



RAYME MKWANANZI'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts degree in Social Work in 1998 from the University of Montana. I then pursued and received my Masters of Art in Social Work in 1999 from Walla Walla College. Following college, I spent the first 14 years of my career as a School Social Worker in Vancouver, WA. I have spent the past 5 years in the field of community mental health working with children, adults, and families. I am a Licensed Clinical Social Worker in the state of Washington, #LC61046957. Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington. I have training in Cognitive Behavioral therapy, Mindfulness, Trauma Informed Cognitive Behavioral therapy, Dialectical Behavioral therapy, Motivational Interviewing, and Solution Focused therapy.

Philosophy and Approach: I believe in meeting my clients where they are when they walk in the door. I am a Christian based and systems perspective therapist. What that means is that I focus on all of the various systems in your life and how they affect you and your current level of functioning. I believe everything in our life is interconnected at some level and we are impacted in ways that we don't often realize. I am also a relational therapist and believe the relationship we develop as therapist and client is one of significance and I take it seriously. I want for us to be able to do great work together and due to that it is important that we connect and that I am relatable for you. If for some reason you do not feel that is happening please let me know so we can find the right match for you. I feel it is imperative to do good work. It is my desire to help you become aware of the patterns in your thoughts, behaviors, and relationships in order that this new awareness might inform your current and future way of being. As we deal with the relational root of the problems, we will also be

addressing the various symptoms you are experiencing. There is hope for change through the counseling process and I kindly invite you to allow me to journey with you toward healing.

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.