

Professional Disclosure Statement  
Vincent J. Donato, MA, Professional Counselor Associate  
**X Mental Health Counseling**  
xmhcounseling@gmail.com | (503) 893-9789  
Telehealth - State of Oregon

**Formal Education**

New York University MA Counseling for Mental Health & Wellness  
Advanced Certification in LGBT Health, Education, and Social Services  
Steinhardt School of Culture, Education and Human Development  
*Major Coursework:* LGBTQ studies, Addiction, Social Justice Counseling, Ethics in Counseling, Theory & Application of Evidence Based Practices, Interviewing Skills, Group Dynamics, Human Growth & Development

**Philosophy & Approach**

I believe things like self awareness, accountability, self action, self love, honesty, authenticity, purpose, and fulfillment are some of the most powerful clinical skills a client can develop. As a provider I am rooted in the Existential-Humanistic approach, believing a person connected to their meaning and fulfillment can bring about deeply positive and lasting change. Someone who is in their purpose is able to thrive, make changes, and even suffer life's inevitable obstacles in ways that may have previously felt unimaginable. I prefer to push past the symptoms to see the person underneath. The healing comes from change; change of behavior, thought, and more. I want to tailor the process to you, as we co-create your therapy. I am comfortable bringing things into the room that support and challenge you. I am also rooted in Relational Therapy, believing the alliance we build can bring us to deeper connections and understanding of the self. Other approaches include, but are not limited to: ACT, Mindfulness, Somatics, and Motivational Interviewing.

*Some of my strengths include* LGBTQ+, addiction, harm reduction, self fulfillment, life transitions, relationships with self and others, depression, sex-positive/ENM/poly/open/kink, artists, early recovery, and long term recovery, and anxiety.

**Fees & Cancellations**

To all prospective clients I offer a 30 minute consultation free of charge. Session fees range from \$120-\$150, and I see individuals as well as couples. I accept debit/credit card and payment is due at the end of each session.

In the event you need to cancel or reschedule your appointment, a 24-hour notice is required to avoid being charged a late fee (\$100) for the session.

At this time I do not accept insurance.

**Code of Ethics & Bill of Rights**

As a Registered Associate of the state of Oregon, I abide by the Code of Ethics. To maintain my registration, I am supervised by Ryan Brown MA, LPC. As a client of an Oregon Registered Associate, you have the following rights:

- To expect that a registered associate has met the minimum 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 registered associate;

- 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 or law.
  - Reporting suspected child abuse;
  - Reporting imminent danger to you or others;
  - Reporting information required in court proceedings or by your insurance company, or other relevant agencies;
  - Providing information concerning licensee case consultation or supervision;
  - Defending claims brought by you against me
- To be free from being the object of discrimination on any basis listed in the Code of Ethics while receiving services.

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

3218 Pringle Rd SE, #120, Salem, OR 97302-6312 | t: (503) 378-5499 | e: lpct.board@mhra.oregon.gov

Additional information about registered associates is available on the Board's website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)

### **Confidentiality**

What you choose to share with me will be kept confidential, except in such instances as described below. Outside of these exceptions, I will not share with anyone the fact that you are in counseling or any information you have shared with me without your express written permission. In the case that you do provide a release of information, please know that you may revoke that permission at any time. Please be aware that as a mandated reporter, there are some things that I am legally unable to keep confidential. Additionally, there are some situations that will require me to break confidentiality out of concern for your safety, the safety of others, or my own. These include the following: If I determine that you intend to harm yourself or someone else; If I am subpoenaed or ordered by a court to disclose information about you; If I am made aware of any actual or suspected child abuse, elder abuse, or abuse of a vulnerable adult; or If you file a legal suit against me. Should we be faced with a situation such as those listed above, I will make every effort to notify you prior to disclosing any information about you. I encourage you to share with me any concerns you have regarding confidentiality at any point and time in our work together.

### **Risks to Counseling and Treatment**

There are risks involved in counseling and psychotherapy. Some individuals may not achieve their desired outcome. Some may experience an increase in stress and discomfort, especially in the early stages of therapy. Problems may seem to get worse before they get better. For some, engaging with long-standing and unresolved problems may seem to aggravate rather than help the problem. These are normal experiences and it is important to be aware of them. There may be other unique risks to counseling depending on your specific situation, and I encourage you to discuss any concerns with me during our initial consultation or at any point during the course of therapy

### **Emergencies and Crises**

In the event of a mental health emergency, please call the Multnomah County Crisis Line at (503) 988-4888, The National Suicide Hotline at 988, or call 911, or go to the nearest hospital emergency room. If you are at risk of hurting yourself or someone else, please go to the nearest hospital emergency room immediately.