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Disclosure and informed consent

I have a doctorate in clinical psychologist and I am a licensed Mental Health counselor in the State of Washington. My theoretical framework is a mixture of developmental, existential, somatic, creative systemic and feminist thinking. This mixture means that our work together may include discussing your development and experiences, as well as discussing the importance of your family, community, culture, ethnicity, class and age. Therapy is a collaborative journey of discovery where we aim to turn the lead into gold. I also include ancient healing techniques and wisdom as well as whole body therapy to help heal your nervous system as well as your heart and mind.

It is my responsibility to ethically and sensitively guide you toward your goals. It is your responsibility to determine whether I am the right therapist for you. At any time during our work together you may request that I use a different therapeutic technique, refer you to another therapist, or stop our work together. Please feel free to let me know if you have any questions or concerns about your therapy. If you are still dissatisfied after discussing the situation with me, you can contact the state licensing board. The board's address and phone number are: Washington State Department of Health Professions Quality Assurance, PO Box 47865, Olympia, WA 98504-7865, (360) 236-4700

Psychotherapy can have benefits and risks. You may experience uncomfortable feelings as we discuss unpleasant aspects of your life, and as you work heal. Some of these uncomfortable feelings may include sadness, anger, guilt, loneliness, and helplessness. However, on the bright side, psychotherapy has been shown to help people have better relationships, find solutions to specific problems, and significantly reduce feelings of distress. Most people feel the benefits far outweigh the challenges. Because each person and situation are unique each journey is different, the course and length of the therapy will be tailored to fit your needs and goals.

My fees are \$135.00 for each 50-minute session, more for couples, with longer sessions, report writing and phone calls over ten minutes prorated accordingly. If you should need to cancel an appointment, please call me at least 24 hours in advance. My policy is to charge the full amount for missed appointments cancelled without 24-hour notice. I charge a \$20.00 administrative fee each time I send you a bill on an overdue balance. Seriously overdue accounts may be sent to a collection agency. If your account is sent to a collection agency you will be responsible for all collections costs and fees, in addition to your unpaid balance. I do not bill most insurance companies. Most will reimburse substantially. I am happy to give you the information you need to apply to be reimbursed for fees that you have already paid me.

I keep a brief written record of all services I provide you, including therapy sessions, phone calls, and other contacts that are a part of our work together. These records are not on a computer. If you choose to review the records I recommend that you do so in my presence, so I can translate the professional jargon and discuss the contents with you. I will charge an appropriate fee for time I spend preparing your information request and reviewing the record with you.

I will not disclose your record to anyone else unless you give me written permission to do so, or I am required to by law. You may see your record or get more information about it by contacting me at the address and phone number above. All information you share with me is confidential unless you give me written permission to disclose the information to someone else. There are several important exceptions to this confidentiality. I am required to report to the appropriate authorities if I suspect abuse of a child or of an older or disabled person, if a person is a danger to themselves or others, or is not able to meet their basic living needs. I may also be required to release confidential information as part of disciplinary or judicial processes.

You may call me any time you have an emergency. If you reach my voice mail please leave your name and telephone number, and clearly state that you have an emergency. I will call you back as soon as I can, usually within 24 hours unless I am unable to. Sometimes, I am out of town and away from phone service. If you need immediate help, please call the Crisis Line at (206) 461-3222 in King County, and (425) 258-4357 in Snohomish County, if you need immediate help.

I look forward to our work together.

I have read this statement and understand it. I agree to follow its provisions.

Client's Signature

Date

Psychologist's Signature

Date