



## JERI ICHIKAWA'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I earned my Masters of Arts in Psychology, Marriage and Family Therapy from Brandman University, at their satellite campus in Lakewood, WA. I had earned my Bachelor of Arts in Psychology from Brandman while waiting for acceptance to nursing school. When I was finally accepted by UW School of Nursing, I realized that my beliefs in holistic healing and healing from the inside out were more in line with mental health counseling, so I chose to pursue a career as a mental health professional. I am licensed in WA State as a Licensed Mental Health Counselor (LMHC LH60949149). I engage in continuing education every year to provide the best care for my clients, grow as a clinician, and as part of my WA State Licensure.

**Philosophy and Approach:** The roots of my philosophy are humanistic and transpersonal. That is, I strongly believe that individuals have within them the power to heal themselves. I believe that clients know themselves best, and through the therapeutic relationship, have the opportunity to recognize and acknowledge their inner resources and strengths, and elicit change from within, putting them on the path to self-empowerment. Discovering both the welcome and unwelcome parts of yourself is a journey of learning how each are gifts that you can learn from and use as steps towards your therapeutic goals. It is my belief that people are inherently good and do the best they can with what they know. The therapeutic alliance provides a supportive environment and the opportunity for growth as an individual, a couple, and/or a family. It has been my observation and experience that mental and emotional healing involve physical and spiritual healing. My approach is holistic and eclectic, utilizing mainly emotional focused, solutions-focused and cognitive-behavioral methods along with mindfulness and other whole-person skills.

**Focus:** Individuals, couple, and family therapy.

**Participation:** Therapy is a team effort. The client and the therapist work together to create an alliance built on mutual trust and respect, and an environment of safety and comfort. The process of self-discovery can be uncomfortable and difficult at times. It is not always easy to look at the less than desirable aspects of ourselves. While this is the stuff of wanting to quit, it is the very stuff that imparts the most healing. Though my intent (and wish) is to help you get through the tough stuff, if you choose to discontinue therapy, you are free to choose to do so. You are also free to choose whether or not to participate in an activity and to request referral to another therapist. Your therapy is your therapy, and your well-being is the priority.

**Consultations:** I consult with other experienced professionals on a regular basis about clients I am working with, to gain a broader perspective, and obtain other points of view and ideas to help me help my clients in the best way that I can. Consultations are conducted in ways that client confidentiality is maintained.

**Scheduling Appointments:** Generally, appointments are weekly. It is your responsibility to reschedule at the end of each session, as regular appointment times are not held for you each week. I am able to attempt to keep the same appointment time open for you unless you frequently cancel sessions. If you need to change or cancel an appointment, please let me know as soon as possible. If you cancel less than 24 hours in advance, I will charge you a full session fee. Unless it is an emergency, I will inform you at least 2 weeks in advance if I will be unavailable and have to cancel a session with you.

**Termination:** The therapy process is different for each client, and the length of treatment varies for each individual. The termination process is as important as every other aspect of therapy, and deserves the same attention and focus. When you feel that you are ready to stop therapy, please let me know. We will work as a therapeutic team to ensure your transition from therapy is positive and empowering. Always be aware that you are welcome to return at any time.