



CODY BROWN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor's degree in Visual Arts from Boise State University and my Master's Degree in Marriage and Family Therapy from Saybrook University. I am a Licensed Mental Health Counselor in Washington (LH61136624); a Licensed Professional Counselor in Oregon (C-4652) and a Licensed Clinical Professional Counselor in Idaho (5671). I am also a registered supervisor with the State of Idaho Licensing Board of Counselors and Marriage and Family Therapists to provide supervision to masters-level students and counselors working towards their clinical licensure. 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: My counseling approach has a strong foundation in existential and humanistic thought, meaning that I prioritize the client and their individual values. Building upon this, I integrate principles of Cognitive Behavioral Therapy (CBT); Acceptance and Commitment Therapy (ACT); mindfulness and family systems perspectives. While at core, I work to strengthen the overall relationship with the self, I recognize that we are constantly in a relationship with not only ourselves but with others. We tend to become stuck within patterns of relating to both ourselves and others. Therapy can be pivotal to changing these relationships and patterns. I am skilled at bringing a new perspective to these patterns and assisting in developing new insights and behaviors which bring deeper meaning and purpose.

Participation: The therapy experience is created by both therapist and client. Please feel free to ask questions about any aspect of the therapy experience and be honest about your thoughts and

feelings. Therapy can be difficult and uncomfortable at times, as it can bring up intense emotions or recollections of past events. This is a natural part of the therapeutic process and I encourage you to discuss these as they emerge. At any time, if you wish to discontinue therapy you have the freedom to stop. You may also refuse to do a particular activity or request to be transferred to another therapist.

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 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 cancelled 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 and course of treatment are dependent upon your presenting problem, diagnosis, treatment history and willingness to promote change. Termination of treatment is a significant part of treatment in which we will work together to make this transition as smooth as possible. Please know that when treatment ends or comes to a stopping point, you may return at any point in the future.