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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 affects 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 the development of 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.

Other modalities that I integrate into my counseling approach is body-centered therapy (Hakomi), Psychodynamic, expressive art therapy, existential, and Gestalt.

What to Expect

- Counseling can at times be a difficult and painful process because it causes us to explore, examine, and feel parts of ourselves that have been hidden. A helpful guideline to use is that counseling should feel safe and yet, at times, uncomfortable. Your physical and emotional safety is of great importance to me. If you're not feeling physically or emotional safe in any way, please let me know immediately.
- Sometimes counseling can cause you to feel worse before you feel better. This is usually because your awareness is growing, which is instrumental for therapy to deepen and for change to occur.
- Given that counseling can be a challenging process, expect that sometimes you might notice that it's difficult to come to your session. This is called resistance and it is a normal and important part of the counseling process. If you're noticing this, feel free to bring it up in our sessions so we can discuss it.

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 \$80 or 90-minutes with a fee of \$105
- Couples Counseling sessions are 60-minutes with a fee of \$85 or 90-minutes with a fee of \$115.
- Checks and cash are accepted; credit cards are accepted with an additional fee of \$3
- All fees are due at the time of service.

Length Between Sessions

- The ideal length between sessions is 1 week. This is especially true in the beginning as we build momentum and trust through our therapeutic relationship. Every week is also helpful in integrating the change that occurs in the counseling room into the rest of your life. Every other week can work, too. However, it can sometimes take a little longer for change to occur. Most importantly, I want to meet you with what you can afford financially and with your time. Sometimes if someone is in crisis, then twice per week is needed.

Phone Calls & Emails

- There is no charge for brief phone calls, messages left on voice mail, and/or electronic communications. Calls lasting longer than 10 minutes will be charged on a pro-rated basis. Charges for reports will be pro-rated based on the \$80 per hour rate.
- I ask that process-oriented communication take place via phone only and not email. Please use email communication for scheduling needs only.

Referrals

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

Alcohol & Drug Policy

- No drugs or alcohol of any kind or in any amount may be used before your session.

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 situations. Not being able to get a ride or not being able to get childcare are not emergencies.

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