

Training and Degrees: I received my Bachelors Degree in Organizational Administration from Alaska Pacific University in Anchorage, Alaska. In 1998 I received my Master of Science Degree from Seattle Pacific University. I became licensed as a Marriage and Family Therapist in the State of Washington in 1998 and have practiced in the State of Washington. My license number is LF60134488.

Values and Philosophy: My approach to working with clients is to provide a safe, non-judgmental environment where the individual or couple is able to talk about his or her feelings within the context of the perceived problem. Once the problem is identified by the client I work with him or her to explore options. My goal is to establish a bond of trust and to support the work the client chooses to do.

Scope of Practice: My primary focus of practice is with individuals, couples and families. I understand that people have to deal with many different kinds of stress leading to difficulties in their personal lives as well as in their relationships with others. I am skilled at working with those experiencing stress, anxiety, depression and life transitions. I have a special interest in working with couples to achieve better communication and closer, more loving relationships.

Therapeutic Technique and Methodology: I am a family systems therapist trained in the Bowen Family Systems Modality. As such I see the individual as part of a larger family system. Family of origin issues are usually involved in the problems the individual is experiencing. Part of my work is to explore how the past has contributed to the present. My methodology is solution focused with emphasis on a healthier, more successful life.

Choosing a Counselor: You have the right to choose a counselor who best suits your needs and purposes. You may seek a second opinion from another mental health provider or may terminate therapy at any time.

Confidentiality: There is a legal privilege in the state protecting the confidentiality of the information that you share with me. As a professional, I can assure you that I strive to maintain the strictest ethical standards of confidentiality.

There are legal exceptions to confidentiality. The following situations are those in which the information you have shared with me may be shared with others:

- (1) The client gives written permission to share confidential information.
- (2) Anything that suggests a crime or harmful act.
- (3) If the client is a minor, and there is indication that he/she was the victim or subject of a crime.
- (4) If the client is an elder or vulnerable adult, and there is indication that he/she was the victim or subject of a crime.
- (5) In response to a subpoena.

(6) As required under chapter 26.44 RCW.

When it is possible, we will discuss any exceptions to confidentiality as they arise.

Fee Policy: Please contact our office to inquire about my fee for the initial assessment session and subsequent regular appointments. 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.

Cancellation Policy: If there is a need to cancel an appointment please give at least one business day’s notice. Appointments missed or cancelled without advance notice will be charged a full fee. Insurance companies will not pay for missed or cancelled appointments and you will be responsible for these charges.

Contact Information: Office hours are Monday through Friday from 9 am to 5 pm excluding holidays. The reception desk number is 425-228-5336. I typically work Wednesdays and Saturdays. I also work Sundays for clients who pre-arrange those sessions. Scheduled appointments last approximately 50 minutes for couples and individuals, with the exception of the initial session which is scheduled for 60 minutes. Family sessions last 60 minutes with the exception of the initial session which is scheduled for 90 minutes. Scheduling issues can be addressed through me or office support staff. You may leave messages for me on my confidential voicemail which is 425-496-7897 extension 85. I check this on a regular basis.

I have read and understand the information provided in this form.

Client Signature _____ Date _____

Therapist Signature _____ Date _____