



TONY DALTOSO'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Arts in Communication from Washington State University and I received my Masters of Arts in Counseling Psychology Walla Walla University. I am a Licensed Mental Health Counselor in the State of Washington (LH60634650).

Philosophy and Approach: I am a Licensed Mental Health Counselor and I work with people every day on issues such as anxiety, depression, relationships, addiction, social skills, self-esteem, personal identity issues, improved focus and attention, etc.

I look at my clients as competent individuals who merely need to overcome the same obstacles all human beings are prone to at one time or another. Improving one's ability to handle the challenges inherent in life is the path to success in life. That means I typically take a non-clinical approach to counseling. I diagnose very conservatively. I am initially less interested in symptom reduction and more concerned with my clients developing insight and a better perspective of themselves in relation to the world and their problems. Once that is achieved, my clients are in position to take action to learn, new skills and adapt to their ever-changing circumstances.

That being said, I like to incorporate as much "evidence-based practice" into my treatment suggestions and recommendation to my client so that they can confidently employ what I prescribe and expect to be successful. I incorporate elements of CBT, Psychodynamic, DBT skills, Interpersonal and Narrative Therapy approaches into my counseling. Most of the time my counseling will appear to be a simple conversation about my client's life.

I tend to look at stress and depression as different stages or manifestation of an underlying anxiety, that is causing avoidance, or even suppression. The key to conquering anxiety is to recognize it as the information that it is, a valid warning or caution sign telling you to prepare. I help my clients to recognize this information and interpret it accurately, then help them prepare to tackle the challenge and support them in taking action to do so.

If you have had any kind of traumatic/adverse experience or if you are struggling in your relationship I can help. I primarily utilize Cognitive Processing Therapy for the treatment of trauma and the Gottman Sound Relationship House model for couple's counseling. Both are Evidence Based Practices with significant research backing their effectiveness.

There are "Big T" trauma that are life endangering, and there are also "little t" traumas that may not be life threatening but still leave scars. Often these traumas, big or small, impact not just ourselves but our relationships with the ones we love most. Therapy impacts not just ourselves but our relationships with the ones we love too.

Relationships are complex because people are complex. But the options for how we chose to treat one another are fairly simple. We can love or we cannot care, we can reach out to others or close ourselves off, we either make a commitment or we do not, etc. Breaking down interpersonal dynamics into these basic decisions gives anyone the ability to better manage their relationships be it with your boss, your friends, family, or your significant other

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.