



BRIAN GREEN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts degree, majoring in Psychology, from the University of Wisconsin – La Crosse. After spending a year assisting in research with a professor on the efficacy of school counselor interventions for minority youth, I went on to the Pennsylvania State University where I receive my Masters of Arts degree in Applied Clinical Psychology. While in graduate school, I completed an internship at an outpatient counseling agency while also working at a residential group home. While in graduate school, I also spent time assisting the ALS Research Team at Hershey Medical Center researching what would result in my master's thesis; quality of life for those with amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease). After graduate school, I continue to work as an outpatient therapist and later supervising a multidimensional case management program including long-term mental health, substance abuse, medical psychiatric clinic, and a single room occupancy program for homeless individuals.

Philosophy and Approach: My philosophy, and research reinforces, that counseling is very much about a present relationship with a client and a counselor, who is empathic and willing to listen and help in adjusting the lenses people use to look at the perception of life's challenges. While I emphasize "staying in the moment," I am trained in trauma-informed counseling, and believe that gaining perspective about the past can lead to resolution of traumatic events and is paramount in optimizing benefits of counseling. My primary areas of therapy training are in cognitive behavioral therapy (CBT) and motivational interviewing(MI). I have attended several

workshops with notable founders such as David Burns (for CBT) and William Miller (MI) and continue to strive to always continue to be a more effective counselor.

Participation: I love to listen and I love to challenge perspective. In years of counseling, I found that people have all kinds of reasons and expectations for attending counseling and I will continue to respect that; however, it is well believed that you get what you put into counseling. However, it is that you choose to participate, and whatever your goals may be, you can expect an unbiased ally in working toward your goals

Consultation: While I adhere to and take very seriously the standards of confidentiality, I strongly believe in continued consultation, using anonymous non-identifying information, on any challenge that I believe could benefit my clients. Consistent with best practices, I meet several times monthly with other respected supervisors and therapists in the area to continue to grow as a counselor. The primary local therapists that I consistently consult with outside of those affiliated with Refresh Therapy are Summer Brown, Samantha Cunningham, Robert McQuillen, Stacie Crochet, and Mary Schubmehl.

Scheduling Appointments: Attending counseling is half the battle, so we will work hard once you complete your intake to determine a good time and schedule that works best therapeutically and to accommodate your schedule. If you cannot make an appointment, please give at least 24 hours' notice, otherwise you will be charged the full fee. If I will not be able to keep a regular weekly appointment, I will give you two weeks' notice and try to provide other options to reschedule you most appropriately.

Termination and Discharge: Discharge can be a challenging but rewarding process. Before you discharge, you can expect that I will discuss with you the discharge several

weeks in advance as well as strategies going forward so that you leave feeling confident, efficacious, and smiling as you go forth to take on new adventures. While some people discharge and find short-term therapy as useful, some may also find check-ins at a less frequent basis useful moving forward. Cars need oil changes, why not a little brain maintenance every month or so!