



NANI WADDOUPS, LPC
Finding Center
Therapeutic Counseling for Modern Life

819 SE Morrison Street #220 ■ Portland, OR 97214
503-784-6214 ■ nani@naniwaddoups.com

WELCOME!

This sheet contains information you need to know about being in counseling. Please hold on to your copy so that you can refer to it during our time together, as it may answer questions that come up for you. Of course, you may always call or ask questions during your appointments, as you need.

ABOUT ME

My overarching counseling philosophy is rooted in Existentialism, specifically that we all want meaning and purpose for our lives. *Existential Psychology* holds that contentment and satisfaction with our lives comes with intentionality, and we have the ability to be intentional about how we want to direct ourselves. In order to be intentional, we need to know ourselves, which is the purpose of the conscious self-study done in the therapeutic relationship. *Attachment Theory* guides my work to support understanding one's relational patterns and where they developed. *Buddhist Psychology* teaches awareness of the many conditions impacting us at any given time, and how to view their impact with compassion and kindness.

I hold a Masters Degree in Community Counseling from Lewis and Clark College. In addition, I am a Nationally Certified Counselor with the National Board for Certified Counselors. My work has included counseling at the Washington County Community Corrections treatment and counseling centers, at The Dougy Center for Grieving Children and Families, and as a group facilitator for the Vision Loss Support Group at the Devers Eye Institute. My work includes issues such as grief and loss, addiction, growth and development, self-esteem and self-image, transitions, finding meaning and right livelihood, eating issues, relationships, anxiety, depression, and environmental psychology, among others.

As a Licensed Professional Counselor of the Oregon Board of Licensed Professional Counselors and Therapists (License #C3879), I uphold the highest standards of my profession. My work is guided by the Board's Code of Ethics, and my ongoing commitment to continuing education beyond the minimum requirements by the Board. In addition, I consult with paid mentors to oversee and guide my work. This ensures that a team of very experienced professionals supports me, so that you are receiving the very best care possible.

WHAT TO EXPECT

The purpose of counseling is to help you get a clearer understanding of any issues that are troubling you and to help you resolve that discomfort. As your counselor, I will ask you questions to help me understand the details of your life and your issues, and how you are feeling about them. By understanding your experience, I can then help to support you as we work together to develop a strategy to resolve what is troubling you.

FEEES

- Initial Diagnostic Interview: \$150.
- 60-Minute Individual Session: \$120.
- 60-Minute Couples Session: \$120.
- 60-Minute Walking Session: \$120.
- Group Therapy: \$50-100 per 2-hour session

I have three sessions per week available for clients who need financial assistance. These openings are 60-Minute Individual Sessions available on a sliding scale: \$80-110.

THE BENEFITS AND RISKS OF COUNSELING

Some of the benefits of counseling are an increased understanding of yourself, new ways of looking at things, fresh ways of thinking about things, easing of your fears and anxieties, tools for better communication, and feeling more satisfied and content and clear.

Counseling offers no magic cure for what ails you, there are no guarantees of it completely removing all of your concerns, but it has a record of being helpful for a great many people.

You should know that sometimes this self-awareness has some negative consequences too. Sometimes, when you gain clarity about your feelings or your goals, you are motivated to make changes that are not always comfortable. For example, working through a problem about a close friend may bring you to decide to end that friendship – so therapy can sometimes change relationships. Also, sometimes just the process of self-exploration can be uncomfortable and even painful, as old memories resurface, or as old patterns that are familiar fall away. These are risks involved in self-study, but I believe that if we are careful, and you know that I have your best interests in mind at all times, the rewards of counseling outweigh the risks.

YOUR RIGHTS

- You can expect that, as a Licensed Professional Counselor, I have met the minimal qualifications of training and experience required by state law
- You have the right to confirm my credentials or make a complaint to the board:
Oregon Board of Licensed Professional Counselors and Therapists
3218 Pringle Rd SE #120 Salem, OR 97302 (503)378-5499
email: lpct.board@state.or.us website: www.oregon.gov/OBLPCT
- You have the right to obtain a copy of the Code of Ethics
- You have the right to be informed of the cost of services prior to receiving them.
- You can be assured of privacy and confidentiality while receiving services, with the following legal exceptions:
 - 1) I will report suspected child abuse
 - 2) I will report imminent danger to yourself or others
 - 3) I will provide information required in court proceedings or other relevant agencies
 - 4) I will share your case information for consultation or supervision
 - 5) Defending claims brought by client against licensee
- You have the right to be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

RECORDKEEPING

I will keep notes about our conversations during our counseling sessions. These notes are a tool to help me both remember the things we discuss, and to help me keep track of your progress. These notes are confidential and will be stored in a secure place. The only time these notes will be available to anyone else are below:

- If you request a copy of them for yourself. (They are available to you at any time.)
- If you are a minor and your parents or guardian(s) request them.
- If the records are legally required by the court system.
- If I am incapacitated, I have appointed Zuzana Sakova (503-333-0057) as my Custodian of Record. She has access to my office and your files so you have someone to ask about your records and/or request a referral to another therapist.

MY COMMITMENT TO YOU

As your counselor, I agree to take your care and well-being with the highest consideration and respect, and I will adhere to the highest standards of my profession. I am available to you to answer any questions about our counseling process.