

ASPIRE TOTAL LIFE COUNSELING (TLC)
**PRIVACY & CONFIDENTIALITY POLICIES
AND REPORTING RESPONSIBILITIES**

(Sign one copy for TLC, keep one for your records)

EXPLANATION OF SERVICES

ASPIRE Total Life Counseling is a private counseling center dedicated to promoting healthy self-esteem, emotional & spiritual wellness, and a philosophic attitude of joy, love, and peace in its clients and its community. The underlying philosophy of ASPIRE, and the basis for the services offered at TLC is our understanding that the source of most of humankind's emotional suffering lies in our underlying beliefs and attitudes about ourselves and others, and in our skewed perspective on the inherent imperfections manifest in ourselves and in the world around us. TLC offers a variety of services to help those who find themselves dissatisfied with the quality of their experience of life, and who struggle with emotional suffering.

MISSION STATEMENT: ASPIRE Total Life Counseling's mission and calling is to provide heart-centered guidance, wisdom, and tools to help its clients help themselves to change their attitudes, habits, and negative assumptions about themselves and others – to create for themselves a life filled with Joy, Unconditional Love, and Peace (JULP!).

The services at TLC are NOT conducted by a "Licensed Professional Counselor", "Therapist", "Psychologist", or "Psychiatrist" as defined by Oregon State Law and governed by the respective State Boards. TLC cannot, therefore, engage in the diagnosis or treatment of specific psychological or medical conditions. Counseling and instruction services at TLC are conducted by Gregory Fodrea, M.Div., Ph.D., an independent pastoral counselor practicing under the definitions and provisions of Oregon law for ministerial counseling (ORS § 675.090 (f)) and under the State's Educational Exemption (ORS § 675.825 (4)(a)). Dr. Fodrea's training, certifications, ordination, and educational background qualify him as an individual counselor and marriage & family therapist, defined by the State as an "alternative counselor and therapist." As such, he is exempt from licensing by, and is not under the oversight or authority of, the Oregon Board of Licensed Professional Counselors & Therapists. Dr. Fodrea cannot diagnose, assess, or specifically treat any psychological or medical condition, and will refer clients to a licensed professional for such services.

What TLC *does* provide is general counseling, or "talk-therapy," for those who are unsatisfied with the emotional quality of life they are currently experiencing. TLC offers advice and guidance on philosophic principles and practices to help people take control of their attitudes and underlying self-beliefs, and to gradually replace any negative perspectives with self-esteem and a healthy, balanced outlook on life. TLC's clients take responsibility for their own emotional and philosophic well-being, inviting TLC to become their coach and partner as they make the necessary changes in the patterns of thought, emotion, and underlying self-image that may be holding them back from experiencing a life of joy, love, and peace.

PRIVACY & CONFIDENTIALITY

You have a right to a reasonable expectation of privacy and confidentiality relating to all of your communications with TLC. It is ASPIRE Total Life Counseling's policy never to disclose or discuss any aspect of your counseling with anyone for any reason without your express written permission. From a legal standpoint, the content of your sessions with Gregory Fodrea, M.Div., Ph.D. are protected under Oregon's Member of Clergy-Penitent Privilege (ORS § 40.260 (Rule 506)). TLC cannot be examined or compelled to give testimony regarding any confidential communications between you and Dr. Fodrea without your express written consent. Likewise, by engaging TLC's services, you agree not to call upon TLC or Dr. Fodrea to provide records or testify in any future court matters including, but not limited to, divorce, custody, or civil actions. If you are under the care of a physician or licensed mental health practitioner, and both you and the aforementioned professional feel that the records of your sessions with TLC may be of benefit in the course of your treatment, TLC will release said records only if provided with the appropriate release form signed by you. You, however, are free to discuss any aspect of your sessions with TLC with anyone at any time and for any reason you deem fit.

Exceptions to TLC's privacy policies are covered in the Reporting Responsibilities section of this document.

INDIVIDUAL COUNSELING: TLC's role is to support you in your own emotional wellness efforts, and to create a safe, nurturing environment in which you may feel comfortable discussing whatever issues you feel may aid TLC in that role. You have the right to share any thoughts or feelings you feel you need to, and to do so secure in the knowledge that such information will not be discussed outside of your sessions at TLC. You have the right to self-direct your work with TLC, to seek advice on any and all aspects of your emotional well-being, to do what you will with that advice, and to discontinue your sessions with TLC at any time or for any reason.

FAMILY / COUPLES / MARRIAGE COUNSELING: TLC provides a neutral and safe environment for families and relationship partners to work, together and individually, on the emotional and behavioral issues affecting those relationships and the emotional well-being of all involved. By engaging TLC's services, all parties agree that TLC cannot be called upon to disclose any information shared by any party in the course of these sessions in any judicial proceeding, be it civil, criminal, or circuit. From time to time, Dr. Fodrea may work with individual member(s) of the relationship or family, and those sessions will generally be confidential from other members unless there is a real and present danger of harm that would result from non-disclosure. In these cases, TLC will usually notify the client of an intent to disclose such information, and will, whenever possible, do so in the context of a counseling session with both/all affected parties. The goal of relationship counseling is to foster and/or restore harmony and promote reconciliation. In the event that such an outcome is deemed by the client(s) to be impossible, TLC will assist in the facilitation of an amicable separation.

