

John Gamache, Ph.D.

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Background

I have a doctorate in Clinical Psychology from the California School of Professional Psychology, San Diego. When I graduated in 1980 it was called the United States International University. I am licensed in the states of Washington (#PY1271) and Alaska (#AA288). I interned at the Osawatomie State Psychiatric Hospital in Kansas and then spent 15 years with public mental health clinics. The past 15 years I have been in private practice.

My orientation would be best described as psychodynamic in psychotherapy and cognitive-behavioral in counseling. It usually takes three to four sessions for me to develop a reliable clinical impression, and for a patient to get a realistic sense of how the therapeutic relationship is developing. Because the "fit" of therapist and patient is important, talking about how therapy is progressing is necessary, whether those feelings are positive or negative. For more information:

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Fees

My fees are comparable to other psychologists in the area: \$225 for an initial session and \$150 per session thereafter. In-network rates (insurance rates) are negotiated and usually less. A session is 38 – 52 min minutes in duration. Insurance recognizes it as a 45 min session. If the fee poses significant hardship, a payment plan can be discussed BEFORE it becomes a hardship. Copays are due on the date of service. Overdue accounts are sent to a collection agency.

Privacy

What we talk about in session is confidential. If I were an attorney or minister, the information would be considered "privileged" meaning that it cannot be released under any circumstances. "Confidential" means there are some conditions under which I am obligated to share information. These conditions are very rare and breaking confidence is a last resort. If you have any concerns about the privacy of what you share with me, please let me know at any time. Acquaint yourself with the brochure "***Consider Seeking Help From A Psychologist***" for more information.

Contacting me

Our front office is open Monday through Friday 8:30am to 5:00pm. Or you can leave confidential voice mail at any time and they are relayed to me within minutes. Or, if your need is urgent, you may leave a message or text my cell. I return all calls between patients if possible or after hours.

Canceling appointments

Please give 24 hours notice for cancellations. Appointments cancelled or missed without 24 hours advance notice will be charged the full fee, due at the next appointment. Insurance does not cover this fee. You can text me 24/7 to confirm or cancel an appointment. There is no fee for a missed appointment if the office is closed due to hazardous weather conditions, if you are experiencing a family emergency, or if you are ill. Sufficient notice to allow others the time slot is appreciated and late cancellation fees are waived if I am able to fill the slot from a wait-list.

Complaints

Because of the nature of this type of work, personal feelings you may have about me, our sessions or my methods may be relevant to the concerns you want resolved by therapy. For example, men working on anger management may feel angry at me. This is normal. So it's important to talk about such feelings or concerns as soon as possible. I have never met an individual who could not work these feeling out with me. Because there are those who cannot address such issues as part of the therapeutic process, the Examining Board of Psychology may be reached at 360-236-4910. They can confirm that a psychologist you are considering is licensed and they can be consulted if you have a concern or complaint that could not be resolved with me. They can also provide you with a copy of the relevant laws.