

Disclosure Statement

Training and Degrees: I received my Bachelors in Psychology from Western Washington University in Bellingham, Washington. I then completed a Master of Arts in Counseling Psychology from The Seattle School of Psychology, which included a one year internship. Currently, I am a Washington State Licensed Mental Health Counselor (LMHC), #LH60605589.

Counseling Approach: To me the primary purpose of the counseling process is to establish an alliance with you, so together we can explore the nature of your struggles and the possibility for growth and change. Therefore, we will focus on the significant relationships in your life, past and present, as well as the dynamics of the relationship we will establish. New self-knowledge may cause emotional disruption in the form of pain or anxiety. The choice is always yours as to how much disruption you want to step into. If your situation also has a medical component, then medical consultation will be advised. If you are uncomfortable with any aspect of the therapeutic process or have questions, I am available for your questions and concerns.

Fee and Insurance Information: The fee for individual counseling is \$105 per 50-minute session and couples counseling is \$125. Payments will be taken at each session, unless otherwise arranged. You will be charged for a missed appointment if you have failed to notify me within 48 hours of our scheduled appointment time (illness and emergencies excepted). For NSF returned checks, you will be charged an additional \$25. A sliding fee scale may be available for those with financial hardship. Separate fees are applied for any court/legal related paperwork and/or time. Fees may increase periodically and they are subject to change with two weeks' prior notification.

I can submit insurance claims on your behalf, but it will be your responsibility to understand your insurance benefits. If your insurance provider will be reimbursing you directly, I can provide a billing statement and would be glad to fill out any form that is required.

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: I am bound by professional ethics to protect client rights to confidential communications in regards to their involvement in counseling. *All issues discussed in the course of counseling are strictly confidential.* By law, health care information pertaining to you may be released only with your written consent or the consent of a parent or guardian. For this reason, if you want me to release information about your participation in therapy, I will require a signed "Release of Information" from you. A release is legally valid for ninety (90) days from the date of signature. However, the law (RCW 18.19.180) provides **exceptions to client confidentiality** where *information may be released without your consent:*

1. In the event of a medical emergency, information deemed necessary for treatment *may* be released.
2. In the event of a threat of harm to oneself or someone else, if that threat is perceived to be serious, the proper individuals *must* be contacted. This may include the individual against whom a threat is made.
3. In the event of suspected abuse of a child, dependent adult or elder, the proper authorities *must* be contacted. The abuse does not have to be personally witnessed by the counselor.
4. If you register a complaint with the Washington State Department of Health, information will be released as requested or required by the State to resolve the issue.
5. If ordered by a judge or other judicial officers, information regarding your treatment *must* be disclosed.
6. If an attorney in the state of Washington duly subpoenas your records, they will be released unless you file a protection order within 14 days of the subpoena.
7. In the event of a client's death or disability, information will be released as authorized by the client's personal representative or beneficiary.
8. A counselor is not required to treat as confidential a communication that reveals the contemplation or commission of a crime or harmful act.

