

Leah Mangis, LCSW, KRM

2425 13th Street, Building B

Salem, OR 97302

971-301-4842

After Hours Crisis: 503-585-4949

(Psychiatric Crisis Center)



Philosophy & Approach: I believe individuals and families can heal, grow and recover. I believe individuals and families can be empowered to face their issues, while building skills for the future. I use multiple approaches to help individuals feel supported, including a client-centered, strengths-based perspective, as well as helping individuals find their meaning and purpose in life. I hope to help you find activities and personality qualities that make you feel successful. These strengths are continually addressed throughout treatment to increase your self-esteem/self-confidence and be a foundation, on which to build additional achievements. Another perspective I use is a client-centered approach, in which everyone is fundamentally good and has increased chances of being successful given a compassionate and safe environment and relationships. I believe you are the expert in your own life and understand what you are experiencing best and what you need the most. I want to help address those needs in a professional and therapeutic manner. Therapy to me is dual teaching and learning experience for both therapist and client, and I look forward to learning from you, as well as share my insights. I use multiple therapeutic techniques that incorporate cognitive behavioral, dialectical behavioral, motivational interviewing, humanistic & family-systems therapies. My goal is to provide personalized individual, group, couples and family therapy (when applicable) to help clients gain more control over their lives by achieving growth and transformation.

Formal Education and Training: I earned my Master's Degree in Social Work (2013) from Portland State University in Portland, Oregon. My major coursework included ethical training, human development, research, diagnosis, assessment, cultural diversity, counseling theories, clinical interventions and trauma. Currently I am working with transitional aged youth & adolescents in an outpatient clinic for a first episode psychosis program. Previously I have worked with children, adolescents, adults, older adults, couples, families, LGBTQ+, and Veterans doing outpatient and family treatment, crisis management, groups and acute and inpatient treatment. I have been trained in Dialectical Behavioral Therapy (DBT), which focuses on identifying and changing negative thinking patterns while creating positive change in one's life. DBT is an evidence-based practice that incorporates mindfulness and cognitive behavioral therapeutic interventions.

I am also a Kundalini Reiki Master. Reiki is universal life energy that focuses on healing individuals by removing energy blocks and restoring balance to the human energy field. Kundalini is the creative force in every individual. When a person has a Kundalini Reiki session, this creative force is awakened. By balancing the human energy field through a Reiki

practitioner, a person can feel more relaxed, reduce stress, and heal spiritually, mentally and emotionally.

I am also a Veriditas-trained Labyrinth facilitator and an ordained minister through the Universal Life Church. Labyrinth walking focuses on mindfulness, breathing, as well as releasing, receiving and returning. By walking a labyrinth, one can let go of distracting thoughts and focus on their breath or an intention. A labyrinth is not a maze – it is a path that leads from the outer edge in a circuitous way to the center. It is designed to help you find your way.

I completed my undergraduate degrees – a Bachelor of Science in Corrections from Western Oregon University (2001) and Associate of Arts from Chemeketa Community College (1999). I have over 10 years social service experience prior to obtaining a Masters in Social Work.

Client's Rights and Responsibilities: You have the right to refuse any treatment or techniques that you think may be harmful or unhelpful. You have the right to refuse treatment at any time without explanation. You have the right to receive services that respect your privacy and dignity, as well as cultural and ethnic identity, religion, disability, age, marital status, gender, gender identity, gender expression and sexual orientation. You have the right to participate in developing a treatment plan to meet your needs. You have the right to examine your records and have them explained to you. If at any time you are dissatisfied with the treatment services you are receiving, please let me know. I will do everything that is clinically responsible to improve it. If it is not resolved, it is my obligation and genuine wish to find you a different therapist. You have the right to stop treatment at any time or to request a different therapist.

What to Expect: The role of therapy is to help you work through difficulties in life that are preventing you from reaching success in major areas of your life. When we meet we will be discussing these challenges. It is important that we build a solid therapeutic relationship and that you feel comfortable with me during sessions.

There are several potential benefits to therapy: Feeling better, fewer problems in school, work or at home, develop new skills, and/or improve relationships.

There are also some potential risks to therapy: It can be a very emotional process, and there may be times when you feel upset or uncomfortable. Therapy is a process that takes time and some people may not feel that it helped. If you ever feel that therapy and your treatment at The Trauma Academy Northwest, LLC is not done in a professional manner, you are invited to file a grievance.

As a Clinical Social Worker, I will abide by the *Code of Ethics* of the Board of Licensed Social Workers. I would be happy to speak with you about any concerns or questions you may have; however, you may also contact the Oregon Board of Licensed Social Workers with questions or concerns.

Records and Confidentiality: All communications become part of the treatment record. It is my obligation to keep records private and secure for seven years after treatment ends, regardless of your age.

I regard the information you share with me with the greatest and utmost respect. In general, I will tell **no one** outside **The Trauma Academy Northwest, LLC** what you tell me unless I have your written permission to do so. The privacy and confidentiality of our conversations, and my records, is a privilege of yours and is legally protected by federal and state law, and by my profession's ethical principles.

There are circumstances in which I may discuss some aspects of your case with another colleague. I occasionally consult on cases with colleagues or specialists (who are ethically required to maintain confidentiality), so some aspects of your case might be shared. Your identity, however, will not ever be shared. There are other situations in which I must, by law share what you have shared with me with others and these are the following examples of when I must report:

- When I believe you intend to harm yourself
- When I believe you intend to harm another person
- When I believe a child or elder (65+) has been, or will be, abused and or neglected
- When I believe you intend to harm an animal
- When reporting information required in court proceedings or by client's insurance company or other relevant agencies

If you have concerns about confidentiality, please notify me so that we may resolve them and proceed with our work together.

Postponement and Termination: I reserve the right to postpone or end treatment with those who come to their session under the influence of alcohol or drugs.

Fees: My fees for out-of-pocket charges are based on ability to pay. We can discuss what I seek and what you can pay during your first session.

- Kundalini Reiki Session w/Intuitive Reading, 60 min session \$80

Currently I am an in-network provider for Oregon Health Plan Open Card. I am waiting to hear from Oregon Health Plan Willamette Valley Community Health (WVCH). The Trauma Academy Northwest, LLC accepts Oregon Health Plan Open Card, WVCH and Providence as out-of panel and Moda (in-network) for intake and ongoing sessions. Many out-of-network insurance benefits require you to meet deductible before it starts paying a percentage of session amount.

As a client of a Masters of Social Work you have the following rights:

- To expect that a Social Worker 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 Registered Intern or 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 a client's insurance company or other relevant agencies
 - 4) Providing information concerning social work case consultation or supervision
 - 5) Defending claims brought by client against Registered Intern or Licensee
- To be free from being the object of discrimination based on race, religion, age, gender or other unlawful category while receiving services

You may contact the Oregon Board of Licensed Social Workers for any reason at **3218 Pringle Rd SE #240, Salem, OR 97302-6310. Telephone: (503) 378-5735. My license number is L7503. Email: Oregon.BLSW@state.or.us Website: <http://www.oregon.gov/blsw>**

I am very excited to begin working with you and being a part of your journey of recovery.

Sincerely,

Leah Mangis, LCSW, KRM

By signing below, I acknowledge that I understand the content within, discussed it with me, and agree to participate under the conditions provided in this Professional Disclosure Agreement.

_____	_____	_____
Client Name	Signature	Date

_____	_____	_____
Parent/Guardian Name (if applicable)	Signature	Date

