



MADELINE BALES' THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I am a Licensed Mental Health Counselor in the state of Washington (LH60757151). I hold a Masters of Arts degree in Psychology from Seattle University and a Bachelor of Arts degree in Psychology from Pacific Lutheran University. Since graduation I have worked in both school and community mental health settings. I participate in yearly continuing education to deepen my clinical skills and practice.

Philosophy and Approach: I enjoy working with children, families, and adults with a compassionate and creative approach. I believe that no single philosophy provides all the answers. I have developed a style that draws from different theories to meet the unique needs of each client. Some of these are: cognitive behavioral therapy, sensorimotor psychotherapy, play and art therapies, and mindfulness work. I believe in treating the whole person, which includes present symptoms but also the stories we carry.

Participation: There are always risks and benefits to beginning therapy. Benefits can include: having better relationships, developing solutions to specific problems, reduction in your feelings of distress. However, since therapy often involves discussing unpleasant aspects of your life, there are risks to participating in treatment which may include: you're experiencing uncomfortable feelings such as sadness, guilt, anger, frustration, and loneliness. Approaching feelings or thoughts that you have tried not to think about for a long time may be painful. As your therapist, I will provide support and tools to help you move through these unpleasant feelings on your path to health. As a client, you have the right to terminate or request another therapist at any time.

Consultations: I regularly consult with other experienced professions 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, except 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.