

Professional Disclosure Statement

Washington State law requires all counselors provide clients the following information to assist in making informed decisions regarding participation in counseling services. RCW 18.225.100.

Qualifications: I graduated in 2006 with a Master's degree in Applied Psychology with an emphasis in Mental Health Counseling from Southern Oregon University. I am currently licensed in the state of Washington as a Licensed Mental Health Counselor (License #LH60884987). This licensure requires 100 hours of supervision as well as 3,000 hours of direct client contact. In addition, I am in the process of obtaining a Certificate in the Foundations of Existential-Humanistic Practice through the Existential-Humanistic Institute. This certificate will take approximately one year to complete and includes forty-five hours of training and consultation as well as class work, a practicum, and an evaluation by my instructor. I am also receiving consultation services from a master in Existential-Humanistic therapy. Over the course of my counseling career, I have attended countless hours of continuing education in a variety of subjects such as trauma, PTSD, gambling addiction, childhood abuse, long-standing personality issues, anxiety, domestic violence, and depression.

Philosophy and Techniques: I love helping my clients live genuine lives in harmony with what they feel is best for themselves and their particular circumstances. I believe that by finding the areas in our lives that are stuck and removing the blocks that bind us, we can free ourselves to express our own truths and be more present in our lives. As a counselor, I am honored to accompany my clients on their search for authenticity.

The initial few sessions will be about getting to know each other as well as discovering your goals for therapy. Your goals will determine the likely duration of our time together.

My style of counseling is informed by several philosophies, including: humanistic, existential, psychodynamic, attachment, and experiential.

What this means is that I believe that all human beings instinctively know what healthy means for them and can reach their full potential if only they can discover what is keeping them from that goal. I also believe that many people seek counseling because of issues around certain givens of life such as: loss, lack of meaning, separation or disconnection from others (or the self), the anxiety of choice and the inevitability of "unchoosing" one thing in order to choose another.

I work primarily in the here-and-now experience, mirroring and bringing to light aspects of your life, your Self, and your relationships that may be hidden or out of your awareness—the blocks, if you will. This process requires a focus on how you experience your world. We will access and examine your felt sense of the world so you can be more genuine within yourself and with others.

How humans relate to each other often stems from our earliest attachments and can sometimes be problematic as we grow and develop. Working together to bring these attachment concerns into the open can help you feel more engaged and connected with others. I believe the counseling relationship is often a reflection of the relationships we have with others in the "outside world," and one of the best ways to grasp how those interactions take place is to identify them in the moment in the interactions that happen between you and I.

Fee Scale: Fees for services are listed on the Financial Agreement. Please refer to this for further information. Please note in the initial paperwork that late cancellations (less than twenty-four hours) and/or failure to show for an appointment may

result in a charge, even if you are sick or otherwise unable to attend. Counseling sessions are available via Zoom; please ask about this as an option should you wish to pursue this.

Confidentiality: Your right to privacy is governed by legal and ethical guidelines, including by the laws of the State of Washington. Please review the Notice of Privacy Practices you have received for detailed information about your rights regarding confidentiality.

Emergencies: In case of an emergency please contact:

911
Suicide Hotline 1-800-273-8255
Benton & Franklin Counties Crisis Response 1-509-783-0500

Client Rights and Responsibilities: As a client, you are in complete control and may end our counseling relationship at any time. Your role in therapy is to: make a commitment to change and/or grow, take responsibility for your own life, set goals for therapy, and work on your goals between sessions.

Potential Counseling Risks: While benefits are expected from therapy, specific results are not guaranteed. Counseling is a personal exploration and may lead to major changes in your life perspectives and decisions. These changes may affect significant relationships, your job, and/or your understanding of yourself. Some of these changes may be temporarily distressing. The exact nature of these changes cannot be predicted. Together we will work to achieve the best possible results for you.

SIGNATURES:

Your signature indicates that you have read and understand the above disclosure and agree to its terms.

Client Signature

Date

Therapist Signature

Date