Continued...

Initials: _____

PRIVACY & CONFIDENTIALITY (CONTINUED)

COUSELING OF MINORS: When guardian(s) / parent(s) consent to having minor children seen by TLC, there are certain aspects of confidentiality that work differently than when the client is an adult. As the goal of counseling is to help the child gain a healthy perspective on emotional and philosophic issues, it is important that the child feel comfortable opening up about anything that may be affecting that perspective. Therefore, as a general rule, TLC will keep the contents of sessions confidential, even from guardian(s) / parent(s), unless the minor consents to the sharing of specific information. Although parents have the right to know what is going on with their child, by engaging TLC's services, the guardian(s) / parent(s) agree to refrain from requesting confidential records on the understanding that they will be provided with regular updates concerning the minor's general progress and/or asked to participate in the minor's sessions when indicated. There are certain circumstances under which such confidentiality cannot be maintained: if the minor expresses a desire or plan to harm themselves or someone else and Dr. Fodrea feels that the threat is genuine; if a court of law requests or requires records of sessions pertaining to any allegation of abuse or crime involving the minor; or if the minor reports, or any communication indicates, that he or she is being abused physically, sexually, or emotionally, or has been abused in the past. In these cases, Dr. Fodrea will abide by ORS § 419B.005 (5)(h) which defines Gregory Fodrea, M.Div., Ph.D.'s role as that of a mandatory reporter and requires that the appropriate authorities be notified (ORS § 419B.010). Furthermore, whenever so doing will not further endanger the safety of the child, the guardian(s) / parent(s) will also be notified of TLC's intent to report and of the details of the incident(s).

CONSUMER PROTECTION

Due to the sensitive nature of the types of services they provide, certain professions are accountable to authorities and regulatory bodies beyond just the general restrictions of local, state, and federal law. Medical doctors, for example, are accountable to their states' respective medical boards to practice ethically. Those boards investigate patient grievances, and they have the authority to reprimand, censure, or even revoke the license of the doctors who practice unethically or abusively. Similarly, lawyers are accountable to their states' bar associations, and, here in Oregon, licensed mental health professionals are accountable to the Oregon Board of Licensed Professional Counselors & Therapists. TLC's services do NOT fall under the oversight or authority of said board as explained previously.

Gregory Fodrea, M.Div., Ph.D. is an accredited member of the American Alternative Medical Association (AAMA) and the American Association of Drugless Practitioners (AADP), and is bound and accountable to those organizations and their respective standards of ethics in his counseling work. Dr. Fodrea is also an ordained member of the clergy in the Wisdom of the Heart Church, a non-denominational spiritual assembly registered and recognized as a Federal 501(c)3 and incorporated in California. Dr. Fodrea practices counseling upon the authority of his ministerial ordination, and he is subject to the authority and oversight of his church, up to and including the Church's authority to correct, reprimand, and/or revoke the ordination of Dr. Fodrea were he to violate the ethics or doctrinal principles upon which his ordination is founded. You have the right to the contact information of any or all of these organizations, and the right to file grievances with them if you have concerns about the ethics, safety, or legality of any of TLC's services or practices that you have been unable to resolve with TLC directly. Of course, you always enjoy the protection of local, state, and federal laws protecting you from any illegal activity, abuse, or fraud, and in the extremely unlikely event any of these should arise, you should report to the proper authorities.

You are entitled to know and understand your rights and responsibilities when it comes to your care, and to self-direct your sessions with TLC accordingly. You have the right to request and examine Gregory Fodrea, M.Div., Ph.D.'s credentials, educational qualifications, certifications, and ministerial ordination records, and to understand what TLC can and cannot do for you legally and ethically. You have the right to be referred to a qualified, licensed medical or mental health professional if you feel that you are in need of diagnosis and/or treatment for a specific medical or psychological condition. TLC will provide such referrals and recommendations, and will suggest such a referral if Dr. Fodrea feels that your needs extend beyond the legal and ethical practice of his counseling. TLC is committed to the safe, nurturing, and ethical delivery of its services to all of its clients.

REPORTING RESPONSIBILITIES

There are some circumstances under which TLC shall disclose confidential information gained in the course of counseling. If a client: discloses an intent to commit a crime or a harmful act; makes a credible threat of harm to themselves or someone else; or if any communication indicates that a minor has been the victim of a crime, abuse, or neglect, TLC is ethically and, in some cases, legally bound to disclose such information to the appropriate authorities. TLC cannot be held liable for damages incurred as a result of such disclosures. In signing this form you acknowledge that you understand the necessity of such disclosures in the interest of public safety and your own well-being, and shall not attempt to pursue legal action in the event such a disclosure is made by Gregory Fodrea, M.Div., Ph.D.

ACKNOWLEDGEMENT

I have read and understood the information contained in this document, and do fully understand my rights and responsibilities. I understand the scope and limitations of the services TLC may legally and ethically offer me. I acknowledge that I do engage TLC's services of my own free and informed choice, and that I am satisfied with the educational and ecclesiastical qualifications, as well as the authority of ordination, of Gregory Fodrea, M.Div., Ph.D. as sufficient for him to serve in his role as my counselor.

Client signature

Date

Print Name