



MARTIN J. GAY, MS, LPC, NCC

Individual, Marriage, Family & Adolescent Therapy

Licensed Professional Counselor

National Certified Counselor

1335 Cannon Street, SE

Salem, Oregon 97302

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Welcome! This Professional Disclosure Statement is designed to present my credentials and approach to counseling.

The Therapist

My highest degree is a Master of Science: Education: Counselor Education: Community Counseling Specialization from Portland State University, in Oregon. My major coursework included marriage and family studies, child and adolescent development, stress management, grief counseling, and counseling theories. My BA is from the University of Oregon, in Rhetoric and Communications. My major coursework included interpersonal and family dynamics and communication, as well as small group dynamics, and conflict and negotiation.

I am a Licensed Professional Counselor and a National Certified Counselor. I am a current member of the Oregon Counseling Association, the Oregon Mental Health Counselors Association, and the American Counseling Association. My services are rendered in a professional manner consistent with the ethical standards set by the above associations, as well as those of the Oregon Board of Licensed Professional Counselors and Therapists, and the American Association for Marriage and Family Therapy.

As a Licensed Professional Counselor I participate in required annual continuing education (at least forty (40) clock hours of continuing education every two years) in the areas relevant to this profession and of special interest.

Counseling Approach

I counsel individuals, couples and families who I believe have the capacity to resolve their own problems with my assistance. I believe that as people become more accepting of themselves, they are more capable of finding happiness and contentment in their lives. However, self-awareness and self-acceptance are goals that sometimes take a long time to achieve. Some people need only a few counseling sessions to achieve their goals, while others may require several months. As a client, you are in complete control and may end our counseling relationship at any point. A result of effective counseling should enable you to face life's future challenges without the therapist's direct support or intervention.

Counseling, however, cannot be effective if you only concentrate on your issues and concerns once a week. Therefore, as part of my approach, I will ask that you do specific activities and/or read specific books that will help to speed up the time it takes for you to work out your concerns and problems.

My approach to counseling includes a blend of Family Systems Theory, Adlerian, Existential, Transactional Analysis, Behavioral, Rational-Emotive, and Reality Therapies.

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Sessions and Fees

Weekday and evening appointments are available.

Sessions last 50 minutes unless otherwise arranged.

My private practice fees are:

\$175.00 for initial session.

\$115.00 for regular individual, couple, or family sessions.

\$70.00 for 25 minute session.

I offer a sliding fee scale, based on household income and number of people in the household, to those clients or families experiencing financial difficulty.

Your Rights

As a client of an Oregon Licensed Professional Counselor, you have the following rights:

- To expect that a licensee has met the 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 (Oregon Administrative Rules 833-100);
- 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, with the following exceptions:
 - 1) Reporting suspected child abuse;
 - 2) Reporting imminent danger to you or others;
 - 3) Reporting information required in court proceedings or by your insurance company, or other relevant agencies;
 - 4) Providing information concerning licensee case consultation or supervision; and
 - 5) Defending claims brought by you against me;
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

To find additional information about licensees and interns, you may contact the Licensing Board at:

Oregon State Board of Licensed Professional Counselors at:

3218 Pringle Road, SE, Suite #120

Salem, Oregon 97302-6312

Telephone: (503) 378-5499

Email: lpct.board@oregon.gov

Website: www.oregon.gov/OBLPCT