

Professional Disclosure Statement

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Please read thoroughly, sign at the bottom, and send me a scanned copy via email.

- Currently I am conducting psychotherapy only via teletherapy sessions and do not have a practice office where I am seeing clients. If there is a need for mailing documents I will provide a place to do so. Additional details about teletherapy can be found below.
- ***I have a doctoral degree in clinical psychology and practice clinically as a Licensed Psychologist.*** I have been trained in individual, couples, and group therapy, and have specific training in treating mental health disorders. I am also qualified as a clinical supervisor. To maintain my license, I am required to participate in biannual continuing education, taking classes dealing with subjects relevant to my profession. As a clinical psychologist, I am able to conduct therapy, but I *cannot prescribe medication*. I will refer you to a qualified professional for a medication evaluation if I believe it would be beneficial to you.
- Every client's needs are different, so my approach is *individualized*. An evaluation is done by assessing biological, psychological, and social issues in the context of the presenting problem. Mental health and life issues are all examined, with emphasis placed on understanding holistically how various problems interact. Following the evaluation, a mutually agreed upon intervention plan is developed. This involves identifying what needs to change, the most effective strategies for doing so, and how to know if what is being done is working. A wide range of therapeutic interventions are utilized and include transpersonal and cognitive-behavioral approaches. All treatment is conducted in a supportive and safe environment that recognizes the need for absolute confidentiality. I am very open about what I do, and you are free to ask questions at any time.
- As a licensee of the Oregon (#1809), Washington (#PY 61341745) and California (#34596) Boards of Psychology, I follow the relevant state laws and will abide by the Code of Ethics of the American Psychological Association. What that means to you, a potential client, is that 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 report complaints to the Board
 - To be informed of the cost of professional services before receiving 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 or elder 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, 5) reporting the minimal information needed by a bill collection agency if clients fail to pay for psychological services rendered after being given substantial opportunities to pay or arrange for payments for bills, 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
 - To obtain a copy of the Code of Ethics.
 - In addition, clients residing in California are advised to view the Notice to Consumers at this webpage: <https://knowthyselfcollaborative.com/notice-to-consumers-residing-in-california/>
- You have the right to begin and end treatment whenever you wish. You also have the right to examine your file. I will comply with a request for files as soon as I can arrange a time to connect with a client making such a request.
- For residents of Oregon, Washington, and California I charge \$220 per 50 minutes for my services. For residents of most other states (all those that participate in PSYPACT) I charge \$250 because of additional teletherapy requirements. I do not accept insurance, and therefore urge you to check with your insurance

provider prior to our first session to see if they provide any reimbursement. Beware that if your coverage is from Medicare or Medicaid, you will not be reimbursed for my services.

- I appreciate payment at the end of each session via Zelle, Venmo or Square for processing payments. At your request, after each completed payment for a session, or at the latest at the end of the month, I will email out a receipt for the sessions we have had for you to submit to your insurance company.
- I can be reached during normal business hours (Monday – Friday, 8:30am – 5:00pm) by contacting me by email. Be aware that because of my schedule it may take a number of hours for me to reply to your message.
- If you are experiencing an emergency or crisis and need immediate attention, please call 911 or go to the nearest hospital for help.
- Engaging in psychotherapy via teletherapy has benefits and risks. The benefits for you include being able to socially distance, enhanced convenience since you can do therapy from your home (or office), and enhanced accessibility if you have physical limitations, are in quarantine, or are housebound for some reason. Risks include potential for issues with security and confidentiality since we are relying on technology, less relational connection since we are not engaging face-to-face, and technology difficulties due to connection failures. We will discuss all of these issues prior to initiating therapy, and ensure that you are comfortable with the process.
- Our initial session is one where we determine if we can work together. After conducting an assessment and getting a sense of your needs, we can discuss approximately how long we will need to continue to meet. For consults, work is usually completed in a few sessions. For treatment-specific cases, I will work with you to determine the specific goals of our work and develop a treatment plan, including frequency of sessions.
- CANCELLATIONS: If you need to cancel or change your appointment, you must do so *24 hours in advance*, otherwise you will be charged for the session. However, if you reside anywhere other than Oregon, Washington, or California, I will need at least *11 days advance notice* of your cancellation, otherwise I will need to charge you \$20 to recoup losses I have incurred to pay for the rental space I use in Vancouver, Washington to conduct our virtual sessions.
- You may contact the Oregon Board of Psychology by: phone: 503-378-4154; writing: 3218 Pringle Rd. SE, Suite 130, Salem 97302; email: psychology.board@mhra.oregon.gov; or by visiting their website: www.oregon.gov/psychology/Pages/index.aspx; the Washington State Psychology Board c/o Washington State Department of Health, phone: 360-236-4700; writing: P.O. Box 47877 | Olympia, WA 98504-7877; email: hsqa.csc@doh.wa.gov; or by visiting their website: <https://doh.wa.gov/about-us/programs-and-services/executive-office-prevention-safety-and-health/health-systems-quality-assurance/health-systems-quality-assurance-contact-us>; and the California Board of Psychology by: phone: 866-503-3221; writing: 1625 N. Market Blvd., Sacramento CA 95834; email: bopmail@dca.ca.gov; or by visiting their website: www.psychology.ca.gov

My signature on this page attests to the fact that I have read and considered the information conveyed to me by Jim Carson, PhD in this document. I understand and agree to these terms.

Signature _____ Date _____