



Statement of Disclosure

Services: I offer counseling and psychotherapy for individuals, couples, and families.

Approach to Treatment: I use a variety of different approaches in my work, depending on the needs and interests of each client. We may explore the dynamics in your family of origin and attempt to recall your childhood and adult experiences to help you understand how you developed into who you are today, what you have learned about yourself and about life and what beliefs you have developed about who you are. I find the human condition to be multidimensional and so we may look at the physical conditions in your body, your emotional patterns, your dreams, your creative expressions and your spiritual experiences as ways of deeply understanding all of who you are. The purpose in whatever methods we use together is to help you open your heart to yourself to develop self esteem, personal power and self love, and to find the life that fits who you feel you really are.

I believe that this process is something we do together. It is important to me to establish a relationship with you that is based on mutual trust, honesty, and respect. I rely deeply on my intuition and your intuition and we will create together an approach to healing that feels right for you. I feel that you will get out of this experience whatever you put into it. The deeper the commitment to yourself and your growth, the deeper the level of healing you will receive. I am here to offer observations, feedback, education and guidance for your process.

It is my commitment to you to be a safe and trustworthy therapist and I ask that you always let me know as soon as possible if anything I say or do makes you feel unsafe or mistrusting of me. I want to make sure any conflicts are resolved in a timely way to keep our relationship therapeutic for you. Likewise, I will let you know if I feel you are compromising the safety of the therapy in any way so we can create a clear understanding together of what is appropriate for a solid therapy relationship.

Education and Training: I received my M.A. in Applied Behavioral Sciences from the Leadership Institute of Seattle, at Bastyr University, in June of 2005. And I have a B.F.A. in Theatre from Carnegie-Mellon University, 1989. I am a Registered Mental Health Counselor for the state of Washington, #RC000503847. I have studied Strategic, Solution Focused, Narrative, Structural and Bowenian Therapy. I have been trained in various forms of artistic expression, and communication, including, visual art, music, and various acting techniques.

Fees and Payments: My fee is \$75 for a 50 minute individual session and \$95 for a 50 minute couples or family session. For couples, I offer an extra half an hour for the first session at no extra cost. Payment is due in full at the time of each session unless we make other arrangements. Phone calls lasting for more than 10 minutes will be charged at my hourly rate. My fee is \$35/hr. for “non-direct” services such as consultation with another of your providers, paperwork, etc., and will be charged only for services that last longer than 10 minutes. I do not bill insurance at this time.

Appointments and Cancellations: I ask for 24 hours notice if you need to cancel or change an appointment. I reserve the right to charge the full fee for any appointments you forget or cancel without this notice. I will discuss exceptions for special circumstances. If you have an emergency, we can reschedule the appointment. If you need to change your time, let me know as soon as possible and we will look for a different time that week. I do offer sessions over the phone if you can't get to my office or if you're out of town. If storm conditions prevent safe travel to my office, we can either have a phone session or reschedule for another day when the roads are passable.

My Availability: I am in the office on Tuesday and Wednesday afternoons from 2:30pm and Fridays from 10am. I will return any calls you make to me within 24 hours. Messages left Friday after 5 pm and over the weekend will be returned on the following business day. If you are in crisis, we can make a plan for me to check for messages regularly over the weekend so you can feel assured of a timely response from me. If you are in crisis and need to talk to someone right away, call the Crisis Clinic at 461-3222 and then leave me a message.

Confidentiality: I will always keep our work together confidential. The only exceptions, as required by law, are:

1. Where there is suspected or reported child abuse or neglect.
2. Where a client reports a threat of harm to self or others.
3. Where there is a valid subpoena issued.

If an occasion arises where I need to discuss your treatment with another person in your life, like your physician, I will do so only with your written consent. If I discuss your treatment with someone for the purpose of my own professional growth, I will make every attempt to disguise details that would identify you.

Washington State Licensing Dept. has asked me to inform you of the following: "Counselors practicing counseling for a fee must be registered or licensed with the Department of Licensing for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment."

I have read and understand this statement. A copy of this disclosure statement has been provided for me.

Client Signature: _____ Date: _____

Client Signature: _____

Therapist Signature: _____ Date: _____