

Marcus Rajala, M.A. LMHC
New Growth Behavioral Health Services, Inc.
405 S Peabody Street, Port Angeles, WA 98362
360-457-1610

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 have completed more than two thousand hours of direct clinical contact and am pursuing an expertise in PTSD and the marriage of technology and therapy. In my graduate school internship I worked in a residential addiction treatment center with a diversity of men and women in recovery, I moved to Port Angeles to take part in the natural beauty of the area, a slower pace of life, and my first job in Community Mental Health where I worked for two years before joining the team at New Growth.

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 Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy (CFT), and Motivational Interviewing (MI).

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 tailor my approach to better fit what the client needs in that moment, above all always maintaining curiosity, awe, and an eye towards helping the client to not only live, but thrive.

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.

Professional Boundaries

Licensed psychotherapists are obligated to establish and maintain appropriate professional boundaries (relationships) with present or past clients (and, in some cases, client's close friends and family members). This includes not being "friends" with clients on social media. For example, therapists should not socialize or become friends with clients. The size of our community creates situations where you and I may be present in social situations or other places outside of my office. Due to confidentiality, I will not acknowledge the existence of the relationship outside of the therapy session unless initiated by you. We will discuss any potential situations and how we wish to handle them in our sessions.

Personal Conduct

Everyone is expected to conduct themselves in a responsible manner. A session should not be held when anyone is under the influence of a nonprescription drug, including alcohol.

Limits of Services

I do not make assessments of fitness for duty/work, workers compensation, disability claims/benefits, legal/courts, forensic, substance use, or predictive assessments of any type. I do not serve as an advocate on issues, act as an expert witness, or go to court as your advocate. I do not assess fitness for custody or make recommendations regarding parenting, guardianship, or fitness of a parent or person to live independently.

Legal Proceedings

Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters of a personal and confidential nature, it is agreed that, should there be legal proceedings (such as but not limited to, divorce, custody disputes, injuries, or lawsuits), neither you (client(s)), nor your attorney(s), nor anyone acting on your behalf will call on me to testify in court or at any other proceedings, nor will a disclosure of the psychotherapy or counseling records be requested. Considering the above exclusions, upon your request, I will release a summary of your sessions to any agency/person you specify, unless releasing the information might be harmful in any way or violates the privacy of another person. If subpoenaed or ordered by an authorized court of law, health care professionals may be required to release confidential information. Time for preparation and/or attendance in court will be charged as permitted by law.

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.

