

## **Professional Disclosure Statement**

### **Quinn McIntire, Professional Counselor Associate**

Supervised by Rainer Quinn Catkin Rivenburgh, MAAT, ATR-BC, ATCS, LAT, LPC, SEP  
Tidepool Counseling PDX  
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#### **Philosophy and Approach:**

I believe that all humans are striving for wholeness and are capable of great change. We are all doing our best with what we have to adapt to our circumstances, and sometimes those adaptations cease to serve us as well as they could. Through increased, self-compassionate awareness of these patterns comes increased choice, and choicefulness opens up the possibility for change. A variety of theoretical frameworks inform my practice, with an emphasis on Gestalt therapy, existential approaches, and child-centered play therapy.

I work with children, adolescents, and adults, both individually and as families to identify those adaptations that aren't working well in their lives, curiously examine the needs underlying these patterns, and explore alternate ways of navigating life's challenges that are authentic and in alignment with their values. My priority is collaborating with my clients to find the approach that fits each of them, acknowledging and honoring their unique life path, cultural experiences, and social contexts. Discussion of oppression and marginalization are welcomed and encouraged, including the ways our shared or differing identities may affect our therapeutic relationship.

#### **Formal Education and Training:**

I hold a Master of Science in Relationship and Family Counseling from Portland State University. Major coursework included the family life cycle, human development, counseling children and youth, human sexuality, grief and loss, family therapy, and multicultural counseling. I am a member of an ongoing Gestalt training group to continue to develop my skills and increase my own self-awareness in my role as a counselor. As a Professional Counseling Associate with OBLPCT, I practice under the supervision of Rainer Quinn Catkin Rivenburgh, MAAT, ATR-BC, ATCS, LAT, LPC, SEP. This entails regular meetings with Rainer to discuss cases and ethical issues, deepen my practice, and develop my skills as counselor.

I also hold a Bachelor of Arts degree in Gender Studies from Willamette University, where my work focused most heavily on LGBTQ issues, history, and advocacy.

#### **Fees:**

Tidepool Counseling accepts CareOregon OHP or out-of-pocket payments. Out of pocket fees are as follows: 1) \$185 per 50 minute individual session and 2) \$205 per 50 minute family/relationship session. I also offer sliding scale rates for those paying out-of-pocket on a case-by-case and needs basis.

#### **Cancellation/No-Show Policy:**

If you need to cancel a session, I ask that you give me at least 24 hours notice, and preferably more if you know farther in advance. I will adhere to this expectation as well. Cancellations less than 24 hours before your session will be considered late cancellations. Late cancellations and no-shows (missing session without notice) are subject to a fee of half the cost of your session for out of pocket clients. I am unable to bill OHP for sessions not attended. Additionally, regardless of payment method, 3 no-shows or late cancellations within the period of a year may result in termination of services. I will not spring this policy on you by surprise; we'll talk about what's making it difficult to get to sessions and I will work with you to try and find solutions first. I am aware that emergencies and illnesses happen and sometimes it is not possible to give advance notice, and there is room for occasional grace given under these

circumstances. What I ask is that you do your best to communicate with me throughout our work together and I will do the same. For all cancellations we can discuss rescheduling your session, though this may not always be possible, especially with short notice.

The reasons for these policies are twofold: 1) Transparently, my financial stability is reliant upon clients attending their sessions as scheduled the majority of the time. This impacts my own wellbeing as well as my ability to show up for you/your child steadily and without distraction. 2) Therapy is a commitment that works best with consistency. Frequent disruptions can impact the effectiveness of our time together and your therapeutic outcomes. If you are having difficulty regularly attending sessions, it may be time to step back and evaluate if you are in a place to make this commitment at this point in time.

### **Confidentiality:**

Everything you share within the counseling room will be confidential with a few exceptions which include:

- As a Registered Associate, I am required to discuss relevant concerns that arise during our sessions with my supervisor in order to provide you/your child quality care.
- You direct me, in writing, to tell someone else about your care.
- You are determined to be a danger to yourself or others.
- There is reasonable cause to suspect abuse of a child, which I am legally obligated to report.
- There is reasonable cause to suspect abuse of an at-risk adult or an at-risk elder, which I am legally obligated to report.
- I am ordered by a court to disclose information.

In addition to these core confidentiality concerns, there is a possibility we may encounter each other outside of the therapy room. If that should happen, I will never approach you first and always maintain confidentiality. That said, you are always welcome to approach me and say hello. I will likely keep the encounter brief in order to maintain your privacy. I will never disclose the nature of our relationship to anyone unless you give me explicit permission in writing to do so. We can discuss the impact and any needs you may have around this at our next session.

Finally, I will never request or accept an invitation to connect on any form of social media. This is in the interest of maintaining clear professional boundaries and protecting your privacy.

### **Confidentiality and Treatment of Older Children and Teens:**

Oregon law allows clients 14 years and older to consent to their own mental health treatment, but parents must be involved before treatment ends, except in rare cases. If a minor self-consents, their medical records remain confidential unless disclosure is clinically appropriate, or unless the minor needs detoxification from a substance, is at serious risk, or requires inpatient admission due to a deteriorated condition or imminent risk of suicide.

### **Emergencies:**

If there is an emergency during sessions or if I become concerned about your personal safety, the possibility of you injuring someone else, or about your needing care that is outside of my scope, I will do whatever possible, within the limits of the law, to prevent you from injuring yourself or others and to ensure that you receive proper medical care. I may also contact the person whose name you have listed as your emergency contact.

There may be times when I am not able to check my phone or respond to messages such as when I am out of cell service, if it is after hours/the weekend, or I am on vacation. In such cases, I will respond to your messages as soon as possible within the next business day I am working. Please do not use email or text to share private health or treatment information, as I cannot guarantee the confidentiality of these methods.

I do not provide emergency services outside of session. If you are experiencing a mental health emergency, please dial 9-8-8 or go to the nearest emergency room. For non-life-threatening mental health crises, you can contact one of the crisis lines listed below:

- Multnomah County Crisis Line (503-988-4888) Available 24/7
- Clackamas County Crisis Line (503-655-8585) Available 24/7
- Washington County Crisis Line (503-291-9111) Available 24/7
- Oregon Warmline (1-800-698-2392) 24/7 Peer Support
- National Suicide Prevention Lifeline (988) Available 24/7
- Trans Lifeline (877-565-8860) 7 days a week, 8am to 2am PST: A hotline staffed by transgender people for transgender people
- Trevor Lifeline (1-866-488-7386) Available 24/7: An LGBTQ+ crisis intervention and suicide prevention phone service

Text Options:

- YouthLine (Text "TEEN" to 839863) 6:00pm-9:00pm PST
- TrevorText (Text "START" to 678678) Available 24/7: An LGBTQ+ crisis intervention and suicide prevention text line, chat also available online at [www.thetrevorproject.org/get-help/](http://www.thetrevorproject.org/get-help/)

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As a Registered Associate of the state of Oregon, I abide by the Code of Ethics. To maintain my registration, I am supervised by Rainer Quinn Catkin Rivenburgh, MAAT, ATR-BC, ATCS, LAT, LPC, SEP.

**As a client of an Oregon Registered Associate, you have the following rights:**

- To expect that a registered associate has met the minimum 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 registered associate;
  - 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 or law.
- Exceptions:** 1) Reporting suspected child abuse; 2) Reporting imminent danger to you or others; 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by you against me;
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

For more information about this Registered Associate visit the Board's website at:

[www.oregon.gov/obl/pct](http://www.oregon.gov/obl/pct)

Board of Licensed Professional Counselors and Therapists

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