



PROFESSIONAL DISCLOSURE AGREEMENT

Philosophy/Therapeutic Orientation

Using a Mind-body-spirit approach, my counseling empowers people create more consciousness in their life to work through their challenges. I believe deeply in working with the unconscious in order to create more awareness and understanding of the self. My goal is to evoke emotions that are difficult to deal with so that we create a safe container to heal. Therapy is only one piece of your healing journey, and through collaboration with other methods, my goal is to empower you to own, accept and rewrite your story. As a Licensed Mental Health Counselor in the state of Washington (LH 60512309), I will abide by its Code of Ethics and to maintain my license, I am required to participate in continuing education and training in subjects relevant to this profession.

Financial Investment

Individual sessions - private pay (50 minutes): \$165 per session

Coaching Sessions - private pay (60-90 mins): cost varies depending on customized coaching services provided as well as bundled packages purchased. Please inquire with me directly on pricing.

Cash, Check, Credit Cards and Venmo are all approved forms of payment.

I do offer reduced rates for financial hardship. Please see Reduced Fee Counseling Application. I am happy to speak directly to you about this as well.

I do not bill any health insurance plans. I am considered an out of network provider with some plans. I am happy to provide you with a superbill outlining sessions and fees paid which often times may be submitted to your carrier for some reimbursement.

PLEASE NOTE: It is each client's responsibility to contact your carrier directly to arrange this and I cannot guarantee that any reimbursement will be provided, only your insurance company can answer these questions for you.

Formal Education

I earned my Bachelor's Degree from Capital University in Columbus, Ohio and my Master's Degree in Transpersonal Counseling Psychology from Naropa University in Boulder, Colorado.

Completing Counseling

I believe endings are vital to the therapeutic process and incredibly important. If at any time you feel the need to take a break from therapy, or to simply end our work together, please reach out to me. I am happy to support your transition in a way that honors our time together and facilitates a smooth transition to your next phase.

As a client of a Washington State licensee you have the following rights

- To expect that a licensee has met the minimal qualifications of training and experience required by state law.
- To examine public records maintained by the Board and to have the Board confirm credentials.
- To obtain a copy of the Code of Ethics.
- To report complaints to the Board.
- To be informed of the cost of professional services before receiving the service.
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
 - 1) Reporting suspected child abuse
 - 2) Reporting imminent danger to client or other
- To be free from being the object of discrimination on the basis of race, religion, gender, sexual orientation or other unlawful category while receiving services.

You may contact the Washington State Department of Health at 360-236-4501 or find them online <https://www.doh.wa.gov>