

Nickolas Reguero LPC, CADC-III
Central City Concern: Blackburn Center
12121 E Burnside St.
Portland, OR 97216
Phone: 971-361-7833

Professional Disclosure Statement

Philosophy and Approach

I believe that counseling provides a unique opportunity for two individuals to come together to discuss change in the client's life. Each client is unique in what they bring to counseling; their communities; their strengths, their difficulties, and their goals. My orientation is towards exploring these factors in order to help people (re)connect with their authentic selves and to lead a values-driven life.

My approach to therapy is existential and person-centered at its core. I believe that the client-therapist relationship is the foundation of productive therapy. You can expect me to prioritize this relationship by working towards understanding who you are, who you want to be, and creating a shared agenda.

I have experience working with people who experience a variety of mental disorders (such as anxiety, depression, schizophrenia, bipolar, and personality disorders) as well as general issues which come up in life (such as grief & loss, substance use, navigating relationships, finding meaning, etc). I work within a trauma-informed framework and can be called upon to employ a variety of modalities depending on client's preferences.

Education and Training

I hold a Masters of Science in Clinical Mental Health Counseling from Portland State University. I have completed 90 credit hours of curriculum in the Clinical Mental Health tract which prepared me to be able to work with a variety of individuals seeking treatment in residential, community mental health, or in a private practice setting. The Counselor Education program at Portland State University has been accredited by the Council on Accreditation of Counseling and Related Programs (CACREP).

I have attained a Certified Alcohol and Drug Counselor level III (CADC-III) certification which is provided by the Addiction Counseling Certification Board of Oregon (ACCBO). My training includes 300 hours of alcohol and drug training in target education in areas such as general counseling skills, group counseling skills, alcohol and drugs of abuse pharmacology, HIV/AIDS risk assessment and risk education, and counseling ethics.

Code of Ethics and Continuing Education Requirements

As a Licensee of the Oregon Board of Licensed Professional Counselors and Therapists I abide by its Code of Ethics set forth in OAR Chapter 833, Division 100. To maintain my license, I am required to participate in continuing education courses which serve to further my development as a counselor. I will be happy to address any questions or concerns pertaining to my adherence to the Code of Ethics or my continuing education requirements.

Client Rights and Responsibilities

As a client you have the following rights as determined by the Board of Licensed Professional Counselors and Therapists:

- ☐ 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 (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 and law,
Exceptions: 1) Reporting suspected child abuse or elder 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 of 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.

Confidentiality and Legal Issues

The purpose of this disclosure statement is to provide you with an explanation of my theoretical orientation, training and education, supervision, and fee schedule as required by Oregon State Law [ORS 675.755]. We will review the contents of this letter and I will answer all questions that may arise.

I believe that confidentiality is a core component for effective counseling. However, as stated above, I comply with Oregon laws which require mandatory reporting of situations including incidents of possible self-harm, harm to others, and abuse of minors or dependent elders [ORS 675.765]. As a CAD-C-III who is currently practicing in a drug and alcohol treatment program, I also abide by all requirements as set forth by the Code of Federal Regulations 42 Part 2.

Sessions and Fees

If you currently hold an Oregon Health Plan Card you are eligible to receive treatment free of charge at this agency as long as you are enrolled with one of the Managed Care plans with which the Blackburn Center has a contract. If you are not eligible for the Oregon Health Plan you may pay out-of-pocket for services provided. The fees and services offered are offered on a sliding scale based on income range as it relates to the federal poverty limit (FPL). The full fees are as follows: Screening \$289; Assessment \$289; Group Therapy \$79; Individual Session per 15 minutes \$77. If you become ineligible for the Oregon Health Plan you may apply for a Financial Hardship Scholarship which will reduce or eliminate the out-of-pocket expenses associated with treatment. All monies should be paid directly to the Central City Concern Financial Department.

In the event that you are not satisfied with the quality of my services you may contact the Board of Licensed Professional Counselors and Therapists at 3218 Pringle Rd SE #250, Salem, OR 97302-6312. Tel: (503) 378-5499 Email: lpct.board@state.or.us Website: www.oregon.gov/OBLPCT

Additional information about this counselor is available on the Board's website: www.oregon.gov/oblpcct

December 7, 2025