



JENNA STARR'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I earned a Bachelor's Degree from the University of Oregon and a Master's Degree in Counselor Education from Portland State University, with a focus in Marital, Couple, and Family Counseling. I am a Licensed Mental Health Counselor (LH61027817) and Licensed Marriage and Family Therapist Associate in the State of Washington (MFTA.MG.60757711). In accordance with Washington guidelines I receive continuing education in areas that help me expand and deepen my practice.

Philosophy and Approach: I strive to create a safe and collaborative space where clients feel comfortable sharing their thoughts and emotions. My approach is person centered and includes elements of Emotionally Focused Therapy, Cognitive Behavioral Therapy, mindfulness-based approaches, Internal Family Systems, and a self-compassion framework. I work from a trauma informed perspective that takes into account the variety of ways people respond to and process challenging life events. My goal is to help clients increase insight and reshape thought, behavior, or relational patterns in order to achieve a more healthy, balanced, and enjoyable life.

Participation: I encourage active participation in the therapy process both inside and outside of session. Please feel free to ask questions and share your thoughts and perspective as we move through the counseling process. It is normal to experience challenging or uncomfortable emotions during therapy. As a counselor, I provide curiosity, warmth, acceptance, and an objective perspective to help support you through change and growth. As the client, you have the right to refuse or terminate treatment at your discretion.

Consultations: I consult with colleagues on a regular basis in order to gain new ideas and perspectives in order to better meet the needs of my clients. Anonymity is used in consultation in

order to maintain confidentiality. I am currently under the supervision of Jessica Lechlak, LMFT to finish requirements of receiving my LMFT license.

Scheduling Appointments: Appointments are generally made on a weekly or every other week basis, and may be scheduled at the end of each session. If you need to change or cancel your appointment, please let us know with at least 24 hours notice. Missed appointments or appointments that are canceled less than 24 hours in advance will be charged the full session fee.

Termination: When treatment goals have been met it may be time to discuss termination. When it comes time to transition out of treatment, we will work together to create a transition plan that works well for you. Scheduling a closing session allows us to review progress made in therapy and discuss strategies to carry forward to maintain ongoing mental health and wellness.