



MEGAN SOLAND'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Science in Vocational Rehabilitation with an emphasis in Psychiatric Rehabilitation and Substance Abuse Counseling from the University of Wisconsin-Stout in Menomonie, WI. I returned to school and obtained my Master of Arts in Professional Mental Health Counseling and Addictions from Lewis and Clark College in Portland, OR. I received additional training in eating disorder treatment and obtained an Eating Disorder Certificate from Lewis and Clark College. I am a Licensed Mental Health Counselor in the state of Washington (LH61122823). 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 that you have the ability to grow and make positive changes in your life. I believe that each person is unique and requires an individual approach to treatment. I will collaborate with you to create hope and healing in your life. I am here to support you and be an ally in your life.

The theory that most closely aligns with my therapeutic approach is Adlerian theory, which sees each person as a holistic being. I focus on you as a whole person who is influenced by the people, environment, and society around you. I integrate a variety of theoretical orientations when approaching clients, all through a trauma informed lens. Some of these include Cognitive Behavioral Therapy (helping change patterns of thoughts or activities that create difficulties in your life, Acceptance and Commitment Therapy (helping you learn to tolerate uncomfortable emotions in order to live a life toward your values), and Eye Movement Desensitization Reprocessing Therapy

(helping you process trauma that may continue to affect your life). Feel free to ask me more about these therapies.

Participation: Therapy is a collaborative experience between therapist and client. I encourage clients to be open and honest throughout the therapeutic process. Any questions related to my theoretical lens, modalities that we use, or any other questions related to the therapeutic process are encouraged. Therapy can be difficult and uncomfortable at times, whether it be difficult emotions, past experiences, etc. This is a natural part of this process and you are encouraged to discuss any discomfort you are experiencing. This therapy is for you, so you can always refuse any intervention or modality or request to switch therapists if you feel like we may not be a good fit.

Consultations: Consulting with other professionals is common in therapeutic work to ensure that we are giving you the best care possible. This allows me to gain various perspectives and ideas so that I am better able to help you through the therapeutic process. These consultations are obtained in such a way that confidentiality is maintained. If you have questions about consultations, don't hesitate to ask.

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. You will be charged 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: Treatment length varies and is determined on an individual basis based on the needs of each client. Termination can be an important part of therapy and this is something that we can discuss together to determine. It is helpful for us to use goals to determine when we will know that you no longer want or need therapy. When treatment comes to a stopping point, please know you may return at any point in the future.