

St. Louise Counseling Center - 141 156th Avenue SE - Bellevue WA 98007

425-614-6225

Psychotherapy Disclosure Statement for Pastoral Counselors

Cathy Callans, MA, LMHCA (MC.60277737) Sarah Swenson, MA, LMHCA (MC.60226408)

We both have a Master of Arts degree in Pastoral Counseling from The School of Theology and Ministry at Seattle University. We are members of the American Association of Pastoral Counselors and the American Psychological Association. We are licensed in the state of Washington as Licensed Mental Health Counselor Associates. We practice under the clinical supervision of Kay Kessel-Hanna, LMFT. We meet monthly with a consultation group of pastoral counselors.

Client Rights and Important Information

You are entitled to receive information from us about our methods of therapy, the techniques we use, the duration of your therapy (if we can determine it), and our fee structures. Please ask if you would like to receive this information.

You can seek a second opinion from another therapist or terminate therapy at any time.

In a professional relationship (such as ours), sexual intimacy between a therapist and a client is never appropriate. If sexual intimacy occurs, it should be reported to the State as outlined in RCS 18.225.080 Uniform Disciplinary Act of the Revised Code of Washington covering licensed counselors. We are governed by all the regulations that appear in Chapter 18.225 RCW regarding Mental Health Counselors, Marriage and Family Therapists, and Social Workers.

Generally speaking, the information provided by and to a client during therapy sessions is legally confidential. If the information is legally confidential, the therapist cannot be forced to disclose the information without the client's consent. There are exceptions to the general rule of legal confidentiality. These exceptions are listed in WAC 18.225.105. You should be aware that legal confidentiality does not apply in a criminal or delinquency proceeding. There are other exceptions that we will identify to you if the situations arise during therapy.

There are other specific exceptions to your right to confidentiality. For example, we are *required by law* to report cases of any child who is physically abused to the County Child Protection Services. Additionally, if an individual becomes dangerous to him/herself or others, or is incapable of caring for him/herself, confidentiality will be broken in order to arrange for appropriate care.

When we consult with parents regarding minor children, specific content of the therapy sessions with children or adolescents will be held in confidence unless their welfare requires that the parent(s) have access to such information. In most cases, joint meetings between children and/or adolescents and parents and the therapist will be arranged as part of the therapy process.

For more detailed information about our practice and services, please visit our web site at stlouis.org/counseling.

Duration of Psychotherapy The total duration of psychotherapy may vary depending on the nature of the presenting problem(s). Each counseling session is typically fifty (50) minutes in length. Determination of the total length of psychotherapy will be accomplished by you and your counselor, based upon your progress, your goals and your financial situation.

Fee Information We are a self-supporting ministry of St. Louise Parish and receive no funds from the Church. In order to offer counseling services, we have established the following fee schedule:

Individual psychotherapy \$95.00 per session

Couple Counseling \$110.00 per session.

Family Counseling \$110.00 per session.

Group Counseling \$50.00 per session.

Presentation, Seminar, and Workshop fees will vary according to content and materials.

Not showing up to scheduled appointments without calling at least 24 hours in advance to inform your counselor will result in your being responsible for the full fee of the missed session. Exceptions will be made for true emergencies.

We offer reduced rates on a limited basis. Please ask us about this possibility.

Phone Policies To schedule an appointment or leave a message on the private and confidential Counseling Services Voicemail, call 425-614-6225. One of the counselors will get back to you as quickly as possible.

Emergency Procedures In the event of a serious or life-threatening emergency, please call 911. Then notify St. Louise Counseling Services at 425-614-6225. We monitor this line frequently during the day.