

## Disclosure

The State of Washington requires that counselors provide their new clients with the following information at the first session. Please feel free to ask me any questions you may have about this information or the treatment process.

### Treatment philosophy:

I approach counseling from a belief that past relational failures significantly impact our present day style of relating. Utilizing a blend of psychodynamic, existential and cognitive behavioral perspectives, I ally with you to explore the root causes of today's presenting problems. Together, we will explore how your formative beliefs about self, life and God have shaped your style of relating. We will also discuss possible behavioral interventions. Our time together will be primarily conversational.

I believe every experience in life, whether enjoyable, unpleasant or somewhere in-between, presents us with an opportunity to mature. However, for various reasons, we may flee the experience and suppress all the feelings associated with it. We often learn at an early age that life works better when we either avoid or minimize emotions and thus we develop strategies for accomplishing this. Avoidance and dissociation leads to divisions between the heart (our feelings), mind (our intellect), physical body and spiritual self. Eventually these divisions create barriers to experiencing deep meaningful relationships with spouses, children, family, friends and co-workers.

At the start of our work, we will identify your specific goals for therapy. From time to time we will check in about your progress. I may encourage you to try other forms of creative expression such as writing, drawing, painting, etc. Certain problems can have a physical component. In such cases, medical consultation will be advised. I specialize in working with sexual addiction and sexual compulsive behaviors using a task-centered approach developed by Dr. Patrick Carnes. I have also been trained in Lifespan Integration and if applicable to your situation, I may suggest using its protocols in your therapy.

While counseling is often very helpful, no guarantees can be made as to its effectiveness or results. For example, if you are seeking marriage counseling, it cannot be guaranteed that your marriage will improve or stay intact. The counseling process can sometimes be disruptive as you deal with different aspects of your life, and it is possible that you might feel worse or symptoms might increase for a time. This can be a normal part of the process and is important to understand before you begin. Please ask me for clarification if you have questions regarding this.

It is important that the counseling office be a safe environment. During the course of therapy, deeply repressed emotions may surface as they are being worked through. To better ensure a safe environment for everyone, all concealed or unconcealed weapons (firearms, knives, etc.) are not allowed in the waiting room or the counseling office. In addition, audio and/or video recording of sessions is prohibited without prior written consent from all concerned parties.

### Education, Training & Experience:

I earned my Bachelor of Science in Environmental Engineering from Michigan Technological University in 1994 and a Master of Arts in Counseling and Master of Divinity from Mars Hill Graduate School in 2004. I am a member of the American Counseling Association and the Society for the Advancement of Sexual Health. In June 2005, I completed the work necessary to become a Certified Sex Addiction Therapist under the study of Dr. Patrick Carnes.

I completed a nine-month internship and worked for an additional year at an outpatient clinic that specialized in treating compulsive sexual behaviors. In June 2004, I started my private practice. I work with individual adults, older adolescents, and couples and facilitate ongoing sexual addiction therapy groups. I also co-lead spiritual retreats and speak on issues related to sexual addiction recovery and understanding healthy intimacy.

### Fees, Insurance and Scheduling:

My counseling fees are as follows:

Initial diagnostic interview (50 mins.)	\$160	Individual outpatient psychotherapy (80 mins.)	\$160
Individual outpatient psychotherapy (25 mins.)	\$80	Conjoint/family Psychotherapy (50 mins.)	\$120
Individual outpatient psychotherapy (50 mins.)	\$110	Group Psychotherapy (90 mins.)	\$45-50

Payment is due at the time of each session in the form of cash or check only; I do not accept credit or debit cards. In the event that you are unable to keep your scheduled appointment, you need to provide at least 24 hours advance notice or you will be billed the full session fee. Exceptions may be made for cancellations due to dangerous weather conditions and extreme medical illness.

Extended telephone and email consultations and emergency counsel will be billed at the standard hourly session fee per event. Letters and documents requiring more than 15-minutes for preparation, reading or creation are billed at \$110 per hour. Court appearances are billed at \$220 per hour; travel time is charged at \$50 per hour. Billing rates for these services are all prorated at fifteen-minute intervals. The fee for photocopies of medical records is \$0.25 per page. Returned checks will result in an extra \$45 charge per instance.

I offer a limited number of pro bono counseling hours for clients who are unable to financially afford the standard fee. Verification of household income may be required to qualify. See the pro bono policy form for more information.

Occasionally, I find it necessary to increase my fees. If this occurs during the course of your therapy, you will be given one-month notice prior to the increase.

In order to use any insurance benefit, you will be required to provide written authorization allowing me to communicate with your insurance company with regard to our work together. With this authorization given, your insurance company has the right to ask for whatever documentation and information it deems necessary to determine the legitimacy of the claim.

For insurance companies for which I am a contracted provider: If your insurance plan has a mental health benefit then our sessions may be covered under your health insurance plan. You will be responsible for paying your co-pay at time of service for the services covered by your plan. You are responsible for coinsurance payments and all services not covered by your plan (i.e. couples counseling), which require full payment at time of service.

For insurance companies for which I am not a participating provider: If your insurance plan has an out-of-network mental health benefit then our sessions may be covered under your health insurance plan. I ask that full payment be made at the time of service. At your request, I will provide you with a receipt for services after each session, which you may submit directly to your insurance company for reimbursement. Under no circumstances do I guarantee insurance reimbursement.

You may leave me a confidential message at (425) 344-8422. I check my messages on a regular basis and will return your call, as I am able. Please limit your phone conversation needs to appointment scheduling, billing questions and emergencies. I generally limit email contact for scheduling purposes only. Please be aware that email is not a secure form of communication. I make attempts at maintaining security on my computer by using encryption software; however email transmission and storage in computer networks other than those owned by Redeeming Stories Inc. involves confidentiality risks beyond my control. To better ensure confidentiality, I recommend not sending sensitive or detailed confidential information via email or other electronic means. Please do not text message me as I do not receive nor send text messages.

Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of each session.

### **Emergencies:**

If you are experiencing a life threatening emergency or crisis dial 911 immediately for help. If you are in need of crisis counsel and cannot immediately reach me, then call the 24-hour local crisis line at (800) 584-3578 or (425) 258-4357.

### **Legal Rights & Confidentiality:**

You have the right to choose a counselor who best suits your needs and purposes and you have the right to refuse and/or end therapy at any time.

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 are situations that may require or allow me to break confidentiality and share information with others:

- a) You provide written authorization for me to share confidential information with a specific person or persons. You have the right to revoke this authorization by providing a written statement of revocation;

