



## TARA BARTEL'S THERAPIST DISCLOSURE STATEMENT

**Formal Education and Training:** I have a Social Work Associate Independent Clinical License with Washington State (SC60820607). I received my Bachelor in Human Development from Washington State University and my Master in Social Work and Certificate in Case Management through Walden University. I am a trained Parent Child Interaction Therapy, therapist. I work toward continuing my education through training in areas such as; Non-Violent Crisis Intervention, Motivational Interviewing, Culture Responsiveness, Crisis Family Intervention, Dual Diagnosis, and Implementing Cognitive and Behavioral Strategies training. I continue to explore new training, certifications, and education to support the families I work with. I am currently being supervised by Jessica Lechlak, LMFT.

**Philosophy and Approach:** My philosophy approach is holistic, looking at the whole of a person and all its working parts. It is my belief that individuals benefit from a safe non-bias environment to explore all these moving parts in their lives. I work with a diverse population; couples, teens, adolescents, Women dealing with life/age changes, grief, and parents identifying parental struggles. The approach I use is Person-Centered Therapy and Cognitive Therapy which allows a safe environment and looks at problem-solving for a wide range of problems/concerns. I feel it is important to leave a session with something to work towards.

**Participation:** It is important that participation comes from the speed in which the individual/family is comfortable with. I encourage participation and promote individuals/families to actively ask questions, express thoughts and share perspectives throughout the therapy process. I will often give individuals/families tasks to work on to better relationships and support continued progress. For teens and younger children, we will play games, draw and explore other avenues to create a safe environment allowing trust to be express and true feelings to come through therapy.

**Consultations:** I regularly consult with other professionals regarding clients. This consultation helps me to gain a new perspective and ideas that could increase the success of our counseling together. As confidentiality is of utmost importance to me, the consultation is done in such a way to maintain your confidentiality.

**Scheduling Appointments:** Appointments are generally made on a regular, weekly basis. Appointments times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of the session. I will attempt to keep the same appointment time available to you unless frequent cancellation has been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. Refresh Therapy will charge you a 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 not be available 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.