

River Valley

Psychological Services

DISCLOSURE STATEMENT

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Philosophy & Therapeutic Approach:

Personal empowerment is the underlying theme that cuts across my counseling practice and includes interactive conversations, coaching, and educating. I use a variety of approaches but often use techniques from cognitive behavioral and narrative therapy. I consider cultural and family background and how it impacts the person's thinking and feeling about their present life. I put emphasis on collaborative conversations as the client and I function together as a team. The individual or family plays a full part in naming the problem so they can become a consultant to themselves and dissolve their problems by discovering through dialogue new and better ways to make new choices. I have a Gestalt attitude about personal responsibility and feel it is the client's responsibility to be as honest as possible with me and will bring into the therapeutic setting all the information they have available to them. I ask individuals and families to be as specific as possible about what they want from the therapy and from me. It is my responsibility to work as ethically and sensitively with their issues to reach their counseling goals that are set during their first few sessions. It is also my responsibility to provide a safe environment in which clients can explore any aspect of their lives that seems relevant to their presenting problem. I see teaching, coaching and confrontation as integral parts of the therapeutic process and often suggest exercises, if they seem appropriate and homework as a way of working with themselves and with others outside of the time spent with me. In working with individuals, couples and families, I encourage each person to consider what they bring to their relationship that impacts it both positively and negatively so they can examine their contributions openly, in order to make interactive communication more satisfying and effective.

Credentials and Experience:

M. A. in Psychology, Antioch University Seattle. I am a Licensed Mental Health Counselor (LMHC 60123210) in the State of Washington. I have been working with individuals, couples, and groups for twenty years. I developed and conducted workshops and seminars on : building interpersonal communication skills, anger and stress management, conflict resolution, self-esteem issues, problem-solving and goal setting, career development, cross-cultural awareness and major life alter transitions such as life-threatening illness, intercultural-marriage, divorce or raising children across cultural borders.

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." You may obtain additional information regarding these standards from the State of Washington Department of Licensing by calling (206) 753-1761.

Confidentiality:

All information between client, family or student is strictly confidential. By law, information concerning our professional relationship can be released only with your prior written consent. The only exceptions 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 client is a minor, any information pertaining to the client having been the victim or subject of a crime may be shared in the course of inquiry about that crime.
- In the cases of suspected child abuse or neglect, I am required by law to report information to Child protective Services.

In order to give you the best possible service, I participate in professional consultation and may discuss your case, issues, or concerns with other professionals in the field. However, I will not disclose any identifying information about you.

Contact Information:

Office hours are Monday through Friday from 9 am to 5 pm excluding holidays. If I am unavailable to take your call, please leave a message with our office staff or on our voicemail. Our office staff can assist you with scheduling appointments and billing questions. If you have an emergency after office hours, please call our answering service (425) 228-5336 and press 0 to speak with a therapist or 911.

Please feel free to ask questions at any time. I look forward to meeting with you.

Warm Regards, Andrea Davis, MA, LMHC

Please initial and date that you have received a copy of letter for your records. _____