**Professional Disclosure Statement**

**Sonia Rae, MA, LMFT, MHP, CMHP**

Washington State law requires that I present you with a statement that specifies my professional background, qualifications, therapeutic orientation, treatment methods, and business practices as well as your rights as a consumer/client of my services. This disclosure statement will help you become informed about these aspects of my clinical practice and your own rights in regard to my services.

**State Certification**

Mental health professionals practicing therapy for a fee must be licensed with the Washington State Department of Health for the protection of your health and safety. I am a licensed with the department as a Licensed Marriage and Family Therapist (LF 60064000). The state mandates that you be informed of statute RCW 18.19.060, which reads: “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. Registrations of an individual with the department does not include a recognition of any practice standard, nor necessarily implies the effectiveness of any treatment.”

**Professional Background**

My educational background includes a Bachelor’s degree in Psychology from Portland State University and a Master’s degree in Clinical Psychology, where I specialized in Couples and Family therapy, from Antioch University – Seattle. As a licensee of the State of Washington, I am required to participate in annual continuing educations classes, dealing with subjects relevant to this profession. I am a certified Mental Health Professional as well as a Child Mental Health Specialist.

Before starting private practice, I worked as a family therapist for over eight years for a non-profit agency. I worked with at-risk families in their homes, which included single parents, couples, children, adolescents and three generations of family members; helping them to stabilize and develop more cohesive and harmonious relationships.

**Therapeutic Approach**

My approach to therapy is from a systemic perspective. People function in interconnected relationships (family relationships, social relationships and community relationships). Each system is influenced by the other, especially early attachment relationships. New research (Neuroscience) shows supporting evidence for two major things; one, while these early attachment relationship do impact us in important ways, and two, there is a neuroplasticity of the brain that says we can and do change over our lifespan. Together we will explore how you relate to and have been influenced by the psychological and the social systems of which you are a part. I firmly believe people have an innate journey to wholeness and fulfillment. It is my job to help you find meaning, and a stronger sense of self, as you confront and change what may be blocking your progress. In general, people come to therapy when the tools they have used in the past or up to now, are no longer giving the same results. I may offer educational information, provide feedback, offer support and at times challenge you on your perspective. Also, I may use psychological instruments to gather important information or give you an assignment to work on, in between sessions. The length of treatment will vary, depending on the issues and your commitment to work on the issues. The work we undertake together is intended to respect and support your values and belief. My role as therapist is to act as a holding container, until you become the container of all that you are.

**Practice Standards**

My fee for service is $80.00 for a sixty minute session, if you are not covered by insurance. You may pay with cash, a local check or credit card. Payment is at the time of service. If you have insurance, please check with them to find what they will reimburse, also what is your co-pay or co-insurance and where you are with the deductible portion of your policy. Since I cannot be guaranteed reimbursement from your insurance company, you are responsible for full payment at each session.

For your information, there are a number of reasons why you may choose not to use insurance. Insurance companies require a diagnosis for treatment. Treatment must be medically necessary. You must be diagnosed with a mental disorder that your providers cover. Diagnosis treatment becomes part of your medical records. Once you have a diagnosis it can impact you access to insurance and the cost should you change carriers.

There may be times when we may agree on a ‘sliding scale’ fee due to financial hardship, to be reviewed in six months. Your appointment is reserved exclusively for you, so it is important to regularly attend all scheduled sessions. Scheduled attendance is also important to effective therapy. If for some reason you cannot attend a scheduled appointment I required 24-hour advance notice or you will be charged a $60 fee for the missed session. Changes to Monday appointments should be called in by Friday before the weekend.

Should you need to talk with me about any issues on the phone between sessions, feel free to call my office. I will make every effort to return your call before the day’s end. Brief conversations of fifteen minutes or less are sometimes necessary and you will not be charged for them. Longer calls will be a prorated hourly fee. If you leave a message, please let me know the best time to reach you and a phone number. I check messages regularly during business hours.

I am dedicated to providing you with effective and ethical mental health treatment. If you have any concerns, please let me know immediately. I subscribe to the ethical standard of the American Association of Marriage and Family Therapy.

**Client Rights**

As a client, you have the right to choose a therapist who best suits your needs and goals. When you work with me, you have the right to raise questions about my therapeutic approach and to request a referral if you believe you might make more progress with another therapist.

**Confidentiality**

All information from our sessions will remain confidential. A Release of Information Request signed by you is the only way information may be released to any other party. The law does allow however, the release of information without consent in only a three circumstances: suspected child abuse, possible harm to yourself or another person. In addition, a judge can order records of treatment should there be a court hearing. Your trust is very important to me and I will work with you to protect your records from unwarranted legal system intrusion.

If I see you together in session with a partner, or other member of your family, I will ask for a release of information from you in order to discuss your confidential information with all who may be involved in the session. If I see you out in public between sessions, I may not recognize you or communicate with you in any way unless you first make contact. This is also a protective measure for your confidentiality. I may not know who you are with at the time and would not want to divulge any private information! I do consult regularly with a mentor counselor, though your identifying information is not ever used. This functions only to increase the effectiveness of our work together.

**Other**

**For professional and ethical reasons, it is my policy to not be involved in any client’s legal disputed; divorce, custody, immigrations, etc. I am not qualified as a Forensic Psychologist.**

**Consent for therapy**

I have read the above information and accept the conditions. Any questions have been clarified and I have received a copy of this disclosure information. I agree to the stated terms.

**Signed: Date:**

**Therapist: Date:**