



## LESLIE COLLORD'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I am a Licensed Mental Health Therapist in Washington State (LH60991090). I received a Master of Arts in Professional Mental Health Counseling from Lewis & Clark Graduate School of Education and Counseling in 2017 and a Bachelor of Arts in Psychology from Portland State University in 2014. I work with adults, older adolescents, and couples who struggle with a range of issues including anxiety, depression, trauma, life transitions, and relationship challenges.

**Philosophy and Approach:** I believe everyone is capable of growth regardless of circumstance and past experience. As your therapist, I hope to create a collaborative working relationship based on warmth, genuineness, and acceptance. My goal is to offer a safe, yet challenging and honest space that enables you to explore feelings, work through obstacles, and lead a more authentic and fulfilled life.

I integrate principles and techniques from The Gottman Method, Emotion-Focused Therapy, Solution-Focused Therapy, Motivational Interviewing, Cognitive Behavioral Therapy, and Eye Movement Desensitization and Reprocessing Therapy.

While I have taken training in the Gottman Method Couples Therapy, I want you to know that I am completely independent in providing you with clinical services and I alone am fully responsible for those services. The Gottman Institute or its agents have no responsibility for the services you receive.

**Participation:** Therapy involves effort and courage for the best outcomes. Your active participation both in and outside of session is key and may entail challenging conversations and exploration of uncomfortable thoughts and feelings. This is normal and a healthy part of growth and healing. While some discomfort is to be expected, I encourage you to share if the feelings become too uncomfortable. If at any time you decide I am not the best fit for you as a therapist, I am happy to provide a referral to a therapist that better meets your needs.

**Consultations:** I periodically consult with other mental health professionals to gain insight and ensure I am providing the best care possible. Your confidentiality and privacy are of the utmost importance to me and maintained during consultation.

**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. Refresh Therapy will charge you a fee for appointments that are canceled less than 24 hours in advance. I will let you know at least two weeks in advance if I will be unavailable for a session, excepting emergencies.

**Termination:** Termination can be an important part of the change process. As such, you may find it helpful to have this conversation prior to termination of the therapeutic relationship as a way to bring closure and celebrate progress.