



Stephanie N. Egbers, LPC
Holy Redeemer School Counselor
Professional Disclosure Statement

Formal Education and Training:

I hold a Masters Degree in Counseling Psychology from Pacific University located in Forest Grove, Oregon. Major coursework included: Human Growth and Development, Assessment, Professional Orientation and Ethics, Interviewing and Counseling Skills, Social and Cultural Foundations, Counseling Theory, Research Methods, Career and Lifestyle Development, Group Dynamics, and a major emphasis in Behavioral Therapy. As a licensed professional counselor with the state of Oregon, every two years I am required to take part in at least 40 hours of continuing education related to the mental health field. I also take part in regular peer consultation groups for ongoing supervision and support needs. My Oregon Board license number is C1971.

Philosophy and Approach:

As a school counselor, I work with school staff, students and their families to create relationships and environments which foster healthy growth and development for children. I see myself as a facilitator in helping students make positive lifestyle choices and develop healthy school and life routines. I aim to support school staff and family members to center student strengths and use this as a foundation to support students in actualizing their full abilities. I strive to respect the individual choices for each of my students and remain sensitive to the ways in which I differ from the students with which I work, as these differences influence my work with individuals. I employ a cognitive-behavioral focus in my work with students and school staff and draw from collaborative problem solving, strength based, and emotion focused models. At times my work focuses on school staff and caregivers about ways to structure the learning environment for students to support growth, learning, and development. Alternatively, my work may also focus on working directly with students and assisting them to develop new behaviors to better cope with daily school and life stressors. In all settings, my major focus is on developing and reinforcing skills which research has shown to foster healthy child development, self-esteem, and relationships with others; therefore, I utilize various intervention techniques such as observation, child-directed play, role playing, problem solving, and many more. I encourage open communication between myself and the students, school staff, and families with which I work and strive to fit appropriate techniques to individualized needs of students and their classroom settings. Additionally, as a licensed professional with the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT), I abide by its code of ethics.

Risks and Benefits:

Research has shown that the therapeutic methods I use are effective with some but not all individuals. I cannot guarantee positive results. External factors can interfere with progress. In addition, at times exploring challenges (even in relation to strengths) may lead students to experience distress for a time as they begin exploring and communicating complicated situations and feelings. In this sense, things at times can appear to get worse before they get better. Please feel free to come to me at any time with any questions or concerns you may have about the support and services I am providing.

Fees:

There is no fee for this service. This service is considered an additional educational intervention available to students enrolled at the school.

Appointments:

I will be able to meet with your student per their support plan on the school campus during the school day. I am not able to provide support to students outside of the typical school hours.

Limits to Confidentiality:

The information that you share with me about your life will usually be kept private. I may share information with my consultation group, but I will keep your identity private. Members of my consultation group are also held to the same standards of confidentiality. I will share information with school staff that can support educational techniques and accommodations in the classroom. According to the Oregon Revised Statute 419B.010, there are some instances related to safety in which I am legally required to contact other agencies for assistance. Such instances include:

- Knowledge that a child is a victim of physical or sexual abuse or neglect
- Knowledge that a child is under threat of harm (e.g., exposed to violence in the home)

A report is not a justified fact, but it is considered an obligatory request for further exploration into the safety of the child. Once a report is made, I may be instructed to limit any discussions of the disclosure until decisions are made about the disposition of the report. Other instances in which I am obligated to contact outside authorities include:

- Knowledge that one intends to harm self or others
- Court ordered subpoena

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

- To refuse treatment
- To choose the best provider that suits your needs
- To know your therapist's education, training, clinical orientation, and theoretical perspective
- To expect that your therapist has met the minimal qualifications of training and experience as required by state law
- To examine public records maintained by the OBLPCT and have the OBLPCT confirm credentials of a licensee
- To obtain a copy of the OBLPCT Code of Ethics
- To report complaints to the OBLPCT
- To be informed of the cost of professional services before receiving the service
- To be assured of the privacy and confidentiality while receiving services (see limits listed above)
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services
- To collaboratively take part in creating a treatment plan as well as have access to knowledge regarding suspected prognosis of treatment

In Case of Emergency:

Contact my work cell phone @ (971) 295-9980

During non office hours please call the Multnomah County Crisis Line @ (503)988-4888 or call 911

You may contact the Board of Licensed Professional Counselors and Therapists at:

3218 Pringle Road SE #250, Salem, OR 97302-6312

Telephone: (503)378-5499