



CAROLYN SCHULTE'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I studied liberal arts and earned my Bachelor of Arts from Carleton College in Northfield, MN. After working for several years in the field of sustainability and marketing, I pursued graduate school to complete my Master of Arts in Counseling Psychology at Lewis & Clark Graduate School of Education and Counseling, studying Marriage, Couple, and Family Therapy with a focus in Sex Therapy. My course training includes systems theory, critical social theory, family therapy, couple's therapy, sex therapy, and sexual abuse. In addition, I have training and experience working with survivors of Domestic Violence. I am a Licensed Marriage and Family Therapist in the State of Washington (LF61073883). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy and Approach: I believe everything we feel, do, and struggle with makes sense in the context of our relationships, histories, and environment, and that our emotional responses and past experiences hold wisdom and healing for us as we imagine and create a different future. As a therapist, I view my role as supporting you to discover the strengths you have drawn on to survive and thrive throughout your life, process how life is tiring or challenging you in new ways, and imagine what you would like to change or shift moving forward. Further, I strive to support you in strengthening your self compassion, interrupting the cycle of shame and blame keeping you or your relationship(s) stuck, and creating much-needed space to explore new options and possibilities. My style is empathic, validating, and client-centered, and I show up with humor and authenticity. I draw on Bowenian Family Systems and Socioemotional Relationship Therapy to explore how our social context(s) impacts our emotional and relational processes, use a client-centered and trauma-informed approach, and believe in therapy as a vehicle for social justice.

Participation: I believe therapy is a collaborative relationship and process between therapist and client, and that our relationship can function as a space for you to practice the changes you wish to make in other parts of your life. Most important is your experience as a client, and I will encourage and invite you to provide me with feedback, ask questions about any aspect of the therapy process, and be honest about your thoughts and feelings. Each session, my expectation is that we both show up as fully as we can, understanding and welcoming that our “full selves” may look different week to week. As with any therapeutic process, challenging what we know can initially cause some increased anxiety and discomfort – it may arouse intense emotions, recall unpleasant events, and/or alter close relationships. This discomfort is a normal, and often necessary, part of change and tells us that your body is appropriately tuned in. I encourage you to discuss these experiences as they arise so we can ensure that therapy is properly supporting and pacing you through these challenges. Should you wish to discontinue therapy at any time, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another therapist.

Consultations: I regularly consult with other experienced professionals regarding clients with whom I am working. Just as I value collaboration in the therapeutic relationship, I believe it is important for me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are held 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 process of ending therapy is as significant as the rest of treatment,

and am committed to working together to make the transition smooth and honoring of the work you have done. When your treatment comes to a stopping point, please know that you may return at any point in the future.