



Jesse Z. Mann
Marriage and Family Therapist Associate
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Professional Disclosure Statement

PHILOSOPHY AND APPROACH

In my practice, I work with individuals, couples, and families, focusing on helping you create meaningful improvements in your life. Therapy is a collaborative journey where we'll work together to identify goals that matter to you. These might include building stronger relationships, finding relief from depression or anxiety, living with greater purpose, or increasing your overall satisfaction with life, among other possibilities.

Therapy is most effective when we develop these goals together, tailoring them to your unique needs and aspirations. Whether it's reducing conflict, finding greater happiness, or gaining insights into patterns that no longer serve you, we'll regularly revisit and adjust your goals as our work evolves.

My approach to therapy is integrative, meaning I draw from a variety of therapeutic models to meet you where you are. Some of the perspectives that inform my work include:

1. Attachment based therapy, which explore how early relationships shape who we are, and how our emotional worlds influence the patterns in our lives.
2. Humanistic psychology, emphasizes your innate potential for growth and well-being.
3. Systems theory, which recognizes the ways our connections to others influence us.
4. Guidance on scientifically supported self-care practices, such as improving sleep, managing routines and stress, physical activity, and fostering social connections.

This flexible, integrative approach allows us to explore many avenues for growth, including emotional healing, better communication, personal discovery, psychological awareness, education, cognitive shifts, behavioral changes, and strengthening your relationships and support systems. My goal is to help you create meaningful, lasting changes that empower you to live a more fulfilling life.

For more information on integrative therapy, you may visit the following resources:

1. <https://positivepsychology.com/integrative-therapy/> - An overview of integrative therapy
2. <https://www.psychologytoday.com/us/therapy-types/integrative-therapy> - Another overview

MINDFUL THERAPY PACIFIC NW, LLC
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Please contact me if you have any questions or would like more resources on this therapy method so you can be more informed about how I work as a therapist.

FORMAL EDUCATION AND TRAINING

I graduated from Antioch University Seattle in the September of 2025, with a Masters in Marriage and Family Therapy. In addition to my formal education, I have been involved in mental health advocacy and education since 2017 through my nonprofit, Mental Health Media. As the director of this project, I've had the privilege of collaborating with patients and therapists from across the country, helping to share their unique stories through videos and podcasts. This work has been a meaningful way for me to amplify voices, foster understanding, and celebrate resilience within the mental health community.

SUPERVISOR NAME, CREDENTIALS AND CONTACT INFORMATION

Jennifer Samsom, MA, LMHC at (503) 766-4000, or by email at jenn@mindfultherapypnw.com. They are located at 4055 SW Garden Home Rd Portland, Oregon 97219 if you would like to reach them by mail.

FEES AND INSURANCE

Mindful Therapy Pacific NW, LLC offers mental health therapy for \$115 per session. I can accept and bill the following insurance plans: Kaiser, Oregon Health Plan, CareOregon, Medicaid, Regence Blue Cross Blue Shield, PacificSource, Aetna, Providence, Moda and Cigna. Clients are expected to pay for their session immediately following their sessions. This same amount is charged for appointments not cancelled with at least a 24-hour notice and no-shows.

BENEFITS AND RISKS TO THERAPY

Your participation in counseling, unless ordered by a court of law, is voluntary. You will be engaged in determining treatment goals, discontinue counseling, or request a referral to another counselor. While there are many benefits to counseling, it is not a guaranteed cure. What is discussed in counseling may bring to the surface uncomfortable or distressing feelings. This can be a productive and healing part of counseling, but it can also be temporarily disruptive to one's life.

REFERRALS

If for any reason I believe that I do not have the experience, training, or knowledge to help you toward your goals, I will refer you to another professional who is adequately trained to help you succeed.

CODES OF ETHICS

As a Registered Associate in the state of Oregon, I will abide by Oregon Board of Licensed Professional Counselors and Therapists' Code of Ethics set forth in OAR Chapter 833. Copies of each Code of Ethics can be provided upon request or found online at: Oregon Board of Licensed Professional Counselors and Therapists: <http://www.oregon.gov/OBLPCT/web-coe.shtml>.



CONFIDENTIALITY

In general, Oregon law protects the confidentiality of all communications between a client and a therapist. Information is not disclosed without written permission. However, there are a number of exceptions to this, and they include:

- Suspected child abuse or dependent adult or elder abuse. The therapist is mandated by law to report this to the appropriate authorities immediately.
- If a client intends to harm themselves. The therapist will make every effort to enlist the client's cooperation in ensuring their safety. If the client does not cooperate, further measures may be taken without their permission in order to ensure their safety.
- The therapist must notify the police and inform the intended victim if a client is threatening serious bodily harm to another person(s).
- Custodial parent(s) of minors (children 18 years and younger) may have access to counseling records.
- Courts and attorneys may subpoena counseling records.

