

## **Lily A. Cook, LPC, CADC I**

### ***Mental Health and Recovery Therapist***

Suite 232 2505 SE 11<sup>th</sup> Ave., Portland, OR 97202-1062 \* 503-285-0013

**My Philosophy and Approach to Counseling:** I believe that everybody needs a little help sometimes and the tools for change lie within us. We each know best how to heal ourselves, although there are times when we may need some help discovering what the path to health looks like. I believe it is important to treat everyone respectfully and to empower my clients to find their own solutions. I also feel that the stories we tell ourselves about our lives are very important and that therapy can help people change that story to have a happier ending. I think our bodies, minds, and spirits work together to create our health, and all aspects must be addressed in order to create a healthy whole. In order to help the body and mind create health I use an eclectic variety of approaches depending on your individual needs, including but not limited to person-centered therapy, existential therapy, and evidence-based practices.

**Education and Training:** I earned a Master of Arts Degree in Counseling from George Fox University and a Bachelor's degree in Psychology-Sociology from Wesleyan University in Middletown, CT. I am a Licensed Professional Counselor, Oregon License # C2671, and a Certified Alcohol and Drug Counselor Level I. I have worked in the field of mental health for 18 years, and been in private practice for the last six.

**Continuing Education Requirements:** In order to maintain my license and my certifications I devote at least 40 hours every other year to learning more about how best to help you, developing new skills, and/or sharing my expertise with others. As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I abide by its Code of Ethics as well as the Code of Ethics put forth by the American Counseling Association.

**Fee Schedule:** Services are delivered either on a sliding scale fee and/or by agreement with your health insurer or Health Savings Account. Session costs vary between \$60 and \$150 depending on your resources. I am able to bill your insurance for some or all of the cost of your care, and accept payments from HSAs and FSAs. If you provide me with your insurance information I will try to give you an estimate of your cost; however, keep in mind that I am not an insurance expert and your insurer can provide the most accurate cost estimate. You may call the number on your card to contact them.

#### **Your Rights:**

- To expect that a licensee 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 licensee;
- 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 the 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 licensee;
- 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 Professional Counselors and Therapists at:** 3218 Pringle Road SE, Suite 250, Salem, OR 97302-6312, 503-378-5499. For additional information about this licensee consult the Board's website.