



REBECCA GLOSE'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Science in Psychology from Washington State University in Vancouver, WA. I continued with my schooling and received my Masters in Social Work from the University of Southern California in Los Angeles, CA. After working as a therapist in family preservation services and in a community health setting, and continuing as a grant manager for a children's mental health program, I decided to continue my education and am currently pursuing a doctorate in social work through the University of Southern California. I am a Licensed Clinical Social Worker Associate in the state of Washington (SC 60733947). Yearly, I continue to participate in education specific to my degree and license type. I hold certifications in Parent Child Interaction Therapy, Cognitive Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy, and am trained in Motivational Interviewing and Incredible Years, evidence based practices.

Philosophy and Approach: I approach therapy as a collaborative process in which together we identify strengths, create effective strategies, and learn skills to lessen the effects of stressors and trauma. I approach therapy as client focused, as you are the author of your own story. I believe that change can happen in a safe and therapeutic environment. Together we will develop a plan of action for reaching your personalized goals to include your strengths, resources, and outside supports. I believe strongly in human resiliency and the value of being heard and understood. It is my goal to fully understand my clients and help facilitate awareness of how their struggles are affecting their lives and relationships. I integrate principles and techniques from Cognitive Behavioral Therapy and Rational Emotive Behavioral therapy to identify, challenge, and replace unhealthy thinking patterns. I will teach mindfulness skills to help regulate emotions and unwanted behaviors.

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.