

Professional Disclosure Statement

Jams Markovics, Registered LPC Associate
Rose City Therapeutics/ Play2Grow Behavioral Therapy
7770 SW Mohawk St.,
Building F,
Tualatin, OR, 97062
drjams@rosecitytherapeutics.com
971-224-4089

Philosophy and Approach: Using my background in molecular and neurobiology, I approach mental health as brain health, and that disruptions in mental health are due to insults to the brain, either due to endogenous factors (such as genetics) or exogenous factors (such as diet, exercise, physical and/or mental trauma, toxic environments, etc.). I ascribe to the philosophy that the human psyche is inherently serene, loving, and peaceful, but that disruption in optimal brain function can lead to various symptoms associated with mental disorders as described in the *Diagnostic and Statistical Manual of Mental Disorders* [5th ed.] – *DSM-5* (2013). Thus, I use the approach of neurocounseling, which designs various interventions to target specific brain functions, based on the specific neurobiology of the client, to optimize their brain function and let their innate loving serenity heal their mental challenges.

Formal Training and Education: I am a current nationally certified counselor through the National Board of Certified Counselors [NBCC]. I recently earned my Master's degree in mental health counseling from the University of the Cumberlands, graduating with honors in August, 2021, with honors. I am also a current member of the counseling honor's society, Chi Sigma Iota. My master's coursework includes: Legal and Ethical Issues in Counseling; Psychological Assessment in Clinical Practice; Human Growth and Development; Etiology & Diagnosis of Mental Disorders; Theories of Counseling; Process and Techniques of Counseling; Counseling During Grief and Crisis; Marriage and Family Counseling; Child and Adolescent Counseling; Theory & Practice of Multicultural Counseling; Group Counseling; Treatment of Process Addictions and Substance Abuse; etc. I've also earned continuing education credits in hypnotherapy, trauma counseling, and advanced nutrition for mental health disorders.

I also earned a Ph.D. in molecular, cell, developmental, and biochemical biology from the University of Pittsburgh in 2005. Additionally, I've taken coursework in medical neuroscience, neurology of sleep, neurology of epilepsy, bioelectricity, quantitative electroencephalography and event-related potentials, science of exercise, nutrition, and several neurofeedback courses through EEGinfo. Between 2014-2021, I mentored under Sue Othmer at EEGinfo, who is the founder of the Othmer Method or ILF neurofeedback. I am also in the process of earning my certification in neurofeedback through the Biofeedback Certification International Alliance [BCIA], and my current mentor is Dr. Jerry DeVore.

As a Registered Associate with the Oregon Board of Licensed Professional Counselors and Therapists (Board), I abide by its Code of Ethics. I am supervised by Dr. Kathi Calouri, a licensed psychologist, about which I am be happy to explain.

Counseling Supervisor Information: Kathi Calouri, Ph.D.; Kathi is a licensed, clinical psychologist with Play2Grow Behavioral Therapy. She specializes in behavioral therapy for children with developmental disabilities. She trained under the applied behavioral analysis pioneer, Dr. O. Ivar Lovaas at UCLA. She can be contacted with any questions or concerns about me and my counseling via email: dr.kathi@play2growbehavioraltherapy.com

Fees: 1) My neurocounseling fees are \$145/session at regular price; 2) Play2Grow Behavioral Therapy's fees are \$150/session; 3) I can also take Oregon Health Plan insurance through CareOregon/HealthShare/Providence and Yamhill CCOs, or OHP-Plus as a secondary insurance.

Ethics Statement: I follow the ethical guidelines as described in the *ACA's Code of Ethics* (2014). In general, the guidelines outline the importance of the counseling relationship, such as client autonomy, respect for the client's identity, culture, and customs, and the importance of clear boundaries with the client, as well as describing how to maintain confidentiality regarding the client's private, personal health information, professional responsibility (including in what circumstances that this confidentiality may be broken and how to do it), and other functions and activities of the profession, such as training and supervision. Please find more specific ethical codes at <https://www.counseling.org/resources/aca-code-of-ethics.pdf>

As a client of an Oregon Registered Associate, you have the following rights:

- † To expect that a registered associate 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 registered associate;
- † 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.

You may contact the Board of Licensed Professional Counselors and Therapists at
3218 Pringle Rd SE, #120, Salem, OR 97302-6312 Telephone: (503) 378-5499
Email: lpct.board@mhra.oregon.gov Website: www.oregon.gov/OBLPCT

For additional information about this Associate, consult the Board's website.