 Arcturus Counseling

James Gallanos, LCSW

907-209-2014

[James.gallanos@gmail.com](mailto:James.gallanos@gmail.com)

facebook: <https://www.facebook.com/Arcturus-Counseling-108382484398585>

*Virtual Counseling Services for Adults*



**My philosophy and approach.** Arcturus is one of the brightest stars in our northern hemisphere. It has been used for centuries to guide seafarers across seemingly endless oceans to reach safe harbor. I often use metaphors in my practice to illuminate fresh insights into the psychological and emotional challenges that often-become barriers to our well-being, to be fully present with ourselves and others around us, and to live meaningful lives with intention and purpose. Finding our way through the myriad of life’s challenges requires a deepening of our ability to be self-reflective, willingness to trust ourselves to be fully present, accepting things as they are but also allow us to choose a new course for personal growth.

My practice is rooted in cognitive behavioral sciences. I believe that most everything in life is learned through experience. How those experiences show up in our present everyday lives is the context upon which we will use in therapy. Acceptance Commitment Therapy (ACT) is the primary treatment modality I choose to engage clients in counseling practice. The techniques used in ACT are not new. In fact, the model developed by Dr. Steven Hayes, borrows not only from Cognitive Behavioral Therapy (CBT), but also from centuries old mindfulness teachings. ACT teaches us how to identify thoughts, feelings, memories and sensations that are often fused to our understanding of our “conceptualized selves”. Using mindfulness techniques, and other experiential based tools and exercises, we will work together to help open up parts of yourself that are more fully aware, accepting, and over time are developed to create new levels of conscious awareness. ACT does not work to eliminate psychological and emotional pain from our lives, in fact, we use it in service of the skillset and mindset to thrive in the presence of pain in a new and meaningful way.

ACT is a value driven process. Goals are tailored and developed to target unmet needs or “core yearnings”. These needs include connection, belonging, the ability to experiencing the full range of emotions more deeply to promote personal growth and well-being. Putting trust in the process is putting trust in yourself upon where meaningful outcomes can be realized and achieved.

Sessions generally run once per week for 8-12 weeks with opportunities for follow up sessions. Additional sessions may be needed to support newly acquired or targeted behaviors, review progress, possible setbacks and work to sustain your treatment goals and outcomes.

**My formal training & education** includes a Master’s degree of Social Work (MSW, 2003) from the University of Alaska Anchorage. I am a Licensed Clinical Social Worker (LCSW # L8379) in the state of Oregon. My experience has included working with adults, children, youth and families in school and community settings in the areas of both prevention and treatment of behavioral health, substance use disorders and the prevention of suicide. I am also a trained recreation therapist running adventure-based wilderness programs including river rafting, skiing, rock climbing, kayaking, backpacking and facilitating youth oriented outdoor challenge courses.

**As a Licensee** of the [Oregon Board of Licensed Social Workers](https://www.oregon.gov/blsw/Pages/index.aspx) I abide by its Code of Ethics. To maintain my license, I am required to participate in continuing education, taking classes dealing with subjects relevant to the social work profession. I am also a member of the Oregon Counseling Association (ORCA) and the Association for Contextual Behavioral Science (ACBS).

**Telemental health or telehealth counseling** services are the only types of services I currently offer for Oregon residents. I conduct all sessions virtually via a video connect web-based platform that is both confidential and HIPAA compliant per federal/national policy protections governing patient/client health protected information. Refer to the Oregon [Telemental Health and COVID-19 Resources Page](https://www.copactoregon.com/news/coverage-for-telemental-health-and-covid-19) to learn more about guidance, laws and policies that may include new service authorizations and expansion of insurance coverages for telemental health services. I stay current and follow the [Telehealth Guidance](https://storage.googleapis.com/wzukusers/user-30850196/documents/5e7aef654f61bg7Z8vWS/DFR-OHA%20Telehealth%20Guidance.pdf) offered through the Oregon Health Authority (OHA) during the COVID-19 pandemic.

**My fee is $85 per hour**. I do not offer a sliding fee scale at the moment. All initial introductory sessions are at a no-cost-fee basis to determine if ACT is right for you and to see if we are a good fit for subsequent sessions. After the initial session you are only expected to pay for the services you receive. I understand that cancellations happen, and you will not be charged for missed sessions but will be subject to risk guarantee of future appointments. Fees are generally collected prior to sessions and a bill is provided upon request to submit to your health insurer.

**As a client of an Oregon licensee, you have the following rights:**

* To expect that a licensee 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 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 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 Social Workers at

3218 Pringle Rd SE, #240, Salem, OR 97302-6312 Telephone: (503) 378-5735 Email: oregon.blsw@oregon.gov

Website: [www.oregon.gov/blsw/Pages/index.aspx](https://www.oregon.gov/blsw/Pages/index.aspx)

For additional information about this counselor or therapist, consult the Board’s website.