

- To expect that a licensee has met the minimal 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 and law, including the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to a client or others; 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee.
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

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@oregon.gov
Website: www.oregon.gov/OBLPCT

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