

**Brian Sorrells,  
LMFT, M.Ed.**

**Professional Disclosure Statement**

**Psyche Integration Therapy**

3575 Donald Street, # 650

Eugene, OR 97405

(541) 556-7652

[www.psycheintegration.com](http://www.psycheintegration.com)

**Qualifications:** I am a Licensed Marriage and Family Therapist with a master's degree in counseling from the University of Oregon. I have over eighteen years experience counseling individuals, couples, and families. I also have nine years of experience teaching elementary and middle school age children.

I am not a medical doctor and cannot prescribe medications or perform medical procedures. Where indicated, I am happy to refer clients to appropriate medical practitioners and to work together with these practitioners.

**Philosophy and Approach:** I believe that therapy is, at heart, a learning process. It is a chance for you and your family to improve your lives through self-exploration and insight, by accessing and expressing emotions, and learning new behaviors and communication patterns. Each of us comes from a historical context which includes our family of origin, childhood events, social and economic status, gender, race, and other factors. It is helpful to explore these areas and process issues that come to light. It is equally helpful to explore our patterns of relationships, communication and behavior and our attitudes and assumptions about the present. Through exploring these and other areas positive change can occur. As a therapist, it is my goal to create situations where you can accomplish this.

We will start out by exploring the issues that brought you to therapy. I will become familiar with you as you become familiar and comfortable with me and the process of therapy. It is important for us to develop trust and honest communication. As therapy progresses I may offer suggestions, give assignments and request that significant people in your life be invited to participate. Change requires effort and at times difficult feelings will arise. I will provide support and encouragement throughout creating a safe container for you in your process of transformation. I believe that people can make meaningful changes in their lives and that therapy can help in this process.

As therapy progresses issues will clarify and goals and a treatment plan will be developed. The treatment will be complete either when the goals are met, progress is no longer occurring, or both parties are satisfied with the results achieved. This will be determined by mutual agreement between you as the client and me as the therapist.

I believe that we all define and discover ourselves through our relationships with other people, our environment, and the various parts of our personality. While I do work with individuals, I believe that it is helpful to involve members of the immediate family and other people who are in

close relationship with the client in the therapeutic process whenever possible.

**Fees and Length of Therapy:** Therapy sessions normally last for fifty minutes. They are usually held on a weekly basis, although they can be more or less frequent as needed. It is difficult to predict in advance how many sessions will be needed. As therapy progresses, I will be able to give you a better idea of the length of therapy. My standard fee is \$100 an hour. There is a discount available for clients that do not use insurance and pay at the time of therapy

Feel free to ask questions at any time about me, my qualifications, methods of working, fees, and coordination with insurance companies.

It is also import for you to know that I will not be a party to any proceedings against current or former clients. My goal is to support my clients to achieve therapy goals - not to address legal issues that require an adversarial approach. Clients entering treatment are agreeing to not involve me in legal/court proceedings or attempt to obtain records of treatment for legal/court proceedings when marital or family therapy has been unsuccessful at resolving disputes. This prevents misuse of your treatment for legal objectives.

The standards of practice for licensed therapists are regulated by Oregon statutes. These statutes include a comprehensive Code of Ethics and the requirement to complete forty hours of professionally relevant continuing education every two years.

**As a client of an Oregon Licensed Marriage and Family Therapist, you have the following rights:**

- To expect that a 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 a licensee;
- To obtain a copy of the Code of Ethics;
- 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 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;
- 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 of Licensed Professional Counselors and Therapists at**  
3218 Pringle Rd. SE #160, Salem, OR 97302-6312. Telephone (503) 378-5499