

Abe Reichlin, LCSW

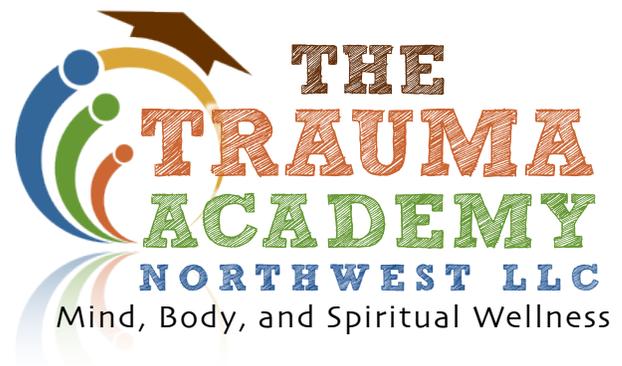
2425 13th St. SE Building B

Salem, Oregon 97302

Cell: 971-301-2061

After-hours crisis: 503-585-4949

(Psychiatric Crisis Center)



Philosophy and Approach: I hope therapy can assist individuals and families relieve daily frustrations while building skills for the future. I use multiple approaches to help individuals feel supported including a strengths-based perspective. I hope to help you find activities and personality qualities that make you feel successful. These strengths are continually addressed throughout treatment to increase your self-esteem/self-confidence and be a foundation, on which to build additional achievements. Another perspective I use is a client-centered approach, in which everyone is fundamentally good and has increased chances of being successful given a compassionate environment and relationships. I believe you are the expert in your own life and understand what you are experiencing best and what you need the most. I want to help address those needs in a professional and therapeutic manner. Therapy to me is a dual teaching and learning experience for both the therapist and client, and I look forward to learning from you as well as share my insights. I use multiple therapeutic techniques that incorporate cognitive behavioral, humanistic and family systems techniques with special training in trauma and its impact on the body. My goal is to provide personalized individual, group, and family therapy (when applicable) to help clients gain more control over their lives by achieving positive growth and change.

Formal Education and Training: I earned my Master's Degree in Social Work and a post-graduate degree in the Relational and Multi-Contextual Treatment of Trauma from Simmons College in Boston, Massachusetts. My major coursework included counseling theories and techniques, ethics, diversity, psychological assessment and diagnosis, and trauma. Previously, I have worked with children, adolescents, adults, and families doing outpatient and family treatment, respite care, crisis management, Day Treatment and groups for children and adolescents. I have been trained in Level I Sensorimotor Psychotherapy offered by the Sensorimotor Psychotherapy Institute. This is a technique that addresses traumatic responses that are “stuck” in the body. Most recently, I was also trained in Eye Movement Desensitization and Reprocessing (EMDR) treatment, another trauma-informed treatment modality using sensations to desensitize the effect of traumatic events on our “in the moment” experience. As we work together, I will describe these modalities in more detail and we will decide if either or both are appropriate for you to try in your recovery from trauma. I also hold a Bachelor’s Degree in German Language from Linfield College in McMinnville, Oregon.

Client’s Rights and Responsibilities: You have the right to refuse any treatment suggestions or techniques that you think may be harmful or unhelpful. You have the right to receive services that respect your privacy and dignity, as well as cultural and ethnic identity, religion, disability, age, marital status, gender, gender identity, gender expression, and sexual orientation. You have the right to participate in developing a treatment plan to meet your needs. You have the right to examine your records and have them explained to you. If at any time you are dissatisfied with the treatment services you are receiving, please let me know. I will do everything that is clinically responsible to improve it. If it is not resolved, it is my obligation and genuine wish to find you a different therapist. You have the right to stop treatment at any time or to request a different therapist.

What to Expect: The role of therapy is to help you work through difficulties in life that are preventing you from reaching success in important areas of your life. When we meet, we will be discussing these difficulties. It is important that we build a solid therapeutic relationship and that you feel comfortable with me during our sessions.

There are several potential benefits to therapy: Feeling better, fewer problems in school/work or at home, develop new skills, and/or improve relationships.

There are also some potential risks to therapy: It can be a very emotional process, and there may be times when you feel upset or uncomfortable. Therapy is a process that takes time and some people may not feel that it helped. If you ever feel that therapy and your treatment at The Trauma Academy Northwest, LLC is not done in a professional manner, you are invited to file a grievance.

As a clinical social worker, I will abide by the Code of Ethics of the Board of Licensed Social Workers. I would be happy to speak with you about any concerns or questions you may have; however you may also contact the Oregon Board of Licensed Social Workers with questions or concerns, in particular about how I operate my business.

Records and Confidentiality: All communications become part of the treatment record. It is my obligation to keep records private and secure for seven years after treatment ends, regardless of your age.

I regard the information you share with me with the greatest respect. In general, I will tell **no one** outside The Trauma Academy Northwest, LLC what you tell me unless I have your written permission to do so. The privacy and confidentiality of our conversations, and my records, is a privilege of yours and is legally protected by federal and state law, and by my profession's ethical principles.

There are circumstances in which I may discuss some aspects of your case with another colleague. I occasionally consult on cases with colleagues or specialists (who are also ethically required to maintain your confidentiality), so some aspects of your case might be shared. Your identity, however, will not be shared. There are other situations in which I must, by law, tell others parts of what you tell me, which include:
When I believe you intend to harm yourself;
When I believe you intend to harm another person;
When I believe a child (or elder) has been, or will be, abused or neglected; and
When reporting information required in court proceedings or by client's insurance company, or other relevant agencies.

If you have concerns about confidentiality, please notify me so that we may resolve them and proceed with our work together.

Postponement and Termination: I reserve the right to postpone or end treatment with those who come to their session under the influence of alcohol or drugs.

Fees: My fees for out-of-pocket charges are based on ability to pay. We can discuss what I seek and what you can pay during your first session.

I do take insurance (as an out-of-network provider) for intake and on-going sessions with **Moda Health, Providence, Cigna, and Oregon Health Plan WVCH (Willamette Valley Community Health)**. I am an in-network provider for Oregon Health Plan Open Card. Many out-of-network insurance benefits require you to

meet a deductible before it starts paying a percentage of session amount. The deductible amount and percentage covered thereafter is completely dependent upon the plan you have with your insurance provider.

As a client of a Masters of Social Work you have the following rights:

- To expect that a social worker 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 Registered Intern
- 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:
 - 1) Reporting suspected child abuse
 - 2) Reporting imminent danger to client or others
 - 3) Reporting information required in court proceedings or by a client's insurance company, or other relevant agencies
 - 4) Providing information concerning social worker case consultation or supervision
 - 5) Defending claims brought by client against Registered Intern
- 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 Oregon Board of Licensed Social Workers for any reason **at 3218 Pringle Rd SE #240, Salem, OR 97302-6310. Telephone: (503) 378-5735. My license number is: L5774.**

Email: oregon.BLSW@state.or.us Website: <http://www.oregon.gov/blsw>

I am very excited to begin working with you.

Sincerely

Abe Reichlin, LCSW

By signing below, I acknowledge that I understand the content within, discussed it with Abe Reichlin, and agree to participate under the conditions provided in this Professional Disclosure Statement.

Client Name	Signature	Date
Parent/Guardian Name (if applicable)	Signature	Date