



## ROBERT LINDBERG'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Sociology/Psychology from Clarion State College in Pennsylvania. Upon graduation, I attended Florida State University where I received a Masters of Social Work degree (MSW). I am a Licensed Independent Clinical Social Worker in the State of Washington (LW 60596082). I complete continuing education requirements for my license as required by the state and in the interest of improving my ability to deliver quality treatment to those individuals with whom I work.

**Philosophy and Approach:** I believe that all beings possess an innate ability to heal themselves. Therapy is a means by which to rediscover this information about ourselves. Sessions are dedicated to clarifying your skills and abilities and establishing the means by which you utilize this information to think and act in ways that help you attain the life you wish to live. Therapy will assist in the examination of thoughts and behaviors that serve you well and the work will be towards maximizing these skills/abilities while minimizing the unproductive ones. The primary focus of sessions is on what is occurring in your life in the present and how to shape your life so that you can continue to work towards future success. Although we will discuss impediments in your life, it is also very important to talk about the successes you have achieved. At root, it is a collaborative process in which we have a role as both teacher and student. The goal is for you to become the "expert" on your own life so that you can decide what is in your best interest and what is not.

**Participation:** I welcome you to be an active participant in the therapy sessions. This is your opportunity to fully explore what steps you would like to take in order to make your life meaningful and purposeful for you. We can jointly explore your life as it is and you can decide to discuss whatever topics you think necessary to do so. This also includes your decision about which topics you do not wish to discuss. If you have had previous experiences with therapy, you likely have ideas

about what works best for you and making this known can help us spend our time in a more productive manner.

**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:** Time and frequencies of appointments will be a mutual decision. It might be difficult to guarantee the same day and time of the week from session to session but I will make every effort to accommodate your requests in this regard. Please be respectful of the needs of other clientele by providing notice, insofar as possible, if you need to reschedule or cancel your appointment. A 24-hour advance notice is required, if at all possible, although I understand that circumstances do arise which make this difficult. Frequent rescheduling or cancellations can be problematic and an issue that requires further discussion. Similarly, I will make every effort to provide sufficient advance notice should I be unable to keep our appointment.

**Termination:** If at all possible, decisions about terminating from treatment should be a mutual one. Ideally, this would be based upon the completion of identified treatment goals and a commitment to continue to work towards those goals after termination. If you would like to discontinue our work together, irrespective of the circumstances, I would encourage such a discussion. In most situations, termination would still allow for us to meet again in the future if we mutually agree that it is in the best interest of both parties to do so.