

**Stephanie Spak, MA, LPC, CADC 1**  
**2929 SW Multnomah Blvd. #304**  
**Portland, OR 97219**  
**503-452-0240**

**Professional Disclosure Statement**

**Therapeutic Method:** I provide individual, couples, and group therapy for adults. In my treatment approach, I acknowledge that there are various degrees of readiness for change, and that each stage of change and the nature of each person's presenting problem require an individualized approach to treatment. Therapy is a collaboration between the client and therapist and together we develop a plan of treatment. I draw from a variety of theoretical perspectives, including existential-humanistic, positive psychology, and attachment theory.

As a licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its code of ethics.

**Formal Education and Training:** I hold a Master of Arts degree in Counseling Psychology with a specialization in Addiction Studies, from Lewis and Clark College. Major coursework included: diagnosis and treatment of adults; diagnosis and treatment of addictions; psychopharmacology; individual counseling; group counseling; family counseling; multicultural counseling; career counseling; lifespan development; theory and philosophy of counseling; counseling women; health psychology. I am also a graduate of the Gestalt Therapy Training Center NW, the Authentic Happiness coaching program, Level 2 EMDR and participate in ongoing case consultation and training in Existential-Humanistic psychotherapy and Emotionally-Focused Therapy or Couples.

**To maintain my license** I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession.

**Fee:** The fee for a 50-minute appointment is \$150.

**As a client of an Oregon licensee, 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;
- \*To report complaints to the Board;
- \*To be informed of the cost of professional services before receiving the services;
- \*To be assured to privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions: 1) reporting suspected child or elder abuse; 2) reporting imminent danger to client and 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 Therapist at 3218 Pringle Rd. SE, #250, Salem, OR 97302-6312 Telephone 503-378-5499**