

**Professional Disclosure Statement for Tod Fiste, MA, LPC**  
1815 NW Flanders St., Portland, OR 97209  
503-946-6499

**Philosophy and Approach:** I help my clients identify, understand, and achieve their own optimal, balanced state rather than measuring them by an external standard of normality. I do this using a combination of psychodynamic, mindfulness, and relational approaches. In relationship counseling I use a differentiation-focused approach, where the goal is to help the client(s) be fully present with and supportive of him- or herself, while at the same time being fully present with and open to the other person. I believe that counseling can be an amazing catalyst for growth as well as healing, and that counseling is by no means something people do simply because they are damaged.

**Formal Education and Training:** I hold a Masters Degree in Integral Counseling Psychology from the California Institute of Integral Studies in San Francisco, CA. CIIS teaches the integration of Western psychology with Eastern philosophical perspectives (Buddhist psychology, for example). Major coursework included: Individual, relationship, group, and family therapy, with further courses in Psychodynamic, Hakomi, Psychosynthesis, Existential, Gestalt, and Transpersonal approaches. I have undertaken a number of trainings since graduation, including relationship counseling with Ellen Bader, hypnosis, ethics, transgender issues, domestic violence, HIV & AIDs, etc. I also have experience in individual and group therapy as a client, which I believe to be a vital part of my training and a significant factor in my skill and capability as a counselor.

**As a Licensee** of the Oregon Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I may substitute professional supervision for part of this requirement.

**Fees:** My fee is determined by a sliding scale based on client income (see attached). I am not an in-network provider for any insurance at this time. I may need to limit the number of low fee clients I see at any one time.

**As a client of an Oregon licensee you have the following rights:**

- To expect that a licensee has met the minimal 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;
- 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 and law, including the following exceptions: 1) Reporting suspected child abuse; 2) Reporting imminent danger to client or others; 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies; 4) Providing information concerning licensee case consultation or supervision; and 5) Defending claims brought by client against licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at **3218 Pringle Rd SE #250, Salem, OR 97302-6312**. Telephone: **(503) 378-5499** Email: [ipc.lmft@state.or.us](mailto:ipc.lmft@state.or.us)  
Website: [www.oregon.gov/OBLPCT](http://www.oregon.gov/OBLPCT)

## Sliding Fee Scale for Tod Fiste, LPC

All fees are for either a 50-minute individual session or a 75-minute relationship, couple, marriage, or family counseling session.

For more information visit [www.yourselfinbalance.com](http://www.yourselfinbalance.com)

Fee	Annual Income (single or couple)	1 child	2 children	3 children	4 children	Fee
30	16,607	21,282	25,957	30,632	35,307	30
35	19,677	24,352	29,027	33,702	38,377	35
40	22,747	27,422	32,097	36,772	41,447	40
45	25,817	30,492	35,167	39,842	44,517	45
50	28,887	33,562	38,237	42,912	47,587	50
55	31,957	36,632	41,307	45,982	50,657	55
60	35,027	39,702	44,377	49,052	53,727	60
65	38,097	42,772	47,447	52,122	56,797	65
70	41,167	45,842	50,517	55,192	59,867	70
75	44,237	48,912	53,587	58,262	62,937	75
80	47,307	51,982	56,657	61,332	66,007	80
85	50,377	55,052	59,727	64,402	69,077	85
90	53,447	58,122	62,797	67,472	72,147	90
95	56,517	61,192	65,867	70,542	75,217	95
100	59,587	64,262	68,937	73,612	78,287	100
105	62,657	67,332	72,007	76,682	81,357	105
110	65,727	70,402	75,077	79,752	84,427	110
115	68,797	73,472	78,147	82,822	87,497	115
120	71,867	76,542	81,217	85,892	90,567	120
125	74,937	79,612	84,287	88,962	93,637	125
130	78,007	82,682	87,357	92,032	96,707	130
135	81,077	85,752	90,427	95,102	99,777	135
140	84,147	88,822	93,497	98,172	102,847	140
145	87,217	91,892	96,567	101,242	105,917	145
150	90,287	94,962	99,637	104,312	108,987	150
155	93,357	98,032	102,707	107,382	112,057	155
160	96,427	101,102	105,777	110,452	115,127	160
165	99,497	104,172	108,847	113,522	118,197	165
170	102,567	107,242	111,917	116,592	121,267	170
175	105,637	110,312	114,987	119,662	124,337	175
180	108,707	113,382	118,057	122,732	127,407	180
185	111,777	116,452	121,127	125,802	130,477	185
190	114,847	119,522	124,197	128,872	133,547	190
195	117,917	122,592	127,267	131,942	136,617	195
200	120,987	125,662	130,337	135,012	139,687	200