I keep records of our sessions, including dates and times that we meet, brief notes about what we discussed, any goals or key questions that arise, and progress that has been made. These records are confidential, under the same limits mentioned above.

If you are involved in a legal matter, these records may be subject to subpoena. If I am required by law to disclose these records, I will do my best to let you know before any information is released. You have the right to request copies of your treatment records at any time.

If you ever have any questions or concerns about confidentiality and exceptions to confidentiality, please ask me to discuss them with you. I want to make every effort to ensure that you are fully informed.

Public Media

Before beginning our work together, I want to share some important information about my involvement in public media. I participate in podcasts, interviews, published articles, books, and professional social media platforms as part of my mission to make a positive difference in the world. I have decided to extend that mission to public media. In doing so, I incurred the ethical responsibility of carefully considering whether or not the benefits justify the risk (AAMFT, 2015; ACA, 2015; APA, 2017).

Through these efforts, I aim to:

1. Share knowledge widely and make it more accessible.
2. Foster compassion and self-compassion for those experiencing challenges.
3. Address and correct misinformation about mental health.
4. Offer helpful resources that can complement therapeutic care.



5. Advocate for fairness and equity for those who are underserved or marginalized in the mental healthcare system.

However, there are also potential risks, such as confidentiality concerns, boundary challenges, or unintended impacts on how I represent the profession. For example, if you listen to my podcast or read my public work, you may come across personal opinions, like my stance on a public figure or political issue, that could influence how you experience our therapeutic relationship. Additionally, commenting on my social media posts could inadvertently reveal your connection to me as a client, potentially impacting your privacy.

To safeguard our work together, I follow specific ethical guidelines:

- If you encounter my public content and it raises questions or feelings, I encourage you to bring it up so we can explore its impact on our therapy.
- I will never discuss anything about you in public media. When I reference cases, I ensure complete anonymity by using fictional examples, generalizing details, or obtaining explicit consent.
- I will not accept friend requests, follow you on social media, or respond to your comments to protect both your privacy and the professional boundaries of our relationship.
- If you email a question to my podcast, I will not read it on air or respond publicly. I will only address such questions directly with you to maintain your confidentiality and ensure clear communication.
- If you attend an event I produce, please let me know in advance so we can discuss ways to maintain your privacy and protect our therapeutic relationship. Similarly, I will not search for information about you online without your consent unless there is a serious risk of harm that warrants this action.

I also want to be mindful of any financial or ethical concerns. For instance, I discourage becoming a paying “patron” of my podcast on platforms like Patreon, as it could create unintended financial obligations. If you’d like access to exclusive content, I’m happy to provide it free of charge.

Lastly, on my public platforms, I occasionally discuss my personal experiences with mental health and the healthcare system to foster understanding and connection. You are welcome to ask me about these insights if you believe they could benefit your therapeutic process. However, I will only share personal experiences in therapy when it feels appropriate, relevant, and helpful to your goals.

If you ever have questions or concerns about these guidelines or their implications for our work together, I’m here to listen and provide clarity. My goal is to create a space where you feel respected, understood, and fully supported on your journey.



CLIENT RIGHTS AND RESPONSIBILITIES

As a client of a Marriage and Family Therapist Associate, you have the following rights:

- 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 a licensee.
- To be free from discrimination because of age, color, culture, disability, ethnicity, national origin, gender, race, religion, sexual orientation, marital status, or socioeconomic status.

For additional information, you may contact:

Clinic Director

Jennifer D. Samsom, MA, LPC, LMHC

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(503) 766-4000 or for urgent matters, contact her via her direct phone number: (503) 341-6393.

Oregon Board of Licensed Professional Counselors and Therapists

Address: 3218 Pringle Road, SE, Ste. 120, Salem, Oregon 97302

Phone: (503) 378-5499

Email: lpct.board@mhra.oregon.gov

Website: www.oregon.gov/OBLPCT

EMERGENCIES

In the event of an emergency related to our counseling work, you may call the Multnomah County Mental Health Crisis Line (503) 988-4888. Please identify that you are having an emergency and leave a call back number. At night, on weekends, or when I cannot be reached by phone, call 911 or the emergency room of the hospital nearest you. If you are having difficulties keeping yourself safe, please go to the nearest hospital emergency room immediately.