



## DISCLOSURE STATEMENT

Counseling is conducted in a number of different ways, depending on the counselor. As my client, you have the right to know my qualifications, how I work, and what you can expect from our therapeutic relationship.

### **Credentials and Work Experience**

I obtained a bachelor's degree, Magna Cum Laude, in psychology from Metropolitan State College of Denver. I graduated with honors from the Regis University counseling program and have continued to invest in continuing education. I am a Nationally Certified Counselor and a Licensed Professional Counselor (#4115) in the state of Colorado. I also have level II training in EMDR.

Much of my undergraduate experience involved working with children who struggled with issues such as neglect, abuse, anger management, and attachment. I also served in a supervisory capacity, helping foster families meet the multifaceted demands of displaced children. My graduate work focused primarily on adults, providing outpatient psychotherapy and group interventions including anger management, emotional awareness, assertiveness, and learning how to live a full life with a major mental illness. Since opening a private practice in 2002, I have helped individuals, adults, and couples address elements that get in the way of life satisfaction and success.

### **An Explanation of the Levels of Licensing**

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Registrations. The State Board of Licensed Professional Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800. As to the regulatory requirements applicable to mental health professionals: a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1,000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelors degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements. A Registered Psychotherapist is registered with the State Board of Registered Psychotherapists, is not licensed or certified, and no degree, training or experience is required.

### **Therapeutic Process**

As the first step in counseling, you and I will explore the context of your therapeutic goals. This includes environmental factors, family experiences, personal as well as cultural histories, interpersonal relationships, spirituality, feelings, thoughts, and desires for change. Once we both have a mutual understanding of your perspective, we will work together to devise a treatment plan, as far as that is possible, in the most effective time period.

As an individual therapist, I have an Gestalt-based eclectic approach. This means that I employ multiple approaches to assessment and intervention, with a focus on here-and-now manifestations of issues, self-determination, interpersonal factors, and context. My methods and techniques may include, but are not limited to Cognitive-Behavioral, Narrative, EMDR, and Solution-Focused therapies.

For counseling to be effective, you must make a commitment of time and energy and be an active part in the process. You are encouraged to ask questions, define the focus of treatment, set goals, and discuss your progress. Because the majority of

therapeutic change occurs in relation to the environment, there may be activities to complete between sessions. These may include written reflections, research, and practicing new skills.

Be aware that there may be a potential for emotional strains, stresses and life changes as a result of therapy. I do not guarantee any particular outcome from the therapy process.

I do not offer **emergency services**; phone calls are usually returned within twenty four hours. Should you require more intensive interventions, a group or corporate practice is advised. In the case of an uncommon mental health emergency, please contact 9-1-1 or the following numbers:

Metro Crisis Services  
Suicide Crisis Line

888.885-1222  
800-SUICIDE

I believe therapy is an individual and interpersonal process versus a legal process. Therefore, I encourage clients to refrain from requesting my services for legal purposes. If this should occur, all parties involved would need to sign releases of information for the exact date, time, and information allowed to be shared. Additionally, the hourly rate for court time (includes phone, travel, review, waiting and testimony time) will be three times the hourly rate of therapy.

### **Counselor Responsibilities and Privileged Communications**

Generally speaking, information provided by and to the client during therapy sessions is legally confidential and cannot be released without client consent. There are exceptions to this confidentiality, as listed in the Notice of Privacy Rights you were provided if using insurance, as well as other exceptions in Colorado and Federal law. For example, as specified under section 12.43.214(1)(c) of the Colorado Revised Statutes states that confidentiality must be waived if:

- There is suspicion of child abuse or neglect, either past or present
- I determine that you are a danger to yourself or others
- Judicial orders for a criminal or delinquency proceeding
- A client files a grievance against a therapist
- Material used in clinical supervision. I work with Dr. Suzanne Homes, (license #1315) to ensure that you are receiving the most comprehensive and appropriate services available.
- Consultation with another clinician

If a legal exception arises during therapy, if feasible, you will be informed accordingly.

Please note that confidentiality cannot be guaranteed with communication done by email. Due to the unencrypted and unsecure nature of email, confidential information disclosed is done at your own risk.

### **Client Rights**

You are entitled to receive information from your therapist about the methods of therapy, the techniques used, the duration of therapy (if that can be determined), and the fee structure. You have the right to refuse to do anything I suggest. You may also seek a second opinion from another counselor or terminate therapy at any time. In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder.

### **Fee Structure**

Please refer to the financial agreement for a detailed description of fees for services.

I have read the preceding information, it has also been provided verbally, and I understand my rights as a client, or as the client's responsible party. By signing this disclosure statement, I acknowledge my understanding and agree to the terms discussed above.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ (*initial*) Acknowledgment that the content of this form was verbally reviewed in session.