



Kate Kauffman, LPC
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PROFESSIONAL DISCLOSURE STATEMENT

Philosophy and Approach

I am a white, educated, non-binary person and have been a therapist since 2010. I strive to manage the privileges I hold in my life and minimize the impact of these privileges. I have specialized in serving transgender and gender diverse people and their families since 2014. I believe that providing access to services that meet the specific needs of this population helps improve lifelong health outcomes, increases family connection and resiliency, and increases well-being. I work from a growth and change philosophy. I believe that there is always something more we can strive for, and I dedicate myself to the hard work of growth alongside you. I am action-oriented, and believe that our body and emotions have as much power to change us as do our thoughts and speech. I believe that trauma is a unique experience that touches many people, and that trauma-informed care is EVERYONE'S care. I believe in your autonomy, your right to choose your experience, and that challenge and discomfort are to be embraced as a form of growth.

I hold a master's degree from Lewis & Clark Graduate School of Education and Counseling, and am licensed by the Oregon Board of Licensed Professional Therapists (OBLPCT). I abide by the OBLPCT code of ethics. I continue to improve my practice by engaging in continuing education, as indicated by the Board's policies. I am a current member of the World Professional Association of Transgender Health (WPATH). I have been trained in practices specific to transgender people and their families. My areas of specialization include Families in Transition family therapy; therapy for PTSD, depression, and anxiety; assessments for medical transitions; social justice models of care; group therapy and peer support models; clinical supervision for licensee interns and graduate interns; and consultation and training services. My primary areas of study are in trauma informed care, adolescent and childhood development, culturally relevant and sensitive models of treatment, and group dynamics.

Hours and Session Length

I operate Monday through Thursday, 10-5 pm. My office is located at the address listed above. Clients may call or email the information above to schedule appointments.

Individual sessions are 55 minutes in duration, usually once a week. In order for counseling to be effective, it is important that you attend all regularly scheduled appointments. If you are unable to attend a scheduled appointment please notify me 24 hours in advance if possible. Missing two consecutive appointments without notification could result in reevaluation or loss of services. You are free to terminate services at will; however, it is usually most therapeutic to schedule a closing session.

Payment

Clients are fully responsible for the payment of all fees for services at the time of service. If insurance is being billed, clients are responsible for paying their co-pay at the time of service, and knowing about their deductible. Checks, credit cards, and cash are accepted forms of payment and payable at the beginning of the session. Fees begin at \$145 for a 55 minute session, and \$200 for a standalone medical assessment, unless we have determined that you meet criteria for sliding scale.

Client Rights and Confidentiality

As a client of a licensed professional counselor you have the following rights:

- To expect that a licensee has met the minimal qualifications of training and experience required by law
- To examine 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 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 Professional Counselors and Therapists at 3218 Pringle Rd SE #250, Salem, OR, 97302. Telephone: 503-378-5499. Email lpct.board@state.or.us Website www.oregon.gov/OBLPCT