

Ravi Almeter – Counselor Disclosure Form

This information regarding the counseling relationship has been provided for your protection and assistance in making an informed choice about treatment.

Credentials and Approach to Counseling

Ravi Almeter is a student working toward being a licensed professional counselor in the State of Oregon at Western Seminary. He obtained a B.S. from University of Texas in 2015. As a student working toward being a future licensee of the Oregon Board of Licensed Professional Counselors and Therapists, He will abide by its Code of Ethics as set forth in OAR chapter 833, division 100; the laws of the State of Oregon; and the American Counseling Association Code of Ethics.

Ravi has unofficial experience in working with individuals, and groups on a variety of issues including: culture shock, constructive and encouraging feedback, adjustment to life transitions, teamwork dynamics, living in community, leadership development, life overseas, and spiritual concerns. He believes people are influenced by their biological temperament, life experiences, past and present relationships with significant people and with God, and their core values. His approach to therapy incorporates a Christian worldview with cognitive methods (examining one's thoughts and beliefs) and an object relations theoretical orientation (exploring links between current and past relationships of significance to clients.) While Christian values are inherently a part of his perspective, out of care and respect, he will not impose his beliefs or opinions onto clients. He views counseling as a collaborative effort in helping clients to recognize strengths, identify needs, understand conflicts, discover new options, set personal growth goals, and make informed choices.

When a client talks about personal information and the counselor responds with respect and authenticity, sessions may seem emotionally intimate. To maintain a safe and beneficial environment, the counseling relationship will remain professional and limited to sessions in the office or over the phone, focusing on client concerns. For the benefit of the client, the client and counselor will not engage in physical contact, socialize, give gifts to each other, nor establish any relationship other than the professional counseling relationship. Cultural sensitivity may require some minor modification.

Confidentiality & Client Rights

Everything said in counseling, and even the fact that you are in counseling, is confidential and will not be disclosed except when, based upon information gained from the client or a third party, the therapist is required or permitted by the HIPAA Privacy Standard or Oregon state law. As a consumer of counseling or therapy services offered by an Oregon licensee, you have the following rights:

1. To expect that a licensee has met the minimal qualifications of training and experience required by state law;
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
3. To obtain a copy of the Code of Ethics;
4. To report complaints to the Board;
5. To be informed of the cost of professional services before receiving the services;
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, including an explanation of each exception to confidentiality;
7. To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

Confidentiality may be breached in the following circumstances:

- a) As a mandated reporter, reporting suspected abuse of a child, vulnerable adult, or animal;
- b) Addressing imminent danger to the well-being of client or others;
- c) Reporting information required by court order;
- d) Participation in case consultation or supervision; and
- e) Defending claims or complaints brought by the client against licensee;

Information may also be disclosed if a client signs a written authorization, including to an insurance company or other relevant agencies. Electronic transmission, caller identification--by phone, cell phone, FAX, email, digital money exchanges, or internet, increases risk for breach of confidentiality.

In keeping with generally accepted standards of practice, periodic supervision and consultation is made regarding the management of cases with other health professionals, who are bound by applicable rules of confidentiality. Ravi is supervised by Carrie Farrell, a licensed psychologist in the state of Washington, license number #MC60711851. Licensed counselors are required to participate in 40 hours of continuing education every two years, including six hours of training in professional ethics and four hours in cultural competency.

Voluntary Participation

Counseling involves personal exploration and potential life change that, whether positive or negative, may alter significant relationships and how a client views him or her self. Change can often create temporary distress. Participation in counseling is understood to be an informed choice made by the client. Since many factors influence the counseling process, specific outcomes cannot be guaranteed and clients may, or may not, maximally benefit.

Some clients need only a few sessions to achieve their goals, while others may require sessions over several months or years of counseling. The client may choose not to seek treatment at this time. Options include other therapists, books, support groups, self-help resources, medical treatment, pharmacological therapy, and other modes of treatment. A client has the right to terminate counseling at any time, however, it is understood that terminating prematurely may result in the return or worsening of symptoms.

Communication between client and counselor is considered to be part of the clinical record, which is accessible to the client upon written request to view or to obtain copies. Records are maintained for a period of seven years from date of termination. Records of minor clients will be retained for a period of seven years after their 18th birthday or seven years from the date of termination, whichever is the later.

Clients are encouraged to talk with the counselor directly if dissatisfied with services received, desirous of a second opinion or referral, or if intending to discontinue appointments. You may also contact the Oregon Board of Licensed Professional Counselors and Therapists at 3218 Pringle Road SE, #120, Salem, OR 97302-6312, Telephone: (503)378-5499, web address: <http://www.oregon.gov/OBLPCT/> or by email at lpct.board@state.or.us. You can also obtain information about your counselor and view licensee disciplinary action on the Board's website.

Emergency Services

If in need of emergency services, the client should call a crisis line at (800) 273-TALK, (800) SUICIDE, (503)988-4888, (360)696-9560, or 911 or text 741741.

ACKNOWLEDGMENT

I/We have received a copy of the *Notice of Privacy Practices*, and this disclosure statement about the counselor. I/We have read the information, were given the opportunity to ask questions, and understand the contents. I understand that Longview Counseling Center does not offer emergency services or residential treatment and there are no additional hospital or room fees.

Washington State Department of Health
Health Systems Quality Assurance
Complaint Intake
PO box 47857
Olympia, WA 89504-7857 (360-236-4700)

Date

Client/Guardian Signature