



## VANESSA GRAFF'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor's of Science in Psychology from Brigham Young University-Idaho. After moving across the country with husband, I completed my Master's of Science in Professional Counseling at Grand Canyon University. I am a Licensed Mental Health Counselor in the state of Washington (LH60959402). Yearly, I participate in continuing education in specialized areas to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

**Philosophy and Approach:** I approach counseling as an opportunity to collaboratively identify the cause of mental illness and personalized strategies for alleviating it. I believe that a safe therapeutic relationship is the key to successful treatment. Each individual has unique needs and strengths and I integrate those abilities and uniqueness into the therapeutic process and treatment plan. I integrate principles and techniques from EMDR (Eye Movement Desensitization and Reprocessing), Cognitive Behavioral Therapy, Solution-Focused Treatment and psychoeducation within my therapeutic process. I believe that many of us have the necessary tools to live full and healthy lives and it is my mission to assist my clients in finding their own strength in this journey.

**Participation:** The therapy experience is created both by the therapist and the client. Both participants are encouraged to be honest, open and curious. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. This is an important component to change. Therapy can be difficult and uncomfortable at times—it may arouse intense emotions, recall unpleasant events, and/or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to

do a particular activity or request a referral to another therapist. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience.

**Consultations:** I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

**Scheduling Appointments:** Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled less than 24 hours in advance. I will let you know at least 2 weeks in advance if I will be unavailable for a session, excepting emergencies.

**Termination:** The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process to be as significant as the rest of treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.