



## SHELLEY CRAWFORD JACKSON'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I received my Bachelor of Arts in Psychology from Linfield College in McMinnville, Oregon, and my M.S. in Clinical Mental Health Counseling from Walden University, which is an accredited program by the Counsel of Accreditation of Counseling and Related Programs (CACREP). Through the Clinical Mental Health Counseling program, my coursework included the study of human development, family systems, client-centered counseling techniques, individual and group psychotherapy, multicultural issues, trauma, and a variety of counseling theories. I am a Licensed Mental Health Counselor in Washington (LH61025530) and a Licensed Professional Counselor in Oregon (C5800). I have received Eye Movement Desensitization Reprocessing (EMDR) training through EMDRIA (EMDR International Association) and am a Certified Grief Counseling Specialist. As a Licensed Professional Counselor registered with the Oregon Board of Licensed Professional Counselors (OBLPCT), I abide by the American Counseling Association and OBLPC codes of ethics. To maintain my licensure in both Oregon and Washington, I am required to participate in continuing education, taking classes dealing with subjects relevant to this profession and required hours in both cultural competency and ethics.

**Philosophy and Approach:** I approach counseling as a collaborative process between the client and the counselor to resolve specific concerns in the context of a safe, supportive, and therapeutic relationship. Successful counseling involves communication, respect, and willingness to explore different ways of feeling, thinking, and behaving that build upon your strengths and empower you to make choices that promote your health and wellbeing. We will develop a plan of action for reaching your personalized goals that incorporates your unique strengths, resources, supports, and cultural factors. I integrate principles and techniques from Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Solution-

Focused Treatment, Narrative, and psychoeducation. I also provide Eye Movement Desensitization Reprocessing (EMDR) therapy for individuals who are appropriate for this treatment. If it is mutually agreed by the counselor and client to provide/receive EMDR, additional disclosure/consent will be provided.

**Participation:** Therapy can be difficult and uncomfortable at times, bringing up intense thoughts and emotions about recalling unpleasant events or potentially altering close relationships. This is a very natural part of the therapeutic process and I encourage you to discuss these difficulties as they arise. Effective therapy requires a safe and health therapeutic alliance and honesty with both the therapist and the client will be an important component of change. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. At any time, if 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. This process is really about you and the experience you are having, so we will work together to facilitate a helpful and 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 and course of treatment are dependent upon your presenting problem, diagnosis, treatment history, and willingness to promote change. Termination of treatment is a

significant part of treatment in which we will work together to make this transition as smooth as possible. Please know that when treatment ends or comes to a stopping point, you may return at any point in the future.