



ELI GALVAN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Criminal Justice, with a minor in Psychology, from the University of Southern Mississippi. I continued to work in the service industry while attending graduate school. In 2016 I earned my Masters of Science in Mental Health Counseling from Capella University. I am a licensed Mental Health Counselor in the State of Washington (LH60918078). As a condition of my license I take part in continuing education courses in specialized areas to build my scope of practice and provide quality evidence-based treatment.

Philosophy and Approach: My approach to counseling is an eclectic one that considers the client's presenting concerns, background, and cultural worldview. However, my foundation of practice consists of multiple styles of therapy that treat both cognitive (thinking) and behavioral (doing) aspect of our lives. Cognitive-Behavioral, Dialectical-Behavioral, as well as, Acceptance and Commitment therapies have been proven to be effective in treating a wide range of mental health issues. Of course, without a solid therapeutic alliance between counselor and client no change is possible. Working together we will to decide on the best course of action. Along the journey you will cultivate a new sense of awareness, self-compassion, and self-efficacy, while building coping skills, and mindful perspectives that will rewire your neuronal circuitry creating a new, more reality-based, relationship with your mind and body.

Participation: Both the client and counselor contribute to the effectiveness of the therapeutic experience. You are always encouraged to ask questions regarding any part of the counseling process. It is my duty to provide a safe place for you to be open, curious, and honest. Therapy can be uncomfortable; learning how to cope with that discomfort will assist in the change process. Effort is the key to change. Putting effort into engaging in counseling, along with practicing the skills taught, will lead to a more fulfilling life. That being said you have the freedom to refuse to do an

activity or discontinue therapy at any time. The most important aspect of therapy is your experience as a client. We will work together as a team to make that experience a positive one.

Consultation: In order to provide the best care possible, I regularly consult with other experienced professionals in order to gain valued perspective on how to best serve client in their unique journey. These consultations are obtained in a way that maintains confidentiality.

Scheduling Appointments: Appointments are typically made on a regular, weekly basis. Appointment times are not automatically held open for a client from week to week. At the end of each session we will schedule our next appointment. However, initially I will try to keep the same appointment time available for you as long as there are not frequent cancelations. If it is necessary to change or cancel your appointment, please let me know as soon as possible. If an appointment is canceled less than 24 hours in advance you will be charged the full session rate. I will let you know at least 2 weeks in advance, aside from emergencies, if I will be unavailable for a session.

Termination: The length of treatment is an individual progression determined by the therapeutic process. The transition out of therapy is a significant one and we will work together to make the process as smooth as possible. Please know that after termination you are welcome to return to at any time in the future.