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Clinician Disclosure Statement

This disclosure statement provides information about me, my qualifications, and my services towards assisting you in choosing the treatment and the provider best suited to your needs. With that in mind, please carefully read the following disclosure statement about therapy services. Please read this information carefully. Feel free to ask questions or discuss this information with me at any time. Now and at any point in the future you have the right to refuse treatment.

Education, Training, and Licensure

I am a Licensed Independent Clinical Social Worker (LICSW) in the State of Washington. My license number is LW60080835. I am a practitioner in a group practice working primarily with individual adults and older adults. I earned a Master's degree in Social Work from the University of Nevada at Las Vegas in 2005. My training is in a broad range of therapies. However, I focus most of my practice on the delivery of evidence based informed treatments/modalities, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment (ACT), and interpersonal therapies.

Therapeutic Approach

In therapy 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, ACT, and interpersonal informed therapies. CBT, DBT, and ACT explore the relationships among thoughts, feelings, and behaviors, and aims to help clients weaken the connections between troublesome situations and habitual reactions to them towards increased psychological and behavioral flexibility. The interpersonal therapies stress the value of the relationship that emerges between therapist and client related to increasing interpersonal effectiveness.

What is typically involved?

After the initial assessment, you and I will develop an individualized treatment plan/goals towards addressing the issues that you have identified as troubling and a priority for you. In addition, other issues regarding stress, family conflict, difficulties from your developmental history, marital problems, career/planning decisions, substance use/abuse, or unresolved grief issues and difficult life transitions may also become apparent during the assessment. You and I will reach an agreement about what to focus upon during treatment before proceeding with the treatment. During therapy, areas of desired change will be identified and we will work collaboratively to develop an

understanding of any barriers to change, as well as what strategies may help to promote change in the desired direction. These will be periodically reviewed related to status and progress towards your goals.

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.

You and I will initially 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.

Risks and Benefits

Therapy can have benefits and risks. Treatment requires active effort on your part. It is important for you to know that therapy often involves confronting and discussing difficult aspects of yourself and your life. This process can at times be painful and usually involves time and hard work. Fortunately, this hard work is often associated with 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. There are no guarantees of what you will experience.

It is important for you to choose a treatment provider carefully. If you have questions about procedures, please ask. If you have concerns, please bring them up before difficulties arise. If you feel you would work better with another provider, I can help with referrals. Likewise, if I feel that I cannot help you or that you might be better served by another provider or agency type, I will suggest referrals, if you wish.

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 access 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 take notes during the session. You may ask to see and copy your record. You may also request corrections if you believe something has 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. This information is stored in our electronic health record.

Professional Consultation

I participate in consultation with New Growth therapists as needed, in a monthly consultation with peers, and I reserve the right to contact other professionals as needed. In consultation, I do my best to avoid revealing my clients' identity. To that end, I do not share client names or other identifying information. In addition, all consultants are legally bound to keep any information confidential.

Professional Boundaries

I abide by the Code of Ethics of my discipline, which precludes dual roles. Counselors are obligated to establish and maintain appropriate professional boundaries with clients. These relationships do not allow for business, social, sexual, or any other dual relationship that impairs clinical objectivity, effectiveness, or client's welfare, which includes present or past clients (and, in some cases, client's close friends and family members). 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, alcohol, or medications that are a barrier to the therapeutic process.

Financial Information

You received New Growth Behavioral Health Services Office Disclosure which outlines New Growth's financial policies.

Questions or Concerns

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

In addition to this document, you received a copy of New Growth's Office Disclosure, which describes confidentiality and other information regarding appointments and policies specific to New Growth. You also have access to New Growth's Privacy Policies, which describes the limits of privacy and New Growth's cost sheet, which outlines the cost of services provided by New Growth.