

Disclosure Statement **Wendy Berg M.Ed.**

To New Clients of Wendy Berg, Med., LMHC: Welcome to River Valley Psychological Services. This statement will provide you with important information about my background, available services, your rights and responsibilities, and the practice of psychotherapy in general.

Background and Approach: I am a licensed mental health counselor in the state of Washington. I graduated from the University of Hawaii with my master of education in counseling and guidance. I have been working in the mental health field since my graduation in 1991.

I specialize in treating children, adolescents, adult individual, and family therapy. I was educated under an existential theoretical approach to counseling; each individual needs to have their own meaning in life and has the ability to change with the acquisition of new life skills. Counseling is a shared experience with the participation of the client and family (if applicable) in choosing goals, and identifying when therapeutic needs have been met.

I do not promise any particular outcome of treatment. I do promise to use my best effort and to perform all of my services in a professionally competent manner. The length of treatment is determined by the severity and duration of the problem and the motivation and cooperation of the client.

Your Rights: Clients always have the right to request a change in counseling approach, referral to another counselor, or termination of therapy at any time. As a licensed mental health therapist, I am accountable for my work with you. If you have any concerns about the course of treatment, please discuss this with me. If you determine that I cannot help you, you may seek another therapist. Should you feel I have been unethical, you can contact the state Department of Licensing.

Appointments: Individual appointments are 50 minutes in length. Your appointment is held exclusively for you. If you are unable to keep your appointment for any reason, you must give me 24 hour notice; otherwise you will be charged for the full amount of the counseling fee. Exceptions in the event of an emergency or unavoidable circumstances will be discussed.

Emergencies: If I am unavailable to take your call, please leave a message with our office staff or on my confidential voicemail. Our office staff is happy to assist you with scheduling appointments and answering questions relating to billing/insurance. Use the main office number for urgent calls, after hours you may choose to be connected to the on-call therapist. The 24-hour King County Crisis Line is also available at (206) 461-3222. Please call 911 if there is a life-threatening emergency.

Fees and Payments: Please contact our office to inquire about my fee for the initial assessment session and preceding regular appointments. Charges for other services out of regular appointments, such as treatment summaries and reports, need to be discussed with me directly. Payment is due at the time of service. If you are using insurance, the office staff will facilitate the billing process. You are responsible for understanding your insurance benefits and for making deductible and co-payments that are required. Payment will be made to the office manager or me at the time of your appointment unless other billing arrangements have been made in advance. We are preferred providers with many insurance companies and adjust your charges according to our agreement with the insurance company. All co-pays are due at each counseling session.

