



HANNAH COLLINS' THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Science in Psychology and a Master's in Marriage and Family Therapy with an emphasis in Play Therapy from Lipscomb University in Nashville, TN. I am a Licensed Marriage and Family Therapist Associate in the State of Washington. 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.

Philosophy and Approach: My approach to counseling is rooted in family systems, attachment theory, restoration therapy, and narrative therapy. Our lives are intertwined with the people around us. We will look at the individual symptoms you are experiencing while also looking at the significant relationships in your life. Love and trustworthiness are the basis of what connects humans together. The love and trustworthiness we experience or do not experience influences how we define intimacy and identity in our lives. In working together, we will explore the relational patterns and where the violations of love and trustworthiness occurred. It is essential to remember that change is not the absence of pain, but in how we are able to emotionally ground ourselves and deal with the pain when it arises. My desire is for you to leave therapy with a deeper understanding of who you are and tools to help you when pain falls at your doorstep.

Participation: In order for therapy to be an effective experience, the therapist and client must both be willing to participate. I encourage you to be open and honest with me which can include questions or comments. You are always welcome to ask questions or have me clarify anything that may be confusing or even possibly hurtful. My goal is for this space to be a safe space for you. Therapy can be difficult as we explore your deepest struggles. It may cause intense emotions to

come up in or out of session. I encourage you to pay attention to them and discuss them as they arise. You have the autonomy to choose if you do not want to do a particular activity, not discuss something, request a referral to another therapist, and if you wish to discontinue therapy.

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, unless it is an emergency.

Termination: The length of treatment is individually based on your unique goals and is something we will discuss throughout therapy. When you feel your goals are met and we have come to a stopping point, we will begin the transition of termination. Please know that termination is not permanent, you may return at any point in the future.