

Katie Rudd, Advanced MFT-Intern

New Growth Counseling Services

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Clinician Disclosure Statement:

Please allow this to serve as a brief introduction to myself, therapy and how I conduct therapy, so you are aware of who I am and what you can expect from your experience with me in therapy. After you look through this information, please contact me with any questions or other concerns you may have. I would be happy to discuss those with you.

Training:

I am currently an Advanced Intern, working toward obtaining my Masters degree in Marriage and Family Therapy. I am under licensed supervision, which involves weekly collaboration on case conceptualization and treatment plans. This is to ensure that you receive the best care I can provide you with at this time. Operating under this license, I am a credentialed counselor affiliate in Washington State (CG61360056).

Along with the superior education that Northwestern University prides itself for, I have undergone additional training in a variety of therapeutic models and interventions, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and Emotion Focused Therapy (EFT).

Expectations of Therapy:

I will join with you to best understand and name your struggle, while also focusing on the strengths that are present. My education is based in Integrative Systemic Therapy (IST), which efficiently combines a variety of models that best suits your needs. Therapy can be customized to move as quickly or as in depth as you are willing and ready to take it. While we will work together to come up with solutions and possible strategies, the work will be up to you. Therapy takes place in and out of the therapy office, and you have the power to control where it leads.

I also like to remind clients that there are risks involved in therapy. Therapy might, in fact, make a person feel worse while working through difficult issues. However, you will not work through this alone. We will together navigate the challenge.

Therapy is not the best fit for everyone, and therapy does not guarantee that issues will be resolved. We will discuss the options for you, if we do not see the desired progression with the treatment goals that you have in mind.

If your experience with me as a therapist does not meet your expectations, you have the right to change providers and seek a different therapist that is a better fit for you.

Confidentiality:

I will keep records of our sessions and am required to do in a timely manner. These records are stored in the system's electronic health record and kept confidential. Everything that is shared in session is confidential, with the exception of individuals under the age of 13. Parents and legal guardians have access to session notes. Additional exceptions to the confidentiality that is held include:

- If a client has expresses a plan to hurt themselves or someone else, I am obligated to break confidentiality to ensure safety
- If a client informs me that they are being abused and are unsafe, I am obligated to break confidentiality to ensure safety
- If a client gives me permission to break confidentiality to speak with a third party, such a primary care physician.

In each of these cases, you and I will discuss the best path forward, and you will be made aware of the break in confidentiality.

Families / Couples:

If you are a family or a couple receiving services, I consider all present to be the client. Treatment records of sessions contain information about each person. Participants in counseling should be aware that records will only be released with written consent of everyone who was present at any time during the treatment and who is capable of giving consent, including children ages 13 and older. In addition, I will not collude with individual members to keep individual confidences that are harmful or destructive to other members in treatment. Where conflicting family member goals exist, the objective of therapy becomes to address everyone's goals in a manner that will preserve the integrity of the family as a whole. Differences in goals will be discussed during therapy.

Professional Boundaries:

Marriage and Family therapists 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.

Financial Information:

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

Limits of Services:

I do not assess fitness for custody or make recommendations regarding parenting time. I do not assess fitness for duty 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. 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.