

Julie Russell, LMFT/LPC – OR
LMHC/LMFTa - WA
Julie Russell Family Counseling
12540 SW 68th Avenue, Suite B, Tigard, OR 97223
Park Towers I, 201 NE Park Plaza Drive, Suite # 200, Vancouver, WA 98684
503-312-9163

Philosophy and Approach: I believe that everyone can reach an optimum state of health, counseling helps individuals, children, couples, and families to reach healthy functioning in their relationships with others. I employ an integrative approach with a strong reliance on cognitive-behavioral aspects, emotion focused therapy, solution focused therapy, as well as some Jungian methods, such as sand tray therapy, and child centered play therapy.

Formal Education and Training: I hold a Master's Degree in Marriage, Couple and Family Therapy from George Fox University. Major course work included: Human Growth and Development, Advanced Couples Therapy, Advanced Families, Emotion Focused Therapy, Play Therapy, and Sand Tray Therapy. I employ an integrated philosophy with several theories such as Cognitive Behavior Therapy, Emotional Focused Therapy as well as Adlerian and some Jungian Techniques.

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license, I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I may substitute professional supervision for part of this requirement. Dr. Valerie Correa provides ongoing consultation, which I will be happy to explain.

Fees: My fee is \$125 per 45-minute session. A 60 minute session is \$166. The first appointment is \$175, lasts 90 minutes and includes the assessment. Additional time is billed at \$42 per every 15 minutes. Phone consultations are billed at the same rate.

Requests for copies of case notes: Oregon revised statute (ORS) 192.563 sets the amounts charged for copies of case notes. \$30 for copying 10 or fewer pages of written material, no more than 50 cents per page for pages 11 through 50 and no more than 25 cents for each additional page. \$125 per hour with a minimum of \$250 for the actual costs of preparing an explanation or summary of protected health information, if requested by an individual or a personal representative of the individual.

As a client of an Oregon licensee you have the following 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 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 licensee;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

You may contact the Oregon Board of Licensed Professional Counselors and Therapists at:

3218 Pringle Rd SE #120, Salem, OR 97302-6312.

Telephone: (503) 378-5499 Email: lpct.board@state.or.us

Website: www.oregon.gov/OBLPCT

Or

Washington State Department of Health, [Town Center 2](#), 111 Israel Rd SE, Tumwater, WA 98501

Phone: 360-236-4700

Fax: 360-236-4818

Email Address hsqa.csc@doh.wa.gov