



Professional Disclosure Statement
Pillars of Hope Counseling, LLC
Angelie Karabatsos, M.A., LPC
6950 SW Hampton St. #311
Tigard, Oregon 97223
503-841-2142

Philosophy and Approach to Counseling: Life events can be both exhilarating and exasperating. Each of us experiences life events differently. How we perceive and interpret those experiences affects our self-esteem, relationships, health, and careers. My mission is to help people create the life and relationships they wish. I believe every person has the right to be heard, treated with dignity, and to, *freely*, make their own choices. I offer a collaborative and supportive alliance in which to examine on-going concerns, discuss life transitions, improve communication, and rebuild relationships. Change may occur rapidly or slowly depending upon each individuals' or couples' commitment and goals.

My primary approach is Cognitive-Behavior Therapy, which focuses on identifying inaccurate thoughts, feelings, and behaviors behind the actions we take. In our journey together, we will break concerns down into smaller parts, examine harmful attitudes, and challenge false beliefs. Through this exploration you will learn how to evaluate and correct faulty thinking, create and weigh alternative solutions, and replace negative self-images with positive images. Because each person and couple is unique, I utilize various techniques from a wide array of theories. I frequently utilize techniques from Gestalt Therapy and Family Systems Theory. Gestalt therapy holistically explores perceptions or influences stemming from environments, while Family Systems Theory examines the dynamics and interactions between family members. In my work with couples, I use many techniques from the Gottman Method to evaluate and strengthen the overall relationship. Therapy sessions are conversational, but may include role playing, journaling, psychoeducation, homework, or other therapeutic interventions as needed.

Formal Education and Training: I hold a Master of Arts in Clinical Mental Health Counseling from George Fox University. Major course work included Human Growth and Development, Personality Theory, and Couples Therapy. In addition to the program's required curriculum, I have been certified in the Prepare and Enrich Program for premarital and marriage counseling. I have completed Gottman coursework. I am a member of the American Counseling Association (ACA) and the Oregon Counseling Association (ORCA). I also hold a Master of Business Administration and a Bachelor of Science Management from Marylhurst University.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics. To maintain my license, I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession.

Fees: My fees reflect current community standards and the client's ability to pay. Current fees are posted on my website, www.pillarsofhopecounseling.com. Payment is due at the time of services unless prior arrangements are made. To protect your confidentiality, I will provide you with a Statement of Services for you to bill your insurance company directly. Cancellations must be made 24 hours in advance to avoid full charges.

Emergencies: Angelie Karabatsos is NOT available for 24 hour emergency crisis intervention. In emergencies clients need to contact Washington County Crisis Line (503) 291-9111, the National Suicide Prevention LifeLine (800) 273-8255, or 911.

Confidentiality: I will Not release any information about you to any person or agency without your written consent except as noted below. Everything said and the fact that you are in counseling is held strictly confidential and will not be disclosed unless, based upon information from the client or a third party, the counselor is required to by HIPPA standards or Oregon State law.

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

1. To expect that a licensee has met the minimal qualifications training and experience required by state law;
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
3. To obtain a copy of the Code of Ethics (Oregon Administration Rules 833-100);
4. To report complaints to the Board;
5. To be informed of the cost of professional services before receiving the services;
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, with the following exceptions:
 - a) Reporting suspected child abuse;
 - b) Reporting imminent danger to you or others;
 - c) Reporting information required in court proceedings or by your insurance company, or other relevant agencies;
 - d) Providing information concerning licensee case consultation or supervision; and
 - e) Defending claims brought by you against me;
7. To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

You may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE #120, Salem, OR 97302-6312 Telephone (503) 378-5499 Email: lpct.board@state.or.us
Website: www.oregon.gov/OBLPCT

For additional information about this counselor or therapist, consult the Board's website.

Signature of the Client

Date

Signature of the Client

Date

Signature of the Therapist

Date