



CATHERINE STUART'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I am a Licensed Mental Health Counselor in the State of Washington (LH60921299) and a Nationally Certified Counselor (NCC). I adhere to the Code of Ethics established by the American Association of Counseling and the Washington Board of Licensed Professional Counselors and Therapists. I hold a Master of Science degree in counseling with a specialization in Couple, Marriage and Family Counseling from Portland State University. This program is accredited by the Council for Accreditation of Counseling and Related Programs (CACREP). Major course work focused on individual, couple, and family counseling, adult and child assessment and treatment, diagnosis and appraisal, lifespan development, grief and loss, growth and human development, professional ethics, and drug and alcohol counseling. I have also completed external training in Emotion Focused Therapy (EFT) for individuals and couples, Gottman Couples therapy, and Complex Trauma using Internal Family Systems. As required of my licensure in the state of Washington, I participate in yearly continuing education in specialized areas in counseling.

Philosophy and Approach: I believe that all people deserve a safe and non-judgmental place to work through obstacles that are in their lives. It is my passion to help people explore their inner strength and together work towards personal growth and meaningful connection with others. I see all individuals, couples and families having their own diversity and backgrounds and our therapeutic relationship will honor the uniqueness of these issues, relationships and goals towards growth and healing. My approach to counseling depends on the client's needs. I utilize family systems and child-centered play therapy and art therapy for children and adolescence that aims for active involvement from the parents/guardians to support

in problem-solving and healing. I am trained in emotion-focused therapy (EFT) and the Gottman Method which I use with couples to address relationship concerns and with individuals I use orientations and interventions that draw on Internal Family Systems, Mindfulness, Cognitive-Behavioral, Person-centered, Narrative and Humanistic to help clients create positive life changes.

Participation: Counseling is most successful when active engagement and participation is provided by the client. As the therapist, I aim to provide an open and honest professional relationship that encourages each client to feel comfortable in sharing their thoughts and feelings. Please feel free to ask any questions about the counseling process during our time together. 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. Counseling may bring up intense emotions – anger, guilt, shame, sadness, loss and frustration to name a few that may be uncomfortable or distressing. This can be a common experience as life perspectives change through personal experiences and I encourage you to discuss these feelings as they arise. Together we will work to achieve the best possible results that are unique for you.

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.