

Greetings. Please take a moment to read the next few pages, as they will give you more information about me, the way I work, your (and/or your child's) therapy and treatment, as well as your rights and responsibilities as a client. If you have any questions or concerns about anything, please do not hesitate to ask.

Education and Experience:

I received my M.A. Degree in Psychology from Antioch University. I have a specialized concentration in Child, Couple and Family Therapy. I have worked in community mental health, where the majority of my time was spent working with young children with behavioral problems, and their parents. I have also led groups for Parents of Explosive Children, and co-led adult DBT (Dialectical Behavior Therapy) groups.

I am a Registered Counselor (RC #00051693) in Washington State and am working towards Licensure as a Marriage and Family Therapist. I am an Associate Member of the American Association of Marriage & Family Therapy, as well as a member of the Washington State Association of Marriage and Family Therapy.

Areas of Special Focus & Approach:

My areas of special focus include emotional regulation, sadness/depression, grief and loss, and anxiety, as well as the trauma of divorce and domestic violence. I also specialize in children with unique sensitivities and intuitive abilities. I believe that therapy is a collaborative process between parents, children, and therapist. I work from a systemic point of view, meaning that I believe that each person in the family affects the family as a whole, and that the family unit affects each individual. My treatment will help you and/or your family process emotional and communication issues, to foster insight and growth. My goal is to bring out your (and/or your child's) strengths, and to help guide you to a place of healing and wholeness.

I cannot and do not prescribe medication. I prefer to attempt alternative methods before turning to medication. If medication seems appropriate, I would be happy to talk to your (and/or your child's) primary care physician to determine the next course of action. If you (and/or your child) are already on medication, please continue taking them.

Fees and Payment:

Sessions are 55 minutes long. Payment is due at the time of service by cash or check. I can provide a receipt for service for you to submit it to your insurance company. I cannot guarantee your insurance company will reimburse you for counseling services. Please be on time to make the most of your session. If you are late, your appointment will not extend beyond your scheduled time. Please provide at least 24 hours notice if you need to cancel. If you do not provide at least 24 hours notice for a cancellation, you will be billed at the full session rate.

Review of Records:

I keep a record of the services that I provide to you (and/or your child). It is your right as a client to see and have a copy of your records at any time. You may also ask to correct that record. The request of a copy of your records must be submitted in writing and I may charge a reasonable photocopying fee. As a parent, in general, you are entitled to information about your child but this is different from a right to access their records. If your child is under the age of 13, you have a right to see his/her records. If your child is 13 or over, a signed release of information must be obtained from your child before his/her records can be released.

Confidentiality:

Confidentiality and trust are important to me. As a Washington State Registered Counselor, I am legally bound to keep information that the client may tell me confidential. As a Registered Counselor, I am also legally mandated to report (and break confidentiality) if:

- The client communicates to me that they are going to harm or kill him/herself or someone else, or that they have committed a serious crime.
- The client is a minor (under 18) and communicates to me that they were a victim or the subject of a crime.
- I suspect abuse/neglect of a child, an elder, or a disabled person.

I must also release information:

