



AMANDA EWING'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I am a Licensed Independent Clinical Social Work Associate (SC 60778298) in the state of Washington. I received my Bachelors in Social Work from Portland State University and completed my Masters in Social Work through the University of Southern California. I focused my degree on mental health, community organizing, planning and administration. I took a special interest in social work in the context of domestic violence, play therapy and the neuroscience of healing. I am specialized in perinatal mental health and have received extensive training and ongoing consultation in this area. I have spent more than two years in community mental health working with individuals with severe and persistent mental illness. I have experience and training working in the school district with special needs children. I am trained in group facilitation and running parenting support groups. I am active in obtaining continuing education to learn new modalities and healing strategies.

Philosophy and Approach: I believe that coming to therapy is the first step to self-exploration and that can be an intimidating. I commend my clients for looking inward and asking for support in times of need. I value honesty and transparency in my work and believe that the therapeutic relationship is key to the process of healing. I approach others with compassion and an open mind, allowing space for non-judgmental self-expression and sharing of ideas. I am a solution focused individual and I love to see someone accomplish goals that they set so I will continue to check in about this during sessions. I use a variety of modalities and do my best to meet my client exactly where they are at.

Participation: I am a firm believer that you get out what you put in. Counseling is an awesome first step but true healing takes place in the time in between sessions when one puts into practice what

they are discovering about themselves and their life. Counseling will bring up many emotions and may initiate feelings that have long been covered up or hidden. During this time, it is important to lean in, be honest and gather support. I will provide a safe place to explore all of these feelings and will try and provide guidance for coping strategies. If we entered into a counseling agreement, and then for any reason you wish to discontinue services or request a referral to another therapist, you are free to do so at any point. I am not a specialist in every area and I respect when a client may need a different form of support.

Consultations: I regularly consult with other counseling professionals regarding current clients. This consultation helps me gain new perspectives and ideas that could increase the success of our counseling together. As confidentiality is of utmost importance to me, this consultation is done in such a way to maintain your confidentiality.

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. Refresh Therapy will charge you a 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. The terminating process can 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.