

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.

Signature of Client/Legal Guardian

Date

Signature of Therapist

Date