



MARIA OPPMAN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelors of Science in Psychology, with a Child and Family Emphasis, from Frostburg State University in Frostburg, Maryland. I was then accepted into and completed my Masters of Science in Counseling Psychology, with a Child and Family Concentration at Frostburg State University as well. I am a Licensed Mental Health Counselor (LH61181888). I participate in continuing education and supervision to continue my professional growth and as a condition of my licensure in the state of Washington.

Philosophy and Approach: I work from a person-centered approach, tailoring treatment to meet an individual where their needs are. I believe building a therapeutic relationship is the most important aspect to therapy. I strive to promote a safe, non-judgmental environment that allows room for self-growth, exploration, and acceptance. Throughout the exploration process, we will look deeper in to significant events you have experienced, your relationship with others, and generational patterns within your family to further increase self-awareness. My approach is strongly influenced by cognitive behavioral therapy and dialectical behavioral therapy, both in which focus on thought patterns and the influence our thoughts have on our behaviors. It is my desire to assist you in identifying your personal strengths and resiliencies so that you may become your biggest cheerleader. The counseling process is a beautiful journey and I kindly invite you to take this journey with me.

Participation: Therapeutic relationships are a working relationship that require both consistency and open-mindedness. I describe myself as a straight-forward, honest person and I always appreciate this in return from my clients. I encourage you to speak freely and ask questions as they

arise. The therapeutic process comes with both benefits and risks. The benefit is being able to process, discuss, and explore hidden/kept away thoughts and feelings in a safe, comfortable environment. The risk is that this is an uncomfortable process. There may be times when you leave a session feeling relieved and there may be times when you leave a session with discomfort. These are both important aspects to the therapeutic process. In the end, I want what is best for you and for you to surpass your goals within treatment. If at any time you are feeling uncomfortable, I encourage you to discuss this with me. Please let me know what may be working or what may not be working so that we can problem solve together. Please note that if at any point you would like to discontinue therapy, you are free to do so – whether this means transitioning to another therapist or discontinuing altogether, I want what is best for you. My top priority is ensuring a positive therapeutic experience.

Consultations: In order to best serve the individuals that I work with, I meet regularly for consultations with other licensed professionals. This allows me to gain a different perspective or build upon my skillset in order to best assist you in reaching your goal.

Scheduling Appointments: Appointments are made on a weekly basis, at the conclusion of our sessions. I cannot guarantee that the same day/time will be available from week to week; however, I will do my best to set a consistent schedule for you. If there is ever a time where you need to reschedule or cancel an appointment, please do so at least 24 hours in advance. Full session fees will be charged if you cancel within less than 24 hours of appointment time or if you do not show for your appointment. If there is ever a time where I may be unavailable for an appointment, I will let you know at least two weeks in advance, unless it is an emergency situation.

Termination: Treatment length varies from person to person and depends on the therapeutic process. I will work collaboratively with you to explore what the termination process looks like and do my best to make this transition feel comfortable. When treatment comes to an end, please know that you are always welcome to return in the future.