

Oregon Guide to Licensed Counselor & Therapist Ethics

What You Should Know About the Ethical Practice of Oregon Licensed Professional Counselors and Licensed Marriage and Family Therapists

As you make decisions about seeking services from a professional counselor or marriage and family therapist, remember that there are standard practices and procedures that you can expect from a licensed clinician. Many of these practices and procedures are driven by a Code of Ethics that your counselor or therapist must follow.

You may ask your counselor or therapist for a complete copy of the Code of Ethics. The following will highlight some of the practices and procedures that you may expect from your licensed counselor or therapist.

What to Expect

Your licensed professional counselor or licensed marriage and family therapist **will**:

- * Provide you with a professional disclosure statement during your first session.
- * Treat you with respect and dignity, especially about age, color, culture, disability, ethnic group, gender, race, religion, sexual orientation, marital status, or socioeconomic status.
- * Discuss fees and payments at the beginning of the counseling or therapeutic relationship.
- * Keep information shared in your counseling sessions confidential.
- * Explain the limits of confidentiality such as mandatory reporting of suspected child abuse or elder abuse.
- * Get your written consent to disclose information from your counseling sessions.
- * Get your written consent before electronically recording your counseling sessions.
- * When needed, help you with referrals to other professionals.
- * Provide you with access to your records.
- * Keep your records and notes after your counseling relationship ends.
- * Arrange for and inform you of the location of your records in case your counselor or therapist is no longer practicing.

Your counselor or therapist **will not**

- * Engage in physical contact with clients when there is a possibility of physical or psychological harm from the contact.
- * Establish relationships with clients such as business or personal relationships, sexual relationship, relatives, students, employees, or supervisees.

If you feel that your counselor or therapist has violated the Code of Ethics, please contact the Oregon Board of Licensed Professional Counselors and Therapists.

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