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You have the right to choose a health care provider who best suits your needs and purposes. With that in mind, please carefully read the following disclosure statement about therapy services. You have the right to refuse treatment.

Education and Training

I am a licensed Psychologist in the state of Washington. My license number is PY60431107. I am a practitioner in a group practice working with individuals (adolescents and adults), couples, families, and groups. I earned a Master's degree in mental health counseling from Central Washington University (2008) prior to receiving a Ph.D. in clinical psychology from Idaho State University (2013). I completed a pre-doctoral clinical internship at the University of Utah Neuropsychiatric Institute, followed by a postdoctoral fellowship at the National Center for Telehealth and Technology on Joint Base Lewis McChord. Just before joining New Growth, I worked at the Evidence Based Treatment Centers of Seattle, where I received specialized training in the treatment of anxiety disorders and delivery of Dialectical Behavior Therapy.

My training is in a broad range of therapies, though I have focused most of my practice on the delivery of evidence based treatments, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and interpersonal therapies.

Therapeutic Approach

In therapy, I view myself as a coach, educator, and support person. I aim to help you identify your treatment goals, and to collaboratively generate ideas and develop strategies to support you in making the changes you would like to make, for yourself and in your relationships.

I use a combination of CBT, DBT, interpersonal therapies, and mindfulness practices. CBT and DBT explore the relationships among thoughts, feelings, and behaviors, and aim to help clients weaken the connections between troublesome situations and habitual reactions to them. The interpersonal therapies stress the value of the relationship that emerges between therapist and client. Mindfulness is about being in the present moment without judgment. It allows you to develop the ability to observe your thinking and emotions and be less reactive and more responsive to your life experiences.

What is typically involved?

You and I will typically meet weekly, and sessions are generally 50 minutes in length. That said, frequency of meetings and duration of appointments can vary considerably depending on a particular client's needs or situation.

During therapy, areas of desired change will be identified and we will work collaboratively to develop an understanding of any barriers there are to change, as well as what strategies may help to promote change in the desired direction.

Therapy may involve helping you identify, develop, and implement more effective strategies for problem solving, healthier decision making, more adaptive coping, and healthier conflict resolution. I will often ask you to practice skills outside of our sessions as well as read or engage in other activities between sessions.

Therapy is understood to be a choice you've made among available options. Other options include: receiving therapy from another provider, using other therapies, using support groups, seeking self-help resources, and other modes of treatment.

Risks and Benefits

Therapy can have benefits and risks. It is important for you to know that therapy often involves confronting and discussing difficult aspects of your life. This process can at times be painful and usually involves hard work. Fortunately, this hard work is often associated with many benefits. Much research has shown that many therapies are effective for a variety of psychological problems. Therapy often leads to better relationships, can provide solutions to specific problems, and often reduces feelings of emotional distress. Some clients only need a few sessions to achieve their goals while others may benefit from longer-term therapy. Although it is often helpful, not everyone benefits from therapy.

Record Keeping and confidentiality

State law requires that I keep a record of the services I provide you. To facilitate this process, I may, at times, take notes during sessions. You may ask to see and copy your record. You may also request corrections if you believe something have been recorded in error.

Information you share with me, and any record of that information, will be kept in strict confidence. I cannot disclose any information about you to anyone else, including the fact that you are in treatment, unless you give me permission to do so, or unless I am required to do so by law.

Professional Consultation

I participate in as-needed consultation with New Growth therapists, in a regularly scheduled monthly consultation meeting with peers, and may also contact other mental health professionals for consultation when I believe doing so would benefit my clients. These consultations are intended to improve the quality of care you receive from me. In consultation, I do my best to avoid revealing any identifying information about my clients. In addition, all consultants are legally bound to keep any information confidential.

Questions or Concerns

If at any point you have questions or concerns about our relationship or the direction of our work together, please feel encouraged to bring this up with me.

In addition to this document, you received New Growth's Office Policies, which further describes Confidentiality and limits of privacy, as well as other information regarding appointments, financial commitments, and policies specific to New Growth.

I look forward to working with you!
~Kristine