



KIMBERLY DAILY'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I earned a Bachelor of Arts in Communication and in Psychology from Miami University in Oxford, Ohio. I later received a Master of Arts in Biblical Counseling from Dallas Theological Seminary. Coursework included a breadth of knowledge in counseling theory, practices, and ethics. My selected coursework added an emphasis on trauma. I am a Licensed Mental Health Counselor or equivalent in Washington, Oregon, and Texas. I have been counseling since 2008.

Philosophy and Approach: I use a person-centered approach in counseling and provide a safe place for clients to dump all that needs to be worked through on the journey to healing and restoration. While my degree is from a religious institution with Judeo-Christian values, I leave it up to the client to decide how much, if any, spiritual emphasis is discussed in counseling. I am also influenced by trainings in family systems, trauma recovery, John Gottman for marital counseling, and cognitive behavioral therapy. I will get to know you and your story and then proceed to develop a therapeutic plan based on your needs and desires. Therapy can help relationships and personal healing/growth and at the same time it can be difficult. Therefore, I urge my clients to make sure they feel I am a safe fit for them in this process—freeing them to do whatever work needed in their sessions.

Participation: Counseling is a process that helps individuals, couples and families identify problems, establish goals, and identify pathways for achieving these goals. Counselors are trained to assist patients in changing troublesome and

problem causing thoughts, feelings, behaviors, and relationships. Experience and research shows that patients who actively work on their problems both in counseling sessions and outside, and take responsibility for changing their own thoughts and behaviors are more likely to achieve their goals and receive more benefit from counseling than those who do not. As a client you have the right to refuse to participate in treatment or to terminate treatment at your discretion.

Consultation: While maintaining confidentiality, I will consult with other experienced professionals on cases to gain perspective as I help clients achieved their goals. It is part of the way I continually grow as a counselor for your gain.

As a Licensee: of the Washington State Board of Licensed Mental Health Counselors, I abide by its Code of Ethics. To maintain my license, I am required to complete continuing education credits yearly including subjects pertaining to my counseling caseloads and ethics.

Termination: The length of treatment can vary widely depending upon the breadth and depth of a client's goals and the involvement of the therapeutic process. Termination comes once the client has achieved set goals and is comfortable leaving the therapeutic setting. This last phase of the process is an important send-off where I work with the client to make the transition out of counseling a smooth one with the knowledge that he/she may return at any time in the future.