

Heather A. Keizur MA, LMFT Intern
The Hope Connection
5319 SW Westgate Dr. Ste. 113
Portland, OR 97221
541-579-8889
heather@hopeconnectioncounseling.com

Philosophy and Approach: I believe in a client-centered, strengths based approach to therapy. It is the client who knows him/herself better than anybody and I believe that it is the client who holds the key to his/her own healing and understanding. I use an integrative holistic approach to therapy with the understanding that our mind, body, spirit, and soul are all connected affecting each aspect of our lives. With this in mind, I am systems-oriented, focusing on how the relationships and our present surroundings affect the way we interact with others, past, present and future. I counsel with an attachment and relational dynamics. I consider the time in which I am given a front row seat to the occurrences of your life an honor.

Training and Education: I hold an MA in Marriage, Family Therapy from George Fox University and a BS in Psychology with an emphasis on Family Studies. My education and training is based upon a strengths-based and systemic orientation, focusing on using the strengths one holds as an influence on the relationships around and within oneself.

Supervision: As a registered intern with the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. As I work toward licensure as a marriage and family therapist, I am supervised by Dr. Steven Spotts an Oregon Licensed Psychologist, License # 944.

Payment for Service: My work includes individual, couple, family and adolescent therapy as well as several groups. My fee is \$50 per 50 minute session (standard session) or \$90 per 90-minute session (double session). Double sessions may be a useful option for appointments of two or more people, or individuals who want less frequent visits.

If you miss an appointment or cancel with less than a 24 hour notice I will charge a full fee. I accept payments by check, credit, cash or Flexible Spending Account. A sliding scale may be considered.

Clients Bill of Rights: *As a client of an Oregon registered intern, you have the right to the following:*

- To expect that your intern 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 your therapist and supervisor;
- 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, #250, Salem, OR 97302. Telephone: 503-378-5499. Email: lpct.board@state.or.us. Website: www.oregon.gov/OBLPCT.

If you have any questions regarding this disclosure statement, or the counseling process please feel free to ask me questions at our current or next session.

Signatures:

I have read and understand the Practice and Procedures.

Client: _____ Date: _____

Client: _____ Date: _____

Therapist: _____ Date: _____

Heather A. Keizur, MA LMFT intern