



Robyn Howisey, MA, LMFT
Counseling for Children, Teens & Adults

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Disclosure Statement

Greetings. The next few pages will give you more information about me, my approach to therapy and treatment, as well as your rights and responsibilities as a client. If you have any questions or concerns, please don't hesitate to ask.

Education and Experience:

I am a Licensed Marriage and Family Therapist (License# LF60090906) in Washington State. I am a Member of the American Association of Marriage & Family Therapy and the Washington State Association of Marriage and Family Therapy.

I have a Bachelors of Science degree in Psychology from the University of Washington, and received my Masters of Arts degree in Psychology (Child, Couple and Family Therapy) from Antionch University Seattle. Prior to private practice, I worked in community mental health, where the majority of my time was spent working with young children with behavioral issues. I have led groups for Parents of Explosive Children, and co-led adult DBT (Dialectical Behavior Therapy) groups. Currently in my private practice I work with children, teens, and adults.

Areas of Special Focus & Approach:

In working with children and adolescents I use play therapy, narrative therapy, and elements of Cognitive Behavioral Therapy (CBT) in conjunction with sand tray, games, and art to facilitate the therapy process. My goal is to bring out strengths, teach skills when necessary, develop connections between emotions and actions, and help guide to a place of healing and wholeness while reducing unwanted behaviors. In the process of working through emotional and behavioral issues, I may meet with parents with recommendations for changes to be made at home that will help reinforce and enhance the work done in therapy. I work with a range of emotional and behavioral issues, but I particularly enjoy working with children and teens who struggle with depression, anxiety, perfectionism, and those who are worriers. My style is playful and warm, gentle but firm.

In my work with adults, I am here to help support and guide you to reach your goals. I desire to help you look at your blind spots, and for you to gain more insight into responses, reactions and emotions. I believe you have the answers within you. I don't assume to be an expert on what you need, think or feel, but rather engage a collaborative process to gain more depth and understanding. Sometimes I may assign exercises or tasks to be done between sessions. My style is curious and supportive, but I will call you on your "stuff" if necessary.

Fees and Payment:

My current rate is \$110 per session. Sessions are 45-50 minutes long and prorated for longer sessions. Occasionally I find it necessary to increase my fee due to inflation. If this occurs during your treatment, you will be given at least one month notice.

I am a preferred provider with Premera Blue Cross, Blue Cross/Blue Shield, and Lifewise and will bill them for you directly. You will be required to pay your co-pay at the time of service, and are responsible for any other fees that your insurance does not cover (this may include school visits, family sessions, or meetings with parents only). For all other insurance carriers I am considered an out-of-network provider.

For private pay clients or those with insurance in which I am considered out-of-network, payment is due at the time of service by cash/check/credit card. On the 5th of the following month you will receive an automatic statement via email which you can submit to your insurance company. I cannot guarantee your insurance company will reimburse you for counseling services. Please be aware in these instances, my contract is with you, not your insurance company and you are responsible for all fees.

Scheduling & CANCELLED SESSIONS

Please be on time to make the most of your session. I will come to the waiting room at the time of your session. If you are late, your appointment will not extend beyond your scheduled time. If I am late I will make up the time. Generally I schedule clients on a weekly or every other week basis, typically at the same time each week.

CANCELLATIONS: When we schedule a session, I hold that time for you. **Please provide at least 48 hours notice if you need to cancel.** If you do not give me at least 48 hours notice, you will be billed at the full session rate - this is not covered by insurance. I will automatically bill the late cancel to the credit card you provide me at our initial session. I will *not* notify you of this charge, though you will get a receipt of the transaction via email on the 5th of the

following month. Please be aware that because I hold that session for you and it is very difficult to fill on short notice, *you will be charged even if you are canceling because you or your child is sick.*

Review of Records:

I keep a record of the services that I provide to each client. 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. I am legally bound to keep information that a client may tell me confidential. As a licensed therapist, 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; if the client is a minor (under 18) and communicates to me that they were a victim or the subject of a crime; or if I suspect abuse/neglect of a child, an elder, or a disabled person.

I must also release information:

- If I have the written consent of the client, or in the case of the client's death, their personal representative, other person authorized to sue, or the beneficiary of an insurance policy on the person's life, health, or physical condition; if the client waves the privilege of confidentiality by bringing charges against the therapist; in response to a subpoena from a court of the law or the secretary.

If you are seeking therapy for your child: I want to help your family foster an environment that promotes open communication. With that in mind please know that as a parent, if your child is under 13, the child's permission is not required for me to talk to you about their private session. However, your child may need a place where they can express their feelings and thoughts without having them be reported to their parents and I will not tell you the details of what your child has said in session. If your child is 13 or over, their permission is required before I can communicate anything to you that was said in their session. In Washington State, children 13 years and older are afforded the same level of confidentiality that adults receive. In general, I will give you updates of how the treatment is going but will not talk about the specifics of what your child has said to me. If you have any concerns about this, please let me know.

In keeping with generally accepted standard of practice, I may periodically discuss your (or your child's) case with other therapists. This is done in a professional context with the best intentions for your therapy and treatment to ensure quality care. Every effort is made to protect your identity.

Concerns or Grievances:

Please know that I will make every effort for your (or your child's) treatment to be beneficial and productive for you/your child/your family. If at anytime you feel concerned about the course of therapy, please do not hesitate to talk with me about it. If for some reason you feel that we are not a good fit, I would be happy to refer you to another professional that may be a better match. It is every client's right to terminate treatment at any time, with or without notice to the therapist. If you do not feel these options are suitable or that they are in your best interest, and believe you need to address your concern with a professional monitoring agency, please contact:

Health Professions Quality Assurance
Customer Service Center
PO Box 47865
Olympia, WA 98504

Email: hpqa.csc@doh.wa.gov
Phone: 360.236.4700
Fax: 360.236.4818

The department of health requires the following statement to appear: Counselors practicing counseling for a fee must be registered with the department of health for the protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of any treatment.

Contact Information:

You can reach me by phone at (206) 851-8276 before 5:00 pm, Monday - Thursday. My voicemail is confidential. I typically return calls within one business day. Calls left on Fridays might not be returned until Monday morning. You can also email me at robyn@thriving-child.com. Though I am the only person who will view the email, I cannot guarantee confidentiality or security on information sent via email. In the evenings, or on days when I am out of the office **if you are in a crisis and need immediate help, please call the King County Crisis Line at (206) 461-3222 or call 911.**

**** You will be asked to sign that you have read and understand this disclosure statement on the Acknowledgement and Authorization Page.**