

Right Now! Counseling & Coaching Services

The spiral stands for coming into being. Life doesn't proceed in a straight line. The path of life more closely resembles a spiral. We seem to pass the same point over and over again but from a different perspective each time.



Disclosure Statement

Dear Client,

Welcome to Right Now! Counseling & Coaching Services. I look forward to our work together. The following is a summary of my practice policies, background and your rights as a client. Please read the information carefully and sign the accompanying forms. Feel free to ask questions to clarify your understanding of this material.

Theoretical Orientation and Therapeutic Approach

I work with individuals; including children and teenagers, couples, families and groups. I primarily use Family Systems as a framework to understand all of my clients. The bio-psychosocial model is emphasized as a means of understanding how the whole self develops within a systems perspective. Theoretical orientation and modalities utilized in treatment include client centered and cognitive behavioral approaches with both adult and adolescents. In addition to combining supportive, behavioral, and therapeutic play approaches with children.

My goal is to create an environment where joining and active listening within sessions and outside of sessions will aid in the enhancement of the individual/family system. I work with clients in assisting their process of creating resiliency within their own family system and encourage their ability to craft conversations of possibility and change. I use cognitive-behavioral methods when appropriate.

The length and outcome of therapy varies greatly among clients, and these may depend on goals, motivations, one's early and current life situations, and the resources of the client. I believe the goal of therapy includes a kind of deep healing and transformation, not just the solving of current problems. Therefore, I prefer to use a depth model of working in the context of mid-to-long term therapy. However, I can also work on a short-term basis with clients, focusing on more specific goals, when this meets the client's needs or desires. In either case, I believe individual and family counseling is one means by which we are increasingly opened to the fullness of our humanity, whether short term or long term therapy is applied.

For some individuals, therapy can be a painful process, especially when focusing on one's experience of suffering or trauma. While this process can be very difficult, I believe that, for many, therapy can be a safe and sacred place to explore one's suffering and questioning—which

are integral parts of humanity. Indeed, and often, the honest, tender and respectful processing of these difficult experiences becomes the most transformative part of the therapy process.

Education & Training

I received my Master of Arts degree in Psychology with an emphasis in Systems Counseling from LIOS Graduate College of Leadership Studies. My Bachelors' Degree was granted by the Tacoma Evergreen State College. My education, training and experience focuses on work with children, adolescents, couples, and families, with ongoing participation in clinical supervision and consultation for specialized areas related to children and families, specifically crisis management, trauma and children/teenagers with ADHD and behavioral challenges. Member of CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder). Volunteer Mentoring with Washington Women's Employment & Education mentoring young single mothers 1995-2002. Job readiness trainer for Welfare to Work, 1997. Assist both violent/non-violent offenders in securing housing, employment and family reconciliation, 2008-current. I am a Licensed Marriage & Family Therapist, Associate in the State of Washington.

CONSENT TO RECEIVE SERVICES:

Right Now! Counseling & Coaching Services provides services to individuals who have emotional, behavioral, and substance abuse problems. These services include but are not limited to assessment of needs, individual/family/group therapy for adults and children and case management. My signature below indicates my consent for treatment as offered by Right Now! Counseling & Coaching Services.

CLIENT RIGHTS AND RESPONSIBILITIES:

Clients have the right and responsibility to choose the therapist and therapeutic approach that best meets their needs. It is appropriate for clients to ask questions about their therapist's background and education, therapeutic modalities, the therapeutic process, and progress. Clients have the right to request a change in approach, referral to another therapist, or termination at any time. If you have concerns about our work together, it is important for you to raise these concerns so we can discuss them. If you desire, I can assist you with referrals to other therapists or appropriate resources.

NOTICE OF INFORMATION PRACTICES AND RELEASE OF INFORMATION:

We keep a record of the health care services we provide you. You may ask us to see and copy that record. You may also ask us to correct that record. We will not disclose your record to others unless you direct us to do so or unless the law authorizes or compels us to do so. You may see your record or get more information about it at your request.

CONFIDENTIALITY:

In accordance with State and Federal laws, information about a client at this agency will be protected from unauthorized disclosure. The only time Right Now! Counseling & Coaching Services will disclose health care information about a client without the client’s authorization is if the disclosure is:

- (a) To federal, state, or local public health authorities, to the extent the health care provider is required by law to report health care information; when needed to determine compliance with state or federal licensure, certification or registration rules or laws; or when needed to protect the public health;
- (b) To federal, state or local law enforcement authorities to the extent required by law.

"Counselors practicing counseling for a fee must be registered or certified with the Department of Licensing for the protection of the public health and safety. A registration of an individual with the department does not include recognition of any practice standards nor necessarily implies the effectiveness of any treatment."

I have carefully read all of the above categories as attested to by my signature below. I have received copies of: Client Rights; Financial Information Contract; Disclosure and Consent Information; Pierce County Client, Family and Advocacy Group List; Counseling Clients Brochure and Office Policy statement

Clinician Signature:

Client Signature (required age 13 and older):

Responsible Party Parent/Legal Guardian Signature:
