



ALYSSIA HAYMOND'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Science in Interpersonal Communication, with a minor in Interpersonal Relations, from Ball State University. From there, I attended Indiana State University, where I received my Master of Science in Clinical Mental Health Counseling. In my graduate program, I received supervision from a variety of qualified professionals in settings such as outpatient mental health, college counseling, and in a preschool. After my degree was conferred, I received two years postgraduate supervision while employed at the University of Southern Indiana in a college counseling center. Presently, I am a Licensed Mental Health Counselor in the State of Washington (LH60959751). 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 consider myself a person-centered, existential therapist, meaning I work with clients to develop a meaning for their story that makes the most sense for them. My approach is collaborative, so I will work with you to set goals for treatment to determine how you can get the most out of our time together. I believe each person has inherent strengths necessary for healing. As such, I believe that you are the expert on yourself.

I draw from several approaches to support my clients, such as feminist theories, strengths-based approaches, CBT interventions, relational-cultural theory, and narrative therapy practices. I utilize trauma-informed approaches and work diligently to remain up-to-date on current, evidence-based practices. Much of my experience to date has been working with individuals who have experienced trauma, including interpersonal violence. Ultimately, finding a way to make the therapy space as safe and as effective as possible is my number one priority.

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.