

Edgewood Mental Health and Wellness

280 Liberty St. SE Suite 206

Salem, Oregon 97301-3490

Ph: (503)308-1301 | Fax: (503)217-6526

Email: contact@edgewoodmhw.com



Ami McNab, LPC

Professional Disclosure Statement

Philosophy and Approach

My approach to counseling utilizes various methods, relying on the structure of *Cognitive Behavioral Therapy*, the skills associated with *Dialectical Behavioral Therapy*, and the core tenants of *Person-Centered Therapy*, all through a *Trauma-Informed* lens. I work collaboratively with clients to focus on any irrational thoughts that could influence maladaptive behaviors (and vice versa) while maintaining mindfulness and meeting my clients where they're at throughout the therapeutic process.

I believe there are certain schemas that clients may find themselves stuck in and need help overcoming. I also believe that all clients should be treated with positive regard and unwavering empathy; A collaborative approach is an essential piece of counseling that can help build rapport over time and encourage clients to be active participants in their treatment.

Much of my practice focuses on the unique cultural backgrounds of the individuals I meet within therapy, as social location can significantly impact the way we experience the world around us.

Education and Training

I have a Master of Arts Degree in *Professional Mental Health Counseling* from Lewis and Clark Graduate School of Education and Counseling. Major areas of coursework included *Human Development, Theories and Modalities of Counseling, Creative Interventions for Adults and Adolescents, Multi-Cultural Foundations, Diagnosis and Assessment, and research methods.*

Fee Schedule for Services

As a provider at Edgewood Mental Health and Wellness, I adhere to the practice's standardized fee schedule which includes, but is not limited to, the following fees per service:

- Psychiatric Diagnostic Evaluation (26+ minutes): \$250.00
- Individual Psychotherapy (53+ minutes): \$200.00

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- Family or Couples Therapy (26+ minutes): \$225.00
- Treatment Summary Documentation*: \$35.00-\$50.00

*service not billable to insurance

Reduced, sliding-scale, rates are available for those who qualify. Please inquire with Edgewood Mental Health and Wellness regarding any financial hardship. Fees may apply for appointments cancelled outside of practice policy requirements.

Client Rights and Responsibilities

As a client of an Oregon licensee, you have the following rights with respect to the care and services you receive:

- To expect that the 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 the licensee;
- To obtain a copy of the Board's *Code of Ethics* (Oregon Administrative Rules 833-100);
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving said services;
- To be assured of privacy and confidentiality while receiving services as defined by rules and law, including the following exceptions:
 - Reporting suspected child abuse;
 - Reporting imminent danger to client or others;
 - Reporting information required in court proceedings, or required by client's insurance company, or other relevant agencies;
 - Providing information concerning licensee case consultation or supervision;
 - Defending claims brought against licensee by client
- 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 Oregon Board of Licensed Professional Counselors and Therapists at:

Oregon Board of Licensed Professional Counselors and Therapists
3218 Pringle Rd. SE Suite 210

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