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Welcome! This disclosure has been prepared to help you understand my qualifications and what you can expect from me as a therapist. 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.

In addition to this document, you have received a copy of New Growth's Office Disclosure, which describes limits to 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. Please review all these documents carefully.

### **Education, Training, and Licensure**

- MA in Art Therapy Counseling from Marylhurst University (2010)
- BA in Studio Arts & minor in Psychology from Western Washington University (2008)

I am a Licensed Mental Health Counselor (LMHC) in the State of Washington. My license number is LH 60875224. I am also a Registered Art Therapist (ATR #13-141) through the Art Therapy Credentials Board, which is a national accreditation for art therapists. My training is in a broad range of therapy approaches, and I integrate art therapy with these approaches when appropriate and desired by clients. I have post graduate training in Solution Focused Brief Therapy (SFBT), Dialectical Behavioral Therapy (DBT), and Collaborative Problem Solving (CPS), and am familiar with many Cognitive Behavioral Therapy (CBT) strategies. I have also worked with supervisors with backgrounds in psychodynamic approaches which has influenced my own practice. Psychodynamic approaches often look at attachment and interpersonal relationships, and their influence on mental health and presenting issues.

### **Philosophy and Approach**

I view the therapy process as a collaborative effort between client (and/or family) and therapist. I strive to remain solution focused and strengths based. I focus on drawing out the strengths of individuals (and families) that can be used to address presenting problems. I am trained in the use of art therapy as part of the intake and treatment process, creating art therapy interventions that address the goals in your treatment plan. Art therapy provides another method of exploring and addressing issues, particularly those that are often difficult to talk about. I am always happy to discuss incorporating art therapy techniques into treatment if you wish to pursue this method of treatment.

### **Treatment**

I am trained to make clinical diagnoses, but in our work it is more important that I learn about the specific problems that bring you to therapy. In our initial session(s) we will complete an

assessment that includes getting information about current problems, history of problems, stressors, basic health information, and relevant strengths in order to guide our treatment plan. After gathering this information we will then work together to develop treatment goals to address the areas of priority for you.

Our sessions together will typically be 50 minutes in length and occur weekly. However, frequency and duration may vary depending on a particular client's need. For younger children we may also discuss scheduling shorter sessions if appropriate. During sessions we will collaborate to develop strategies to address presenting issues, working to build strengths and connections to promote change. We will periodically review progress to evaluate treatment. I may also encourage you to practice skills/interventions, read, or engage in activities between sessions.

Counseling is understood to be a choice you've made among other available options. Other options include: receiving therapy from another counselor, 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. There is no guarantee what you (or your child) will experience.

If you choose to incorporate art therapy into treatment, additional benefits may be an increased sense of mastery and self efficacy that arises from creating your own artwork. On the other hand, you may experience distress when dissatisfied by your art activities. In addition, sometimes artwork and imagery can be triggering when dealing with traumatic experiences. If you experience any of these risks at any time it is important to discuss them with me right away so that we can alter treatment to address these concerns.

It is important for you to choose a treatment provider carefully. If you have questions or concerns, please bring them up so we can discuss and address them. 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.

### **Treatment of Children, Youth, and Families**

Before I will enter into a therapeutic relationship with a child under the age of 13, I want to know that all parties responsible for making medical decisions are aware and agree to counseling. If one party has full medical decision making, a copy of the court order stating such must be provided to me. If I see a child whose parents are divorced, please provide a copy of the parenting plan outlining who has custody and who has medical decision-making. If this

document is unclear, I may have both parents (or guardians) sign consent to treatment. If that poses difficulty, I will have the guardian seeking services sign a form stating they have full medical decision-making.

Even when the main intervention is individual therapy, caregivers can support change by helping implement interventions at home and observe progress (or challenges) that occur. Expect to regularly check in with me throughout treatment. If your child is under 13 years old, please remain available even if you are not participating in session. This is to allow for the opportunity to connect with you should important issues arise out of the session with your child including urgent safety concerns.

As a legal guardian, you have a legal right to know what happens in individual sessions with your child and are allowed to request your child's clinical record if they are under the age of 13. However, your child may open up more in therapy if they feel that what they say can be kept confidential (except where limited by law or when concerns of health and safety arise). I am always willing to discuss your child's overall progress with you and recommend checking in routinely.

For youth between 13-18 years of age consenting for their own treatment, please note that your confidentiality will be maintained except where limited by law. You should know that we may discuss how to incorporate caregivers into your treatment if it could be of benefit. Also know where there are major concerns of safety, a guardian may potentially be contacted in order to maintain your health and wellbeing. We can discuss this in more detail in our sessions.

### **Counseling Relationship**

It is very natural for counseling to feel very intimate. For this reason, it is important to maintain a professional relationship—rather than a social one—in order to support effective and ethical therapy. This includes not being “friends” on social media. In addition, professional ethics precludes me from entering into any dual role that would impair clinical objectivity, effectiveness, or client's welfare. This includes not entering into other kinds of relationships with any current or past clients—and in some cases family members or friends of a client.

In our small community, there are very likely times where we may intersect in public. When this happens I will not initiate contact/acknowledgement in order to protect your confidentiality. During our sessions we will discuss any potential situations that could arise and how we would like to handle them.

### **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.

### **Confidentiality**

What is discussed in therapy is confidential and will not be discussed outside our sessions unless a written consent is signed by you (or a legal guardian if under the age of 13). Exceptions to confidentiality are outlined in our Office Policies Disclosure. Clients ages 13-18 have a legal right

to confidentiality, however exceptions to confidentiality apply where major health, safety, or welfare issues arise.

### **Professional Consultation**

I participate in consultation with New Growth therapists as needed in a monthly consultation. I also reserve the right to contact other professionals as needed. Please refer to our Office Policies Disclosure for more information. All parties are bound to confidentiality.

### **Limits of Services**

I do not assess fitness for custody or make recommendations regarding parenting time. I do not assess fitness for work. Unless specifically agreed to, I do not serve as an advocate on issues, act as an expert witness, or go to court as your advocate. These services are not covered by insurance and there may be fees associated with these services. Please see our Office Policies Disclosure for more information.

### **Financial Information**

You received New Growth Behavioral Health Services Office Disclosure, which outlines New Growth's financial policies, as well as New Growth's cost sheet, which outlines the cost of services provided.

### **Professional Ethics**

I adhere to the ethical guidelines established by The Art Therapy Credentials Board (ATCB). The ATCB oversees the ethical practice of art therapists and may be contacted with client concerns: **7 Terrace Way, Greensboro, North Carolina 27403-3660 | Toll free 877-213-ATCB (or 2822) | [atcb@nbcc.org](mailto:atcb@nbcc.org)**. Our Notice of Privacy Practices provides information about how to raise concerns about treatment within the State of Washington. I also adhere to the ethical guidelines of The American Counseling Association, and The American Art Therapy Association. I will only work within my scope of practice. In some cases I may be ethically required to refer a client to a more experienced therapist.

### **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.

Again, you also have access to New Growth's Office Policies Disclosure, Privacy Policies (which describes the limits of privacy), and New Growth's cost sheet (which outlines the cost of services provided by New Growth). These documents provide additional information that may not be specifically outlined in this disclosure.