



KAREN VETERAN'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts degree from UCLA and worked in the counseling field before returning for my master's degree two years later. I completed my Master of Arts degree from Boston College with a major in counseling psychology. I obtained licensure as a Marriage and Family Therapist originally in California, then after a move to Hawaii, obtained licensure in Hawaii. After moving back to the mainland, I obtained licensure in Washington State, which is my current active license. I am required to participate in continuing education every two years to increase my knowledge and understanding in areas relevant to the counseling field.

Philosophy and Approach: My approach to counseling is based in family systems, humanistic and relational psychology. I believe that the past influences the present, that change can happen. Your past experiences, including your childhood, help shape how you feel about yourself your view of the world, and the choices you make today. As a therapist I see each client as a complex and unique person worthy of unconditional acceptance despite circumstances and struggles. Together we create a pathway for healing, to clarify what is most meaningful and important to you, and a way you can address the difficulties or challenges you face. My focus is to help you learn and develop new skills, unravel what may be unhealthy thinking patterns, and improve your relationship with yourself and others. We will work collaboratively to discuss your needs and concerns and how to address them.

Participation: The therapy experience is created both by the therapist and the client. Both participants are encouraged to be honest, open and curious. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. This is an

important component to change. Therapy can be difficult and uncomfortable at times—it may arouse intense emotions, recall unpleasant events, and/or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another therapist. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience.

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 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. I will charge you a full session 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. I believe the terminating process to 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.