

### **Disclosure Statement**

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### **Philosophy and Therapeutic Approach:**

What is Psychotherapy? By definition, *Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change and overcome problems in desired ways. Psychotherapy aims to increase each individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social functioning.*

Psychotherapy is dynamic. It's about our journey together in a therapeutic relationship: It is a journey about discovering who we are, finding meaning and purpose – creating the life we want, growing together, learning how to love ourselves fully and authentically, and in return, loving others. This journey is about finding joy, peace, and contentment. It's about being healed from our past by forgiving ourselves and others.

Together, we will walk this path by identifying and designing the life and relationships we want. Our therapeutic alliance will be based on the *person-centered* school of thought. Based on the season we are in, we will draw from the *psychodynamic* approach to discover deeper layers from our past, and bring practical skills and solutions using *Cognitive Behavioral Therapy* and *Brief Solution-Focused Interventions*. We will also explore the *Existential* therapeutic modality, which focuses on the choices we have, the self-determination we possess, and the search for meaning and purpose in life, to discover our full potential.

### **Credentials and Experience:**

I am a Licensed Mental Health Counselor (LMHC 60328749). I attended the University of Washington, and, earned a master's degree in Counseling Psychology from Northwest University where global, cultural, and social justice issues surrounding mental health counseling were highlighted. I have received incredible training in the mental health field for over 25 years through the collaboration of tremendous colleagues, mentors, and clients. I am humbled and privileged to work in this counseling profession and would be honored to walk alongside you.

### **Professional Ethics:**

The code by which I am bound can be found in the Washington State Counselors Licensing Law (RCW 18.13 and 18.19): "Counselors practicing counseling for a fee must be registered or licensed with the Department of Health for the protection of the public health and safety." Additional information can be found regarding these standards from Washington State Department of Health [www.doh.wa.gov](http://www.doh.wa.gov)

### **Confidentiality and limits to confidentiality:**

The laws and standards of my profession require that I keep Protected Health Information about you in your Clinical Record. HIPAA (the Health Insurance Portability and Accountability Act) provides you with

rights with regard to your Clinical Record and disclosures of protected health information. By law, information concerning our professional relationship can be released only with your prior consent. The only situations to this policy, as stipulated by law are:

- Any communication that reveals the contemplation or commission of a crime or harmful act to yourself or others.
- Any information from my files subpoenaed from a court of law.
- If the patient/client is a minor, any information pertaining to her/him, having been the victim or subject of a crime may be shared in the course of inquiry about the crime.
- In the cases of suspected child abuse or neglect, I am required by law to report information to Child Protective Services

I participate in professional consultation and may discuss your case, issues, or concerns with other professionals in the field. I will not disclose any identifying information about you.

**Emergencies:**

Please be aware that I provide non-emergency face-to-face counseling services by scheduled appointment. As an independent practice contracted by River Valley Psychological Services, I am unable to provide emergency care in-person or over email. If I believe your psychotherapeutic issues are outside of my scope of practice, I am legally required to consult, refer, or terminate treatment. If an event of a life-threatening emergency, please call 911 or go to the nearest emergency room for immediate assistance. If you are having suicidal thoughts or making plans to harm yourself, please call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) for free 24 hour hotline support.

**Contact and Fees/Payment Information:**

River Valley's front office is open Monday through Friday from 8:30 am to 5 pm excluding holidays. Our office staff can assist you with scheduling appointments and billing questions.

**Consent for treatment:**

By your signature, you are indicating that we are in agreement to start a therapy, and that you have read and understood this disclosure statement and had an opportunity to ask any questions to clarify anything unclear to you.

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**Client Signature and Date**

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**Therapist Signature and Date**