



## BRITTNEY STARKEY'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Masters in Marriage and Family Therapy at Abilene Christian University in Abilene, Texas. I currently hold a Marriage and Family Therapist Associate License from the state of Washington (MG.60905921).

**Philosophy and Approach:** I believe that challenges often happen in relationship (whether it be in relationship to people, circumstances, or our Self) yet it is also the place where healing and connection begins. I value and use the therapist-client relationship as a model and representation of practicing a healthy relationship. I approach therapy collaboratively, drawing from treatment approaches such as Narrative, Solution-Focused, and Cognitive Behavioral Therapy as well as you, the client, as you are the expert in your own life. Everyone has a story to tell and a journey to navigate through. My role is to act as a guide during the challenging parts of your journey where you may need support and empowerment in taking steps towards your desired destination.

It is my firm belief that all people desire to be cherished, acknowledged, validated, and affirmed. I believe that people possess the internal resources for positive growth and naturally lean towards positive change. Every person is affected by the systems they interact with. We are all interconnected and interdependent parts of a system. As a systems therapist, I also view therapy through a lens of the biopsychosocial and multi-

contextual model. Whether I am seeing an individual, couple, or a family, my approach is the same. We are a product of the systems we reside in and in our desire to belong.

**Participation:** The process of engagement requires the client and therapist to construct a therapeutic relationship or alliance. This is an essential component of effective treatment. In order to construct this alliance, it is important that both the therapist and the client are honest and open during the process. I encourage you to share your feelings with me during this process. If you do not feel comfortable I will respect your pacing in the therapeutic process while also continuing to gently challenge you towards growth. If you do not feel that I am the right fit for you therapeutically, please let me know so that I may refer you to another therapist. During our work together, it is very important to the process that you feel comfortable, sharing your true feelings with me. If something comes up for you, or if you have any questions or concerns about the work we are doing, please share them with me. I look forward to our work together.

**Consultation:** I am a Licensed Marriage and Family Therapist Associate (MG.60905921). As part of my training as an associate therapist, I obtain ongoing supervision and consultation from other experienced therapists in order to provide you the best possible care. This means I may share pieces of your story with a supervisor or supervisory group. These consultations are obtained in such a way that confidentiality is maintained.

**Scheduling Appointments:** Appointments are generally scheduled on a weekly or biweekly basis and are 50 minutes in duration. Please schedule your next appointment at the end of our session. 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 cancelled less than 24 hours in advance. I will let you know at least two weeks in advance if I will be unavailable for a session, except for emergencies.

**Termination:** Because every individual is unique, so is the length of treatment. Termination is a process in itself. I recommend a collaborative approach in ending our work together. You are always welcome to return to therapy when the need arises.