

## OREGON BOARD OF LICENSED PROFESSIONAL COUNSELORS AND THERAPISTS

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Oregon laws do not require a license to practice as a counselor or marriage and family therapist. Before beginning services with a counselor or therapist, you may want to ask the following questions.

- **What is your educational and training background?**  
Counselors and therapists licensed in Oregon have at least a master's degree in counseling, marriage and family therapy, or related field. Licensees have gained 2,000 or more hours of supervised experience working with clients. They also pass a national competency exam and an exam on Oregon's laws and rules related to counseling.
- **Do you have a current license from the State of Oregon or another state?**  
You can check the website of the Oregon Board of Licensed Professional Counselors and Therapists to see if your counselor or therapist is licensed in Oregon. The web site address is [www.oregon.gov/obl/pct](http://www.oregon.gov/obl/pct).
- **Have you been disciplined for your actions as a therapist?**  
The Oregon Board of Licensed Professional Counselors and Therapists has authority only over licensed counselors and marriage and family therapists. The Board's website has disciplinary information about its licensees.
- **Do you have experience treating the kind of problems I am experiencing, e.g., depression, marital stress, intimacy, alcohol or drug abuse?**  
Like all mental health professions, each therapist may vary according to expertise. Inquire about the therapist's training and experience with the problem you are facing.
- **Do you abide by a code of ethics?**  
Oregon licensees must abide by the Code of Ethics adopted by the Board. The Code of Ethics includes requirements about integrity, confidentiality, responsibility, conduct and competence, and client welfare. You can see the Code on the Board's website.
- **What rules do you have about confidentiality?**  
Oregon laws for licensed counselors and therapists require that your information be kept confidential unless you give consent to share information; if you take legal action or make a complaint against the counselor; if the counselor learns of intent to commit a crime or harm someone; if a child is or is suspected to be a victim of crime, abuse, or neglect; or when responding to an inquiry made during an investigation of the counselor.
- **Will my health insurance cover your services?**  
Many but not all health insurance companies will reimburse for services provided by a licensed counselor or licensed marriage and family therapist.

- **Are you flexible about appointment times, e.g., evenings?**
- **What is your philosophical approach to therapy?**  
A licensed counselor or therapist will give you a copy of his or her Professional Disclosure Statement that will include the counselor's training, fees, philosophy, and approach to counseling, a commitment to a Code of Ethics, your rights as a client, and how to contact the Oregon Board of Licensed Professional Counselors and Therapists.

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