

# Michael J Lambert

School Counselor

## Professional Disclosure Statement & Informed Consent

### Education, Qualifications & Experience:

I graduated from Saint John's University (Minnesota) in May, 2005 where I received my Bachelor of Arts (B.A.) in Psychology. I received a Master's of Arts (M.A) in Counseling with a specialization in School Counseling from Portland State University. I am currently licensed as a school counselor in the state of Oregon through the Teachers Standards and Practices Committee (TSPC). In addition to my educational background, I have worked as an educator for three years. I have been ESL teacher, a music teacher and a tutor. In those teaching positions I have worked with students from a variety of backgrounds and of many different ages.

### Counseling Philosophy & Services:

I believe that each and every person has the ability to reach their life goals. As we reach for our goals we all run into challenges and obstacles along the way. Sometimes those obstacles can be tackled head on while other times it is most helpful to sit with the challenging situation for a bit and get to know it a little better. In order to help students face these challenges I work to offer a comprehensive, developmental school-counseling program, which will include the domains of academic, career, and personal/social development. With my focus in academic development, I will conduct guidance lessons to promote confidence and self-respect as a means of achieving academic success. Guidance lessons can focus on study skills, time management, stress reduction, and coping skills. In addition to guidance lessons, I will also conduct student groups which focus on specific needs. These groups are a place for students to share their concerns and struggles with others experiencing similar challenges. I am also here to simply talk with students in order to provide that space we sometimes need to share our experiences. I will advocate for all students as well as all stakeholders involved in seeing students realize their goals and achieve the highest levels of their potential.

### To the student:

- I will treat you with respect as a unique individual. I will respect your individual values, and not impose my own values on you. Your goals are important to me and I will work with you to achieve those goals.
- I will keep what we talk about in counseling *confidential* meaning that I will not share what we talk about together with anyone unless you give me permission.
- Only in some situations in which your safety or the safety of someone else is at risk will I need to break confidentiality (675.765). Those situations include:
  - If someone is hurting you (419B.010).
  - If you plan to harm yourself.
  - If you plan to harm someone else.
  - If a judge asks me to share in the court of law.

- If you are in a small group with other students, I can and will strongly encourage all group members to also keep confidentiality, but I cannot guarantee confidentiality in this setting.
- Sometimes I will consult with other counselors and educators to help determine the best way to help a student. If I need to do this in order to help you, I will a) ask for your permission to share and b) let you know who it is I will be sharing with.

**Fees:**

As a professional school counselor I am employed by the school district and the state of Oregon. As a state employee, there is no fee required when I work with students at this school.

**Use of Diagnosis:**

Through the training I have received regarding the use of the Diagnostic and Statistical Manual, Fourth Edition, Text Revision (DSM-IV-TR), I am qualified to collaborate effectively with the school psychologist, other staff members, parents, and other mental health professionals on behalf of students with clinical mental health concerns. I will not be involved in formal diagnoses for students; however, the school psychologist will be responsible for conducting assessments and making formal diagnoses.

**Complaint Procedure: (675.755)**

Please feel free to discuss any complaints you have with my supervisor within the school. The Assistant Principal or Principal can be reached for such complaints. You may also report complaints to the Oregon Board of Licensed Professional Counselors by phone (503-378-5499) or by mail (3218 Pringle Rd. SE, Suite 250, Salem OR. 97302-6312).

*This disclosure statement is intended to provide you with the information needed to gain your consent to begin counseling services. You always have the right to consent to treatment; similarly, you have the right to withdraw that consent at any time. By signing below, you are acknowledging that you have read and understood this document and agree with the conditions outlined.*

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<b>Student Name (Print)</b>	<b>Student Signature</b>	<b>Date</b>
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<b>Parent Name (Print)</b>	<b>Parent Signature</b>	<b>Date</b>
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Michael Lambert

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<b>Counselor Name (Print)</b>	<b>Counselor Signature</b>	<b>Date</b>
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