

# Professional Disclosure Statement

Lucid Synchronicity, LLC d.b.a. Sarah A. Coombs LMHC, LPC, NCC  
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**Philosophy and approach to counseling:** My philosophy and approach to psychotherapy emphasizes the importance of recognizing and honoring the interconnectedness of the mind, body and spirit. I view my role as assisting others to identify and challenge the metaphorical roadblocks in their lives in order to forge a new path towards embracing their potential for joy and fulfillment. I work with clients to develop their strengths into powerful tools. I provide individual psychotherapy and counseling sessions to individuals aged 12 and older. I have a particular passion and expertise in grief/bereavement/loss and the young adult phase of life as well as anxiety disorders and transgender/gender dysphoria issues. I believe people can benefit from having support outside of the home, work and/or school environment in which they can safely express strong emotions and receive additional guidance. My goal is to provide a warm, safe and positive atmosphere for my clients as they journey through stressful times of transition. Areas that bring people into my practice include: relationship issues; anxiety and depression; healing from loss or trauma; building social skills and self-esteem; family and early life issues; difficulties at home or in school; parent separation and divorce and spiritual exploration.

**Formal education and training:** I hold a Master's Degree (M.A.) in Mental Health Counseling & Behavioral Medicine from Boston University. Major coursework included: Human Growth and Development, Personality and Counseling Theories, Group Dynamics, Lifestyle & Career Development, Research and Evaluation and Psychopathology. I have formal post-graduate training in Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), trauma-focused therapies, crisis intervention and diagnostic assessments.

**As a licensee of the Oregon 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 bi-annual continuing education, attending classes relevant to my profession.

**Fees:** 90-minute special assessment session: \$200; 60 minutes intake session: \$185; 55-minute psychotherapy session: \$170; fees for late cancellations/no shows and any other additional services will be discussed as needed.

**As a client of an Oregon Licensee, you have the following rights:**

- A. To expect that the licensee has met the minimal qualifications of training and experience required by state law;
- B. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
- C. To obtain a copy of the Code of Ethics;
- D. To report complaints to the Board;
- E. To be informed of the cost of professional services before receiving the services;
- F. 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 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;
- G. 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 telephone number:**

Oregon Board of Licensed Professional Counselors & Therapists  
3218 Pringle Rd SE, Ste #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 or therapist, consult the Board's website.

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Signature of Client/Legal Guardian

Date

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Signature of Therapist

Date