

River Bend Therapy, LLC
Michelle Hallinan, LCSW
320 SW Century Drive
Suite #405-175
Bend, OR 97702
(541) 581-0085

Philosophy and Approach:

You will be accepted and valued for who you are and where you are in your life. Together, we will work to resolve personal and relationship dilemmas. I will strive to assist you in addressing whatever obstacles may be interfering with what you want for your life.

I am passionate about devoting time and attention to understanding your unique story and the ways in which past relationships shape current ones. Through our work together, you will gain greater self-awareness and self-compassion, and an understanding of how underlying thoughts and feelings are affecting your mood, perspective and relationships.

My practical approach draws upon a blend of psychological theories and methods, including: relational, psychodynamic, cognitive and behavioral modalities, solution focused therapy and mindfulness practice. Our work together will support you in realizing your goals, building upon your unique strengths and inherent wisdom, and living a more authentic life.

Ethical Standards:

As a licensee of the Oregon Board of Licensed Social Workers, 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, and more importantly, my clients. In addition, I engage in peer consultation on a regular basis.

Fees:

My discounted, private pay fee is \$130 per 60 minutes, \$160 for a 90-minute session. If you arrive late for an appointment, the session will still end at the scheduled time. If you are more than 15 minutes late for an appointment without contacting me, it will be considered a no-show and the appointment will need to be re-scheduled. If you are running late, please call (541) 581-0085 and we can discuss how to proceed.

Cancellation within 24 hours of the appointment will result in a \$50 fee unless an alternative agreement is made. A missed appointment will incur the full fee for the session unless an alternative agreement is made.

Clients are responsible for re-scheduling appointments. More than 2 missed appointments (including no-shows) without 24 hours notice of cancellation may result in ending therapy. You may contact my voicemail at (541) 581-0085 to cancel and/or re-schedule an appointment.

Communication:

You and I may from time to time communicate by email regarding logistical or administrative issues. While I take reasonable measures to ensure confidentiality of these communications, there is an inherent risk of the privacy of communications over the Internet being compromised. Please do not email me content related to your therapy sessions, as email is not completely secure or confidential and may become part of your legal record.

Availability:

If you would like to speak with me outside of session for reasons concerning scheduling, fees, or urgent issues, please call my voicemail number, leave a message describing what is happening and request a call back, and I will return your call within 24 hours. I encourage you to contact me if you are in a serious, emotional crisis. A brief check-in of 10 minutes or less is no charge, longer phone sessions will be charged on a prorated basis. If you are having a psychological emergency, please leave a message on my voicemail and then call 911.

Termination:

Ultimately the decision to end therapy is yours, but it is something that we should discuss together before any conclusions are reached. In some instances when people feel that they want to terminate therapy, they are about to face something that is uncomfortable, yet potentially fruitful. For this reason, I request at least one session for termination under all circumstances. Termination is an important phase of counseling, and usually at least four sessions are needed to fully explore this phase.

Client Rights: As a client of an Oregon licensee, you have the following rights:

- To expect that a licensee has met the minimum 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;
- To report complaints to the Board;
- To be informed of the cost of professional service before receiving them;
- To be assured of the 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 client or others;
 3. Reporting information required in court proceedings or by the client's insurance company, or other relevant agencies;
 4. Providing information for licensee case consultation or supervision;
 - And
 5. Defending claims brought by the 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 at the following address and phone number:

State of Oregon, Board of Licensed Social Workers
Attention: Compliance Department
3218 Pringle Road SE, Suite #240
Salem, OR 97302-6310
503-378-5735

I have read the foregoing, understand the above disclosure and policies, and agree to all of the above.

Client's signature

Date

Legal guardian's signature

Date