

Professional Disclosure Statement
Heather Nielsen, M.A., LPC, CHWC
Transforming Diabetes

Licensed Professional Counselor, Certified Health and Wellness Coach

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Philosophy and Approach: I believe in the power of each individual to live and be well. My philosophy of healing involves mind-body-spirit, as they are all interconnected. I support people with chronic conditions, particularly diabetes, live healthy lives via a variety of counseling and coaching techniques, with a major focus on cognitive-behavioral therapy, motivational interviewing, supportive reflections, humanistic healing, and individual problem-solving. I also employ a wellness coaching approach with a strengths-based emphasis on positive psychology, goal setting, and mindfulness. I utilize mind-body somatic approaches such as TRE (tension and trauma releasing exercises), and yoga.

Formal Education and Training:

B.S. in Psychology, minor in Health – Texas A and M University, College Station, TX (1987)

M.A. in Clinical Psychology – California School of Professional Psychology, San Diego. (1991)

Additional Graduate Counseling Coursework – Lewis and Clark College, Portland, OR

Major coursework included: practice of psychotherapy, theories of personality, developmental psychology across the lifespan, and child and adolescent therapy. Ongoing professional trainings include Attachment and trauma; mindfulness; Yoga Calm; psychopharmacology. I have worked extensively with children, adolescents and adults living with diabetes. I regularly facilitate groups of patients and health care professionals on behavioral and emotional aspects of living with a chronic condition. I present to audiences on topics such as Diabetes Burnout, Transforming your Diabetes, and Positivity. I have formally studied, as well as practice regularly, Mindfulness Based Stress Reduction and other holistic mind-body techniques. Currently, in addition to my private counseling and coaching practice, I work in tandem with an MD in an Internal Medicine practice as the team's behaviorist and mental health specialist for people struggling with emotional and lifestyle issues co-morbid with their chronic illness(es). I have created and taught online courses for preventing diabetes and for mindful living with diabetes.

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:

- ❑ \$120 per counseling hour (45 minutes); \$140 per counseling hour (60 minutes)
- ❑ \$150 for initial/assessment counseling visits
- ❑ I am able to bill selected insurance companies in-network. At this time I am in-network with **Regence, Providence, United Behavioral Health, United Health Care, Lifewise, and Pacific Source**. For ease of mind, it is important to check your health plan benefits prior to your first visit. I will ask you for the verification of these benefits so we are both clear on the financial obligation.
- ❑ ***I do offer a discount if you choose not to work with insurance at all. I accept cash, check and credit cards at time of service.***

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

- To expect that a licensee has met the 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 (Oregon Administrative Rules 833-100);
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving the services;
- To be assured of privacy and confidentiality while receiving services as defined by rule or law, with the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to you or others; 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by you against me;
- 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 #250, 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.

As my Client, I expect the following:

- You will trust that I have your best interest in mind as we work together.
- We are partnering to work towards the goals and vision that you have for your life.
- You will be honest and forthright with me, and I will do the same with you.
- If there are any medical or other issues which might affect our work together, you will disclose these.
- You will provide payment at time of services, and also try to give 24 hour notice of cancellation of appointment if needed.

Signed _____ Date _____