

# **Professional Disclosure Statement**

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503-890-3138

## **Philosophy and Approach to Counseling:**

As a holistic therapist, I see emotional and physical comfort and disease as interlinked. I see myself as an ally to people who are suffering through depression, anxiety, mood disorders insomnia, PTSD, panic attacks, OCD, fibromyalgia, chronic fatigue syndrome, autoimmune related illness and addiction issues. Often when we become stuck, or are feeling grief and sadness in our lives, our emotional pain translates into physical discomfort and sometimes illness. It is at these key times that we may need greater help to uncovering the root of our suffering.

When mental or physical illness comes to us, it can feel like it is taking the joy and pleasure out of our lives. It can be very difficult to stay positive when our bodies are in pain and suffering. My approach is to help clients develop mindfulness as a way of listening to our body and what it is telling us, as well as gently encouraging the best strategies, nutrition, herbal supplements and nourishment to help clients to strengthen and heal.

## **Formal Education and Training:**

I hold a Bachelor of Science Degree in Health Sciences and a Masters Degree in Counseling. I am a Licensed Professional Counselor (LPC) with the state of Oregon. I am also a National Certified Counselor (NCC). I am also a Health Coach through the Institute of Integral Nutrition. I have written a book and numerous articles about health and herbalism for various almanacs and publications. I have worked for the last 7 years at Adventist hospital as a Mental Health Therapist working specifically with acutely mentally ill patients.

**Billing and Fees:** I charge 75 dollars an hour for individual sessions. I am willing to charge a lower rate depending on income and ability to pay. I am happy to offer a free initial consult over the phone.

**Continuing Education:** As a mental health professional, I am committed to obtaining ongoing education in the field of mental health and addictions. As a Licensed Professional Counselor, I am required to obtain 40 hours of continuing education every 2 years to maintain my license.

## **Client Rights:**

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 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:
  - ! Reporting suspected child abuse;
  - ! Reporting imminent danger to the client or others;
  - ! Reporting information required in court proceedings or by client's insurance company, or other relevant agencies;
  - ! Providing information concerning licensee case consultation or supervision; and
  - ! 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 #250,

Salem, OR 97302-6312

Telephone: (503) 378-5499

Email: [lpc.lmft@state.or.us](mailto:lpc.lmft@state.or.us)

I look forward to working with you.

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Client's signature Date

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Counselor's signature Date