

DISCLOSURE STATEMENT

Training and Degrees: I received my Masters in Psychology and Systems Counseling at the Leadership Institute of Seattle (LIOS) through Saybrook University in 2013. For nearly two years I trained as an intern at The Process Work Institute's Rivers Way Clinic in Portland, OR while expanding my therapeutic skills by studying Process Oriented Psychology. For the past two years I have been working in local communities as community trainer for Mental Health First Aid and behavioral consultant for children in foster care. I have additional training in Process Work, Mindfulness Based Stress Reduction and Choice Theory/Reality Therapy.

Counseling Orientation: My approach to therapy emphasizes the therapeutic relationship and what is "alive" in the moment. It is very important that you feel we are the right fit in order to build the trust and connection that is required to form a strong therapeutic alliance. A commitment of time, energy and reflection outside of the office is required and expected as a participant in counseling. The amount of effort you put towards our counseling sessions will influence the impact that it will have on your therapeutic goals and emotional wellbeing.

Billing and Insurance Information: The fee for counseling will be \$100.00 per 50 minute session. Payments are to be made at each session. You will be charged for a missed appointment if you do not notify me within 24 hours of our scheduled time. Fees may increase periodically, and thus the fees are subject to change with two weeks prior notification.

I do not accept insurance or file insurance claims. I provide a statement of services to present to your insurance provider for possible reimbursement.

*Clients are not expected to pay for screening services conducted prior to receiving this Disclosure Statement.

Choosing a Counselor: You have the right to choose a counselor who best suits your needs and purposes. You may seek a second opinion from another mental health practitioner or may terminate therapy at any time.

Confidentiality: There is a legal privilege in this state protecting the confidentiality of the information that you share with me. As a professional, I strive to maintain the strictest ethical standards of confidentiality.

There are legal exceptions to confidentiality. The following situations are those in which the information you have shared with me may be shared with others:

- 1) The client gives written permission to share specific confidential information.
- 2) Information is shared that indicates an intention to do harm to self or others.
- 3) There is indication that a minor is/was the victim of abuse or neglect (RCW 26.44).
- 4) There is indication that a vulnerable adult is/was the victim of abandonment, abuse, neglect or financial exploitation (RCW 74.34).
- 5) The client brings charges against the counselor.
- 6) In response to a subpoena.

When possible we will discuss any exceptions to confidentiality as they arise.



Consultations: As an associate level counselor I consult with a licensed supervisor for the purposes of licensure. Additionally, I regularly consult with other professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. This supervision and consultation is obtained in such a way that confidentiality is maintained.

State Information: Counselors practicing counseling for a fee must be registered or certified with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment. The purpose of the Counselor Credentialing Act (Chapter 18.19 RCW) is (A) to provide protection for public health and safety; and (B) to empower the citizens of the State of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct. For further information regarding credentialing and/or complaints check with WA Dept of Heath: www.doh.wa.gov

Contacting Me by Phone: You may leave me a message on my confidential number (425) 223-3276. I check these messages on a regular basis. Please limit your phone conversation needs to appointment scheduling and emergencies.

Emergencies: If you are in an emergency and cannot reach me, please call one of the following numbers:
General Emergencies 911
Crisis Clinic (800) 244-5767 or (206) 461-3222

I have read and understand the information presented in this form.

Client Signature

Date

Client Signature

Date

Therapist

Date