

Jeremy Manalis, MA, LMT
Manalis Mind-Body Therapies, LLC
 15 SE 16th Ave
 Portland OR 97214
 503.349.2281
 jeremy@jeremymanalis.com

Professional Disclosure Form

Philosophy and Approach:

I believe that you have the ability to find and know your own truth. Knowing your truth allows you to live the life that you truly would like to live. I see my role as a counselor as helping you in that discovery process. In counseling individuals, my help is best received and utilized through forming a safe therapeutic relationship with you. A safe therapeutic relationship is one where you feel honored and supported for who you are and where you are in your life; it is one where you are comfortable enough to feel and express your genuine feelings and thoughts. This kind of relationship lays the foundation for deeper therapeutic and transformational work. Whether you decide to work with me long term or short term, a comfortable therapeutic relationship is essential.

One of my central theories that I rely on in my work with individuals and couples is attachment theory. Attachment theory says that formative attachment figures in our early life will have huge effects on our present-life relationships. What this means for counseling is that you have the capacity to heal past attachment wounds through your current life relationships, which includes your therapeutic relationship with your counselor. That is another reason why that therapeutic relationship is so vitally important.

In terms of couples counseling, many of the issues couples often face are tied to old attachment wounds. Often each partner is unconsciously working through those old injuries with their current partner. On the surface, this may look like anger/rage and shame/criticism. However, on a deeper level there may be hurt, fear/anxiety, loss, or sadness. When couples are able to honestly witness those deeper emotions in the other, then those more surface symptoms often cease. In working with couples, I also try to teach them skills that they can practice on their own.

The main tool that I employ much of the time in my approach as a counselor is developing your ability to be mindful. Mindfulness is your capacity to be aware of yourself without judgment and with curiosity. You can be mindful of many different aspects of yourself: from the kinds of thoughts you may be having to the felt sense of a particular emotion you may be experiencing in your body. Mindfulness provides you with a way to finding and owning the truth of your own life. In addition, there is much research coming out lately demonstrating a strong connection between the use of mindfulness and attachment theory. I use mindfulness with both individual and couples.

Formal Education and Training:

- Masters degree in Counseling Psychology from Lewis & Clark College. My coursework was in the theory and practice of counseling for individuals, couples, and groups. The content of my coursework focused on developmental psychology, attachment theory, ethics, diagnosis and treatment planning in mental health from a variety of theoretical orientations, and expressive arts therapy.
- Bachelors of Arts in Philosophy and Religion from UC Santa Barbara.
- Graduate of The Hakomi Institute. Hakomi is a mindfulness-based approach to counseling.
- Licensed Massage Therapist in the state of Oregon (OR lic 10179).
- Certified practitioner of Craniosacral Therapy through the Milne Institute.
- Graduated from East/West College of the Healing Arts.

Sessions Fee & Length

- Individual Counseling sessions are 60-minutes with a fee of \$75.
- Couples Counseling sessions are 90-minutes with a fee of \$100.
- There are limited sliding scale slots available each week for those with significant financial need.
- Cash and checks are the preferred form of payment. Credit card is also accepted as a form of payment.
Please let Jeremy know ahead of time if you'd like to pay with visa.
- All fees are due at the time of service.

Phone Calls & Emails

- There is no charge for brief phone calls, messages left on voice mail, and/or electronic communications. Calls or emails lasting longer than 10 minutes will be charged to me on a pro-rated basis. Charges for reports will be pro-rated based on the \$75 per hour rate.

Referrals

- I welcome referrals, which signify your satisfaction and trust in my services.

Termination of Counseling

- If you feel that you are approaching readiness to leave counseling, please speak with me regarding this. Likewise, if I feel that you are approaching readiness to leave counseling, I will certainly discuss this with you as well. Additionally, we will review your progress and status on an on-going basis.
- You may seek a second opinion from another therapist or may terminate counseling at any time. If you do decide to terminate counseling, you agree to inform me as far in advance as possible, or if this is not possible, at the beginning of the last session at which we are to meet. In a therapeutic relationship of any length, termination and closure are very important processes and most people find their experience to be incomplete if there has not been an adequate opportunity to discuss the reasons for ending.

Appointment and Cancellation Policy

- If you are late for an appointment it may not be possible to change the ending time of the session, but you will still be responsible for payment in full of the scheduled session. Furthermore, you agree to give notice of change or cancellation at least 24 hours in advance of my scheduled appointment. **Please note:** *If you do not give such notice, you assume responsibility for payment in full of the scheduled session.* Exceptions may be made at my discretion in the case of unforeseen illness or emergency.

As a Registered Intern of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. I am under the ongoing supervision of Steve Berman, LCSW, which I will be happy to explain.

As a client of an Oregon Registered Intern you have the following right:

- To expect that a Registered Intern has met the minimal qualifications of training and experience required by the 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: 1) Reporting suspected child 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; and 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 lawful category while receiving services.

You may contact the Oregon Board:

Board of Licensed Professional Counselors and Therapists
3218 Pringle Rd SE #250, Salem, OR 97302-6312
Telephone: (503) 378-5499
Email: lpc.lmft@state.or.us
Website: www.oregon.gov/OBLPCT