



**Zainah Haider is a Professional Counselor Associate under supervision of:  
Monica Melgar-Sharman, LCSW, License #L11186**

## **Education, Training and Experience**

Hello! My name is Zainah and I am a cis, able-bodied, woman of color. I believe every person is capable of growth, healing, and change through a non-judgmental, safe, empathetic, and supportive therapy space. I believe a strong therapeutic relationship is the foundation towards clients being able to start or continue their healing journey.

I received my bachelor's in psychology from North Dakota State University in 2016 and my master's in professional mental health counseling from Lewis and Clark college in 2023. I am currently working towards my licensure. I work with adults 18+.

## **Philosophy and Approach**

With an eclectic and trauma informed approach to therapy, I will be able to meet you where you're at using various techniques and interventions. Although eclectic, I tend to focus on therapy through a Gestalt, Psychodynamic, and feminist lens. I hope to empower individuals through acknowledging the various ways power, race, privilege, and systemic oppression impact people's daily lives. We live in such a fast-paced world and hardly get the time to sit with ourselves and our thoughts. Because of this, I aim to create a space where together we can slow down and become more aware of our thoughts, emotions, and bodily sensations that are present. Through practicing ACT (acceptance and commitment therapy) I hope to aid you in creating and living a meaningful value driven life. You can also expect occasional creative interventions as I love creativity, art, photography, and music.

I have worked with adolescents and adults addressing concerns such as anxiety, depression, self-esteem, identity, PTSD, CPTSD, grief and loss, body dysmorphia, chronic illness, life transitions, and relationship concerns to name a few.



## **Fees Information and Cancellation Policy**

Intake Session (53 minutes) \$200  
Individual Session (53 minutes): \$180

A limited amount of sliding scale spots are available and agreed upon before our first session. Credit cards, cash, Venmo and personal checks made payable to "Healing Tides Counseling" are accepted.

When we schedule an appointment, I set aside that time exclusively for you. I would like a 24-hour advance notice if you must cancel or reschedule any appointment. It is my policy to charge a fee of \$100 for any missed appointments or one that is canceled with less than 24-hour notice.

Healing Tides Counseling, LLC requires each client to add a credit card on file to charge copays, as well as late cancellations and no show fees.

## **Insurance Reimbursement**

If you have a health insurance policy, it will often offer some coverage for mental health treatment. We will provide you with whatever assistance we can in helping you receive the benefits to which you are entitled; however, you, and not your insurance company, are responsible for full payment of treatment fees.

Please note: submitting claims to your insurance company requires a mental health diagnosis and carries a certain amount of risk to confidentiality, privacy, and to future capability to obtain health or life insurance. Please connect with your insurance company to find out more information about how they use your information.



## Emergencies

In the event of an emergency, you may leave a message with my voice mail at (503) 512 - 9783. Every effort will be made to return your call as soon as possible. I usually return calls within 48 hours. If I am unable to return your call, or I am out of town, you can use the MULTNOMAH COUNTY CRISIS LINE (503-988- 4888), WASHINGTON COUNTY CRISIS LINE (503-291-9111), CLACKAMAS COUNTY CRISIS LINE (503-655-8585), CLARK COUNTY CRISIS LINE (360- 696.9560), TRANS LIFELINE (877-565-8860), TEXT CRISIS LINE (TEXT HOME TO 741741) NATIONAL SUICIDE HOTLINE (1-800-273-8255) or go to your nearest hospital emergency room.

## Client Rights

As a client of a Licensed therapist, you have the following rights:

1. To expect that a licensee has met the minimal qualifications of training and experience required by state law.
2. To examine public records maintained by the Board and to have the Board confirm credentials of a licensee.
3. To obtain a copy of the Code of Ethics.
4. To report complaints to the Board.
5. To be informed of the cost of professional services before receiving the services.
6. To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
  - a. Reporting suspected child abuse
  - b. Reporting imminent danger to client or others
  - c. Reporting information required in court proceedings or by client's insurance company, or other relevant agencies
  - d. Providing information concerning licensee case consultation or supervision; and
  - e. Defending claims brought by client against licensee.
7. To be free from being the object of discrimination based on race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists in Oregon at: 3218 Pringle Rd SE #250, Salem, OR 97302-6312. Telephone: (503) 378-5499.



## Client-Therapist Relationship

You and your therapist have a professional relationship existing exclusively for therapeutic treatment. This relationship functions most effectively when it remains strictly professional and involves only the therapeutic aspect. Your therapist can best serve your needs by focusing solely on therapy and avoiding any type of social or business relationship. Gifts are not appropriate, nor is any sort of trade of services.

## Social Media

Due to the importance of your confidentiality and the importance of minimizing dual relationships, I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc.). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.

## Telecommunication

By signing below, I understand that my therapist cannot guarantee my confidentiality when communicating with me via any electronic medium, such as email, voice mail, text, etc. However, in checking the boxes below I am indicating that my therapist may use these means to reach me regarding information about my appointment time, conduct a wellness call, send 'homework' assignments, confirm appointments, send insurance information, request renewals of consents and similar communications

Emails      Texts      Voicemails      Faxes

## Continuity of Care

I understand that, in the vent of the death or incapacity of my therapist, it will be necessary to assign my case to another therapist and for that therapist to have possession of my treatment records. By my signature on this form, I hereby consent to another licensed mental health professional, selected by the undersigned therapist, to take possession of my records and provide me copies at my request, and/or to deliver those records to another therapist of my choosing.



## Consent to Treatment

*I have read and understand all the information provided in this disclosure statement. I agree to act according to the points covered in this document. I hereby give my consent for treatment.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*I hereby authorize the release of necessary medical information for insurance reimbursement purposes.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*I, the therapist, will meet with this client for an intake and will inform them of the issues and points raised in this document. I will respond to all of their questions. I will not move forward with intake until I believe this person fully understands the issues, and I find no reason to believe this person is not fully competent to give informed consent to treatment. I will document this in our intake note.*

Therapist Signature: