



## LINDSAY STEINMANN'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Communication from the University of Washington in Seattle, Washington. After working several years, I returned to school to complete my Master of Arts in Psychological Science from Pacific University in Oregon. I am registered with the state of Washington as a Licensed Mental Health Counselor Associate (LMHCA, MC60796159). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment and the most up-to-date interventions for my clients. These seminars and workshops are also a condition of my Washington state licensure requirements.

**Philosophy and Approach:** My approach can be identified as a blending of Psychodynamic theory, Attachment theory, and Emotion Focused Therapy. I believe that childhood family dynamics, traumatic experiences, dramatic life changes, and the methods you learned to manage emotions play a key role in personal development and life choices. When working with clients I utilize specific skills from Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing to combat self-destructive behaviors. My goal is to help you uncover these patterns and learn healthier ways to express your emotions, adapt more effectively with change, and encourage your true self to emerge.

Making the decision to attend therapy can be an intimidating and anxious process for some, while others can jump into services without hesitation. No matter the method, you are making an active decision to better your quality of life. It takes courage to ask for help, especially in today's society, and I applaud you for your efforts. Psychotherapy, or talk-therapy, can be difficult, exhausting, and painful at times, but you no longer have to endure that path alone.

**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 to be honest about your thoughts, opinions, and feelings. Therapy can be difficult in 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 attending. You may also refuse to do a particular activity or request a referral to another therapist, which is your right. Please come to me anytime to discuss your concerns. Most important is your experience and comfortability as a client.

**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 will adhere to strict client privacy and confidentiality regulations.

**Scheduling Appointments:** Appointments are made on a regular, weekly basis with your therapist. Appointment times are not automatically held open for you from week to week. It is your responsibility to schedule future appointments 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 cancelled 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.